

Keeping It Simple



April 2019

The Josephine County Intergroup Newsletter

Inside This Issue

- 1 Welcome
- 1 Step 4
- 2 Tradition 4
- 2 Freedom From Bondage
- 3 Forgiveness of My Past Behaviors
- 3 Step Four Prayer
- 4 AA's Community Impact
- 4 A Newcomer Asks P-24
- 6 Questions and Answers on Sponsorship P-15
- 8 A Legacy of Service
- 11 AA Fun and Humor
- 11 Current Donations
- 12 Heard It in a Meeting
- 12 AA Events and Sober Events
- 13 Upcoming Calendar Events and AA Soberversaries

"When I am willing to do the right thing, I am rewarded with an inner peace no amount of liquor could ever provide. When I am unwilling to do the right thing, I become restless, irritable, and discontent. It is always my choice."

From AA World Services, Inc., *Alcoholics Anonymous*, Fourth Edition p. 317.

Welcome

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

Please sign up for the Newsletter

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.

subscription service



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 4 - "Made a searching and fearless moral inventory of ourselves."

Step Four is the vigorous and painstaking effort to discover what the liabilities in each of us have been and are. I want to find exactly how, when, and where my natural desires have warped me. I wish to look squarely at the unhappiness this has caused others and myself. By discovering what my emotional deformities are, I can move toward their correction. Without a willing and persistent effort to do this, there can be little sobriety or contentment for me.

To resolve ambivalent feelings, I need to feel a strong and helpful sense of myself. Such an awareness doesn't happen overnight, and no one's self-awareness is permanent. Everyone has the capacity for growth, and for self-awareness, through an honest encounter with reality. When I don't avoid issues but meet them directly, always trying to resolve them, they become fewer and fewer.

From AA World Services, Inc. *Daily Reflections*, p. 100.



Tradition 4 - "Each group should be autonomous except in matters affecting other groups or A.A. as a whole."

Autonomy is a ten-dollar word. But in relation to us, it means very simply that every A.A. group can manage its affairs exactly as it pleases, except when A.A. as a whole is threatened. Comes now the same question raised in Tradition One. Isn't such liberty foolishly dangerous?

Over the years, every conceivable deviation from our Twelve Steps and Traditions has been tried. That was sure to be, since we are so largely a band of ego-driven individualists. Children of chaos, we have defiantly played with every brand of fire, only to emerge unharmed and, we think, wiser. These very deviations created a vast process of trial and error which, under the grace of God, has brought us to where we stand today.

When A.A.'s Traditions were first published, in 1946, we had become sure that an A.A. group could stand almost any amount of battering. We saw that the group, exactly like the individual, must eventually conform to whatever tested principles would guarantee survival. We had discovered that there was perfect safety in the process of trial and error. So confident of this had we become that the original statement of A.A. tradition carried this significant sentence: "Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group provided that as a group they have no other affiliation."

This meant, of course, that we had been given the courage to declare each A.A. group an individual entity, strictly reliant on its own conscience as a guide to action. In charting this enormous expanse of freedom, we found it necessary to post only two storm signals: A group ought not do anything which would greatly injure A.A. as a whole, nor ought it affiliate itself with anything or anybody else. There would be real danger should we commence to call some groups "wet," others "dry," still others "Republican" or "Communist," and yet others "Catholic" or "Protestant" The A.A. group would have to stick to its course or be hopelessly lost. Sobriety had to be its sole objective. In all other respects there was perfect freedom of will and action. Every group had the right to be wrong.

From AA World Services, Inc. *Twelve Steps and Twelve Traditions*, p. 146-147.

Freedom from Bondage

Freedom from Resentment with Love in its Place

He said, in effect: "If you have a resentment you want to be free of, if you will pray for the person or the thing that you resent, you will be free. If you will ask in prayer for everything you want for yourself to be given to them, you will be free. Ask for their health, their prosperity, their happiness, and you will be free. Even when you don't really want it for them, and your prayers are only words and you don't mean it, go ahead and do it anyway. Do it every day for two weeks and you will find you have come to mean it and to want it for them, and you will realize that where you used to feel bitterness and resentment and hatred, you now feel compassionate understanding and love."

It worked for me then, and it has worked for me many times since, and it will work for me every time I am willing to work it. Sometimes I have to ask first for the willingness, but it too always comes. And because it works for me, it will work for all of us. As another great man says, "The only real freedom a human being can ever know is doing what you ought to do because you want to do it."



This great experience that released me from the bondage of hatred and replaced it with love is really just another affirmation of the truth I know: I get everything I need in Alcoholics Anonymous—and everything I need I get. And when I get what I need, I invariably find that it was just what I wanted all the time.

From AA World Services, *The Big Book, Alcoholics Anonymous*, "Freedom from Bondage," p. 552.

Forgiveness of My Past Behaviors

Step Four forced me to look at my past behaviors. I found out things about myself that I had beat myself up about. I drank to subdue the resultant emotional disturbances I felt.

So, to eliminate my own guilt and shame I had only to forgive others whenever I felt resentful to them. I learned this process by not just reciting The Lord's Prayer but by really practicing what I was praying. Through the Program, I also learned that if I wanted to experience true serenity, I had to positively and definitively extend forgiveness to everyone to whom it was possible that I can owe forgiveness, namely, to anyone who I thought could have injured me in any way. It was only then that I was able to be released of that resentment and be free.

According to the Big Book, *Alcoholics Anonymous*, the authors state on page 67 of the Chapter titled "How It Works" that "Resentment is the 'number one' offender. It destroys more alcoholics than anything else." Thus, learning the process of overcoming resentment through forgiveness literally saved not only my life but also the lives of many others who were afflicted with the disease of alcoholism and has enabled all of us to live happier lives.

Courage
Fear

However, what about that other killer, fear? Well, in the same chapter of the Big Book, *Alcoholics Anonymous*, the writers also state that fear "was an evil and corroding thread; the fabric of our lives was shot through with it. It set in motion trains of circumstances which brought us misfortune that we felt we didn't deserve. But did not we, ourselves, set the ball in rolling? Sometimes we think fear ought to be classed with stealing. It seems to cause more trouble." In other words, there wasn't any way around that emotion. There was no magic wand or no spell that I could undergo to overcome it. I prayed for strength and resiliency in order to feel the fear, face the fear, and overcome the fear.

Step Four Prayer

*When a person offended we said to ourselves,
"This is a sick man. How can I be helpful to him?
God save me from being angry. Thy will be done."*

From AA World Services, *The Big Book, Alcoholics Anonymous*, "How It Works," p. 67.

But what really helped me bring it all together was learning to be grateful. With forgiveness for others, releasing the anger, pain, resentment, and facing my fears, giving thanks in all things and to all those who challenged my peace of mind was the essential piece that led me to a discovery on the well-trodden journey from despair to happiness, from chaos to serenity, from anger to love.

A Free and Grateful Anonymous Alcoholic of Grants Pass AA, District 7





AA's Community Impact

I am very impressed with and grateful for the Josephine County A.A. group of volunteers that have donated their time and energy to the youth of the Rogue Valley Youth Correctional Facility.

The message of strength and hope to the youth of RVYCF has had a profound impact on a number of the young men at this facility. The volunteers who consistently attend our twice monthly speakers' meetings have inspired and positively influenced these young men in a number of ways.

Our meetings are consistently attended by 10 to 20 youth. Several of the youth at this facility were unfamiliar with A.A. and the support and fellowship that is offered until they attended a meeting. Over the last few years we have had a number of youth obtain sponsorship and work the 12 steps. Many of the youth who have transitioned to the community continue to attend A.A. meetings and work the 12 steps and as a result have not returned to closed custody corrections. Those that have returned to closed custody frequently start attending the speaker's meetings again in attempt to figure out what went wrong.

The A.A. speakers' meetings have also planted seeds for those that aren't sure if their drinking has become a problem. A.A. has provided a variety of literature to the youth at the facility including the A.A. "Big Book." A.A. volunteers have encouraged youth to read the Doctor's Opinion and decide for themselves if they have a drinking problem. This approach has challenged the youth to examine their own lives and decide for themselves if they need help. A.A. then provides a nonjudgmental, supportive environment for youth to share their struggles with alcohol and to receive the support they need to remain clean and sober and live a life of recovery once they return to the community.

A.A. has had and continues to have a positive impact on the youth at RVYCF. A.A. has created a positive culture of recovery at RVYCF with many youths constantly asking when is the next meeting.

Thank you, A.A., for your time, energy and willingness to work with the young men at Rogue Valley Youth Correctional Facility.

From Matt Schulze, Matt.Schulze@oya.state.or.us



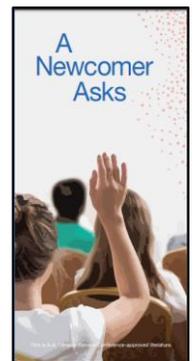
A Newcomer Asks

This is A.A. General Service Conference-approved literature

This leaflet is intended for people approaching Alcoholics Anonymous (A.A.) for the first time. In it we have tried to answer the questions most frequently in the minds of newcomers—the questions which were in our minds when we first approached the Fellowship.

Am I an alcoholic?

If you repeatedly drink more than you intend or want to, if you get into trouble, or if you have memory lapses when you drink, you may be an alcoholic. Only you can decide. No one in A.A. will tell you whether you are or not.



**What can I do if I am worried about my drinking?**

Seek help. Alcoholics Anonymous can help.

What is Alcoholics Anonymous?

We are a Fellowship of men and women who have lost the ability to control our drinking and have found ourselves in various kinds of trouble as a result of drinking. We attempt—most of us successfully—to create a satisfying way of life without alcohol. For this we find we need the help and support of other alcoholics in A.A.

If I go to an A.A. meeting, does that commit me to anything?

No. A.A. does not keep membership files, or attendance records. You do not have to reveal anything about yourself. No one will bother you if you don't want to come back.

What happens if I meet people I know?

They will be there for the same reason you are there. They will not disclose your identity to outsiders. At A.A. you retain as much anonymity as you wish. That is one of the reasons we call ourselves Alcoholics Anonymous.

What happens at an A.A. meeting?

An A.A. meeting may take one of several forms, but at any meeting you will find alcoholics talking about what drinking did to their lives and personalities, what actions they took to help themselves, and how they are living their lives today.

How can this help me with my drinking problem?

We in A.A. know what it is like to be addicted to alcohol, and to be unable to keep promises made to others and ourselves that we will stop drinking. We are not professional therapists. Our only qualification for helping others to recover from alcoholism is that we have stopped drinking ourselves, but problem drinkers coming to us know that recovery is possible because they see people who have done it.

Why do A.A.s keep on going to meetings after they are cured?

We in A.A. believe there is no such thing as a cure for alcoholism. We can never return to normal drinking, and our ability to stay away from alcohol depends on maintaining our physical, mental, and spiritual health. This we can achieve by going to meetings regularly and putting into practice what we learn there. In addition, we find it helps us to stay sober if we help other alcoholics.

How do I join A.A.?

You are an A.A. member if and when you say so. The only requirement for A.A. membership is a desire to stop drinking, and many of us were not very wholehearted about that when we first approached A.A.

How much does A.A. membership cost?

There are no dues or fees for A.A. membership. An A.A. group will usually have a collection during the meeting to cover expenses, such as rent, coffee, etc., and to this all members are free to contribute as much or as little as they wish.

Is A.A. a religious organization?

No. Nor is it allied with any religious organization.



***There's a lot of talk about God, though, isn't there?***

The majority of A.A. members believe that we have found the solution to our drinking problem not through individual willpower, but through a power greater than ourselves. However, everyone defines this power as he or she wishes. Many people call it God, others think it is the A.A. group, still others don't believe in it at all. There is room in A.A. for people of all shades of belief and nonbelief.

Can I bring my family to an A.A. meeting?

Family members or close friends are welcome at "Open" A.A. meetings. Discuss this with your local contact.

What advice do you give new members?

In our experience, the people who recover in A.A. are those who: (a) stay away from the first drink; (b) attend A.A. meetings regularly; (c) seek out the people in A.A. who have successfully stayed sober for some time; (d) try to put into practice the A.A. program of recovery.

How can I contact A.A.?

Look for Alcoholics Anonymous in your local telephone directory. These telephones are answered by A.A. volunteers who will be happy to answer your questions or put you in touch with those who can. If there is no A.A. telephone service close to you, write or phone the A.A. General Service Office.

Remember that alcoholism is a progressive disease. Take it seriously, even if you feel you are only in the early stages of the illness. Alcoholism kills people. If you are an alcoholic, and if you continue to drink, in time you will get worse.

ALCOHOLICS ANONYMOUS® is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions.

A.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes.

Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

Excerpts from P-24, *A Newcomer Asks*, Copyright © 2018 by Alcoholics Anonymous World Services, Inc.

Questions and Answers on Sponsorship

What is sponsorship?

Alcoholics Anonymous began with sponsorship. When Bill W., only a few months sober, was stricken with a powerful urge to drink, this thought came to him: "You need another alcoholic to talk to. You need another alcoholic just as much as he needs you!"

He found Dr. Bob, who had been trying desperately and unsuccessfully to stop drinking, and out of their common need A.A. was born. The word "sponsor" was not used then;



the Twelve Steps had not been written; but Bill carried the message to Dr. Bob, who in turn safeguarded his own sobriety by sponsoring countless other alcoholics. Through sharing, both of our co-founders discovered, their own sober lives could be enriched beyond measure.

In A.A., sponsor and sponsored meet as equals, just as Bill and Dr. Bob did. Essentially, the process of sponsorship is this: An alcoholic who has made some progress in the recovery program shares that experience on a continuous, individual basis with another alcoholic who is attempting to attain or maintain sobriety through A.A.

When we first begin to attend A.A. meetings, we may feel confused and sick and apprehensive. Although people at meetings respond to our questions willingly, that alone isn't enough. Many other questions occur to us between meetings; we find that we need constant, close support as we begin learning how to "live sober."

So we select an A.A. member with whom we can feel comfortable, someone with whom we can talk freely and confidentially, and we ask that person to be our sponsor.

For the person seeking a sponsor

How does sponsorship differ from Twelfth Step calls?

A Twelfth Step call — visiting an alcoholic who has asked for help and talking about the A.A. program with him or her — may become the beginning of sponsorship, but by itself it is not necessarily sponsorship.

Sponsorship, with its *continuing* interest in another alcoholic, often develops when the prospect is willing to be helped, admits having a drinking problem, and decides to seek sobriety as a solution.

Sponsorship is Twelfth Step work, but it is also continuing responsibility for helping a newcomer adjust to a way of life without alcohol.

How does sponsorship help the newcomer?

It assures the newcomer that there is at least one person who understands the situation fully and cares — one person to turn to without embarrassment when doubts, questions or problems linked to alcoholism arise. Sponsorship gives the newcomer an understanding, sympathetic friend when one is needed most. Sponsorship also provides the bridge enabling the new person to meet other alcoholics — in a home group and in other groups visited.

Excerpts from P-15, *Questions and Answers on Sponsorship*. Copyright © 2018 by Alcoholics Anonymous World Services, Inc.



These two pamphlets and many other AA related pamphlets and books are available at the Central Office. They are also available through the Alcoholics Anonymous World Services Online Store at <https://b2c.aaws.org/c-11-pamphlets.aspx>





The Legacy of Service

The Twelfth Step

Step 12 reads "Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs."

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.



Our Primary Purpose

According to Bill W., in A.A.'s Legacy of Service, our Twelfth Step — **carrying the message** — is the basic service that the A.A. Fellowship gives; **this is our principal aim and the main reason for our existence**. Therefore, A.A. is more than a set of principles; it is a society of alcoholics in action. We must carry the message, else we ourselves can wither and those who haven't been given the truth may die.

Hence, **an A.A. service is anything whatever that helps us to reach a fellow sufferer** —ranging all the way from the Twelfth Step itself to a ten-cent phone call and a cup of coffee, and to A.A.'s General Service Office for national and international action. **The sum total of all these services is our Third Legacy of Service.**

Vital to A.A.'s Growth

These services, whether performed by individuals, groups, areas, or A.A. as a whole, are utterly vital to our existence and growth.

The A.A. SERVICE MANUAL Combined With TWELVE CONCEPTS for WORLD SERVICE by Bill W.
2018-2020 Edition Reflecting Actions of the 2018 General Service Conference

I am **RESPONSIBLE**

Service: The Third Legacy of Alcoholics Anonymous

Our Solution is Found in the Three Legacies



"The circle stands for the whole world of A.A., and the triangle stands for A.A.'s Three Legacies of Recovery, Unity, and Service. Within our wonderful new world, we have found freedom from our fatal obsession. That we have chosen this particular symbol is perhaps no accident. The priests and seers of antiquity regarded the circle enclosing the triangle as a means of warding off spirits of evil, and A.A.'s circle and triangle of Recovery, Unity, and Service has certainly meant all of that to us and much more."

Bill W., Alcoholics Anonymous Comes of Age, Bill W.'s 1955 speech



After the 1994 General Service Conference, Alcoholics Anonymous World Services made the decision to "officially" and "legally" phase out the logo and discontinue its use on all Conference-approved literature. However, the symbol is still associated with Alcoholics Anonymous (and other kinds of 12-Step recovery fellowships) and has a special meaning for AA members all over the world.

The symbol of the circle and triangle is an ancient spiritual symbol meaning **mind, body, and spirit** together as one.

In AA, this symbol represents the three parts of our program (**recovery, unity, service**) which are the solutions to the three-part disease of alcoholism (**physical, mental and spiritual**). The circle surrounding the triangle represents Alcoholics Anonymous as a whole. The equilateral triangle is the strongest construction structure known to us. **Because all three sides are equal, the triangle represents the balance required among all 36 principles in order for us to stay sober.**

So, the solution to our alcoholism is found in the Three Legacies (Recovery, Unity and Service) passed down to us by our co-founders, Dr. Bob, Bill W. and the first pioneers of AA. Each legacy has twelve guiding spiritual principles. A total of 36 guiding principles. Each of spiritual principles are contained in the Big Book of Alcoholics Anonymous (Recovery, Unity, Service), the Twelve and Twelve (Recovery and Unity), and the General Service Manual (Service).

Service = Spirituality = The AA Organization (**Spiritual Malady**)

Service in AA is based in the 12 spiritual principles known as the 12 Concepts, which are found in the General Service Manual and the Appendix of the Big Book (Fourth Edition).

"PRACTICAL EXPERIENCE shows that nothing so much insures immunity from drinking than intense work with other alcoholics. It works when other activities fail. This is our TWELFTH SUGGESTION: Carry this message to other alcoholics!" (BB 89:1)

So, ask yourself these questions?

Am I working with other alcoholics taking them through the twelve steps? Am I practicing all of the spiritual principles inside and outside AA? Am I restless, irritable or discontent? **If AA is the 12 Steps, the fellowship, and working with others, where am I with my program?**

Friends of Bill W., The Circle and the Triangle, http://friendsofbillw.net/the_three_legacies, Accessed on March 18, 2019, Copyright by Diane V.

So, Here's the Call

There are many service positions within Grants Pass AA at the group level, committee level, and District and Intergroup levels. Any service position within these groups would serve our primary purpose and help in your sobriety.





GP AA Central Office needs a volunteer to fill in "as needed" shifts for the regularly scheduled folks who can't work a shift. Volunteers at Central Office play a vital role in the Grants Pass AA Community. As a matter of fact, in many ways, these volunteers have the most important position in the organization on account that they are often the first point of contact for a newcomer.



If you are interested in helping the community in this way and would like to learn more about the duties and qualifications of Central Office volunteers, please call Kathy T at (541) 474-0782 or email her at gpaavolunteer@gmail.com.

Twelve-Step Calls - In the spirit of service, a 12 step call is an important part of the recovery process. Generally, an individual or group speaks with somebody suffering from alcoholism to help them find recovery. Specifically, people may call into the AA Central Office, and an AA member speaks to the struggling individual. Therefore, in the spirit of the Twelfth Step, sober AA members offer a friendly and nonjudgmental ear to begin helping those who are still struggling with alcoholism. The belief is that there is just nothing quite the same as one alcoholic talking to another. As such, the person who is struggling to stay sober can hopefully trust the person answering the call. The goal of a 12 step call is to get the person to commit to a first step toward recovery, which can be as simple as coming to a meeting. To help the person recover from the suffering caused by alcoholism, call Central Office at (541) 474-0782 to add your name and number to the 12 step call list.



The Outreach Committee also needs your help with the following critical programs:

Treatment Committees are formed to coordinate the work of individual A.A. members and groups who carry our message of recovery to alcoholics in treatment and outpatient settings and set up means of "bridging the gap" from the facility to an A.A. group in the individual's community.

Here's an immediate opportunity to be of service. Share your experience, strength and hope in a **Treatment Panel** format at **Choices** (Friday, April 26 - 10:00 -11:30AM; Tuesday, April 30 – 9:30-11:00AM; Tuesday, April 30 – 2:00-3:30PM). Please call Joey S at (541) 660-4122 or gpaatxchair@gmail.com.

Part of **Bridging the Gap** between a treatment program and A.A. is the Temporary Contact Program, which is designed to help the alcoholic in an alcoholism treatment program make that transition.



Cooperation.
but not affiliation.

Members of C.P.C. Committees (**Cooperation with the Professional Community**) inform professionals and future professionals about A.A. — what we are, where we are, what we can do, and what we cannot do. They attempt to establish better communication between AA and professionals and to find simple, effective ways of cooperating without affiliating.

The **Sunshine Committee** is a service committee composed of AA members who take a meeting to other members who are currently in hospitals, nursing homes, or are home-bound. If you are interested in serving on this committee, please call Paul B. at (541) 226-7827.





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.



"...ISM" – I Sponsor Myself

BIG BOOK - Believing In God Beats Our Old Knowledge

BAR - Beware Alcohol, Run

DENIAL - Don't Even Notice I Am Lying

SOBER - Son Of A Bitch, Everything's Real

STEPS - Solutions To Every Problem, Sober



Current Donations

Thank you to all groups that 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 Feb 16, 2019 through Mar 15, 2019.
Year-to-Date includes funds received during the dates of Dec 16, 2018 through Mar 15, 2019.

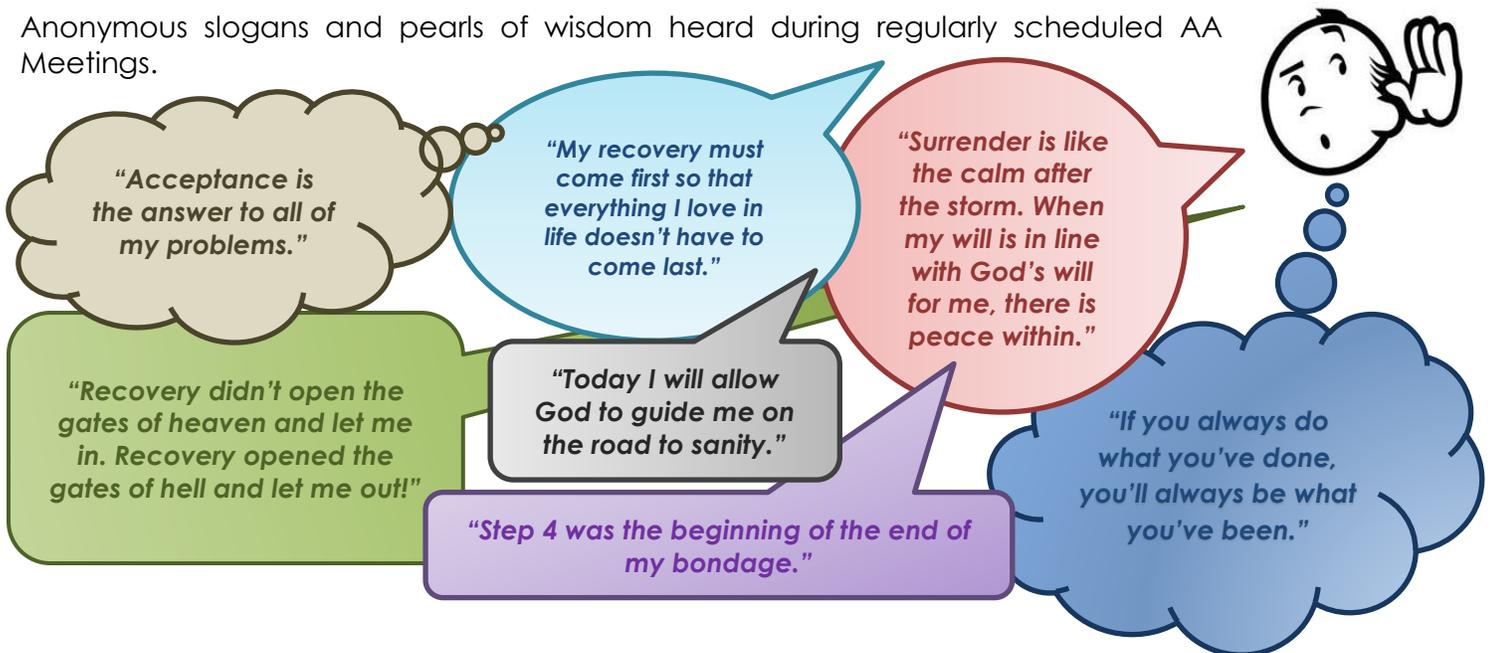
Current	Feb 16, 2019 - Mar 15, 2019		Year-To-Date (YTD)		Dec 16, 2018 - Mar 15, 2019	
AA Group	Current	YTD	AA Group	Current	YTD	
12 O'Clock High Group	\$0	\$182	Merlin Group	\$0	\$0	
Attitude Adjustment	\$0	\$0	Monarch Group	\$0	\$0	
Cease Fighting	\$0	\$0	Monday Men's Book Study	\$0	\$0	
Easy Does It	\$0	\$605	Nooners Meeting	\$0	\$150	
Experience, Strength, and Ho	\$0	\$90	Rogue River Sunday Group	\$0	\$150	
Friday Night Speakers Group	\$0	\$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	\$0	\$80	Thursday Night Winners	\$0	\$0	
Illinois Valley Group	\$0	\$100	Tuesday Book Study	\$0	\$0	
Language of the Heart	\$0	\$30	Uppity Women	\$0	\$25	
Live & Let Live Group	\$0	\$0	Wednesday Progress Group	\$0	\$0	
Looking Forward Group	\$0	\$200	Williams Applegate	\$0	\$100	
Marathon Meetings	\$0	\$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 those events in nearby areas. Events listed under **Sober Fun** may not include a formal meeting.

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



Safety and AA: Our Common Welfare

Presented by District 7

Saturday, April 20th, 2:00PM-5:00PM

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

Speaker: Madeline P. and Anne M.



Safety is an important issue within A.A. – one that all groups and members can address to develop workable solutions and help keep our meetings safe based on fundamental principles of the Fellowship.

Sober Fun Events

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

April 13th, 7:00PM-9:00PM

May 11th, 7:00PM-9:00PM



Dodging the Drink Dodgeball Tournament

Presented by OSYPA

Co-hosted by ORCYPAA

Eugene Faith Center

1410 W 13th Avenue, Eugene, OR 97402

April 13th 2:00PM-6:00PM



Registration is \$20 for a team or \$5 for an individual

For more information, email

osypaconvention@gmail.com or call (541) 321-0063

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

Apr 1 @ 5:00PM
May 6 @ 5:00PM

OSYPAA Business Meeting

456 W Pine Street, Central Point, OR 97502

Apr 7 @ 2:00PM
May 5 @ 2:00PM

District 7 Business Meeting

Apr 2 @ 7:00PM
May 7 @ 7:00PM

JoCo Intergroup Business Meeting

432 NW 6th St, Room 107, Grants Pass, OR

Apr 18 @ 7:30PM
May 16 @ 7:00PM

Hi-Lo Board Meeting

Apr 9 @ 7:00PM
May 14 @ 7:00PM

Roundup 2019 Board Meeting

Apr 11 @ 7:30PM
Apr 25 @ 7:30PM

Families in Recovery Meeting

Apr 9 @ 6:00PM

New Big Book Survival Study Group – Closed Women's Meeting
Every Thursday Night, 7:00PM – 8:00PM @ Newman Methodist Church
On the corner of 6th St and B St, downstairs in large classroom





AA Birthdays

NAME	DATE	YEARS	NAME	DATE	YEARS
Donna D	April 25, 1971	48	Mike T	April 1, 2012	7
Jary K	April 15, 1979	40	Melanie H	April 21, 2012	7
Nancy D	April 17, 1979	40	Annette R	April 4, 2014	5
Anne F	April 29, 1985	34	Clint W	April 10, 2014	5
Karen A	April 11, 1988	31	Joey P	April 16, 2014	5
Phillip M	April 28, 1988	31	Angel	April 23, 2014	5
Pat H	April 17, 1989	30	Christa	April 1, 2015	4
Dennis D	April 10, 1990	29	Stacy N	April 8, 2015	4
Francois M	April 20, 1991	28	Julia H	April 19, 2015	4
Ron M	April 1, 2006	13	Shelley	April 9, 2016	3
Greg G	April 28, 2006	13	Jody L	April 15, 2016	3
Jaren H	April 24, 2009	10			

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



44th ANNUAL ROGUE ROUNDUP 2019

Ready for some service work?
 Want to be a part of an amazing event?
 We plan all year, then stop to have a BIG party!
 Meetings are held on the 4th Thursday each month at 7:30pm at the Hi-Lo Club.
 Come join us! There's a spot for you.



Do you have a service commitment yet? Regardless of the step you are on or the length of your sobriety (we all only have today, anyway), the Roundup is an experience you don't want to miss. Being a part of it is even better!

This year's theme is **"More than One Hundred"** from the FOREWARD in the First Edition of the Big Book. *"We of Alcoholics Anonymous are more than one hundred men and women who have recovered from a seemingly hopeless state of mind and body."*

This year we are introducing an online signup to work at the Roundup. Visit www.grantspassaa.com for detailed information and specific directions on how to signup to volunteer.

Of course, you can always signup "on the clipboard" when a committee member offers one of the following service commitments in person:

- 
Snack Shack
- 
Decorations
- 
Greeters
- 
Fashion Center
- 
Registration
- 
Gofer
- 
Recycle
- 
Other Opportunities
- 
Coffee

Rogue Roundup Service

There are so many opportunities to get into service at the Roundup. It could be some of the MOST fun service work you'll do!