

Keeping it Simple



Josephine County Intergroup Newsletter

July/August 2018

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Welcome! We are glad you are here.

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

Please sign up for the Newsletter subscription service which provides you with a bi-monthly copy when it is distributed directly to your email Inbox! Visit the GP AA website for the subscription form and directions. Copies of the Newsletter are available online, at the Central Office, and the Hi-Lo Club. All previous issues of the Newsletter are available on the website at www.grantspassaa.com/newsletters.

Many thanks to this issue's contributors – G.O. D, Bruce D, Kathy T, Jen F, Gerald Y, Susan Mc and Winslow C. **If you would like to get involved with the Newsletter Team, please join us at our next Newsletter Committee Meeting on August 19th at 2:00PM.**

Also, please send your contributions (personal stories, poems, art work, cartoons, jokes, or anything that has helped you on your journey) for the September/October 2018 issue no later than Friday, August 17th. To submit your contribution or get involved with the Newsletter Team, email Winslow at gpaanews@gmail.com.



Step 7 "Humbly asked Him to remove our shortcomings."

The Seventh Step is where we make the change in our attitude which permits us, with humility as our guide, to move out from ourselves toward others and toward God. The whole emphasis of Step Seven is on humility. It is really saying to us that we now ought to be willing to try humility in seeking the removal of our other shortcomings just as we did when we admitted that we were powerless over alcohol and came to believe that a Power greater than ourselves could restore us to sanity. If that degree of humility could enable us to find the grace by which such a deadly obsession could be banished, then there must be hope of the same result respecting any other problem we could possibly have.

From AA World Services, Inc., *Twelve Steps and Twelve Traditions*, p. 76.

Tradition 7 “Every A.A. group ought to be fully self-supporting, declining outside contributions.”

SELF-SUPPORTING alcoholics? Who ever heard of such a thing?

Alcoholics are certainly all-or-nothing people. Our reactions to money prove this. As A.A. emerged from its infancy into adolescence, we swung from the idea that we needed vast sums of money to the notion that A.A. shouldn't have any. On every lip were the words “You can't mix A.A. and money. We shall have to separate the spiritual from the material.” We took this violent new tack because here and there members had tried to make money out of their A.A. connections, and we feared we'd be exploited. Now and then, grateful benefactors had endowed clubhouses, and as a result there was sometimes outside interference in our affairs. We had been presented with a hospital, and almost immediately the donor's son became its principal patient and would-be manager. One A.A. group was given five thousand dollars to do with what it would. The hassle over that chunk of money played havoc for years. Frightened by these complications, some groups refused to have a cent in their treasuries.

Despite these misgivings, we had to recognize the fact that A.A. had to function. Meeting places cost something. To save whole areas from turmoil, small offices had to be set up, telephones installed, and a few full-time secretaries hired. Over many protests, these things were accomplished. We saw that if they weren't, the man coming in the door couldn't get a break. These simple services would require small sums of money which we could and would pay ourselves. At last the pendulum stopped swinging and pointed straight at Tradition Seven as it reads today.

From AA World Services, Inc., *Twelve Steps and Twelve Traditions*, p. 160-162.

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

LIVING OUR AMENDS

"Years of living with an alcoholic is almost sure to make any wife or child neurotic. The entire family is, to some extent, ill."

ALCOHOLICS ANONYMOUS, p. 122

It is important for me to realize that, as an alcoholic, I not only hurt myself, but also those around me. Making amends to my family, and to the families of alcoholics still suffering, will always be important. Understanding the havoc that I created and trying to repair the destruction will be a lifelong endeavor. The example of my sobriety may give others hope, and faith to help themselves.

From AA World Services, Inc., *Daily Reflections*, June 13.

Tradition 8 “Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.”

ALCOHOLICS ANONYMOUS will never have a professional class. We have gained some understanding of the ancient words “Freely ye have received, freely give.” We have discovered that at the point of professionalism, money and spirituality do not mix. Almost no recovery from alcoholism has ever been brought about by the world's best professionals, whether medical or religious. We do not decry professionalism in other fields, but we accept the sober fact that it does not work for us. Every time we have tried to professionalize our Twelfth Step, the result has been exactly the same: Our single purpose has been defeated.

Alcoholics simply will not listen to a paid twelfth-stepper. Almost from the beginning, we have been positive that face-to-face work with the alcoholic who suffers could be based only on the desire to help and be helped. When an A.A. talks for money, whether at a meeting or to a single newcomer, it can have a very bad effect on him, too. The money motive compromises him and everything he says and does for his prospect. This has always been so obvious that only a very few A.A.'s have ever worked the Twelfth Step for a fee.

From AA World Services, Inc., *Twelve Steps and Twelve Traditions*, p. 166.

Step Seven

We discovered our defects of character when we worked Step Four. Unfortunately, we couldn't crush them on the floor or leave them at the door.

By Step Six we were ready to get rid of them. But they were part of us and wouldn't just go away. We just hoped and prayed that they weren't here to stay.

Step Seven is the key that can set us free.
Humbly asked Him to remove our shortcomings.

If we could have removed them, we would have. Since we know God can we should probably let Him.

True humility is not thinking less of yourself; It is thinking of yourself less.

C.S. Lewis

Bruce D.

Humility

We, alcoholics, are self-centered people full of pride and selfishness. But, how are we to get through Step Seven if we are so egotistical. In fact, we cannot overcome our character flaws without humility. Humility is the central theme of this step. It is through this step that we begin to practice modesty and welcome a change of attitude, which will lead us to a happy life.

Humility leads me to an honest and realistic perspective of myself. It does not allow me to think myself bigger than my addictions or other people. During my disease, I thought I was bigger than life and had control over my life. The truth however was that I was living in an alternate reality because I was a train wreck in the works.

When I came to AA, I quickly found that to recover I had to release all the flaws in my character that got me to that point. However, before I could that, I had to accept that I did not have the answers to change and to live a worthy sober life. Steps One through Six led me to the importance of Step Seven and surrendering my will and life over to God, asking for help once again.

It is a humbling experience to ask God to remove my shortcomings. I had to learn, and I continue to learn that I really can't do this on my own. I need God's help and guidance to not just stay sober but to learn how to always do the right thing. Honestly, I was ready and am ready to live a life of humility. I have had enough of trying to do it on my own, because on my own I usually ended up in a disaster.

For Step Seven I did ask God to remove my shortcomings, but to my chagrin God did not remove them all at once. Again, my selfishness and self-centeredness became evident. I wanted to walk through to the other side of the Step Seven Prayer as squeaky clean. That did not happen. I'm still an alcoholic with flaws and deficiencies.

However, I did notice that as I consciously invited God to remove my shortcomings each day, my shortcomings were less and less evident. For example, one of my shortcomings was lying. I would lie to make myself appear better than I was or to make myself look not as bad as I was.

So, when I began working Step 7, I asked God to remove my lying tongue and to be honest with everyone no matter the consequences. I eventually learned how to observe and to pause during those times when I would normally not reveal the truth. I would consider quickly the result of lying and of being honest. Before I did not care, or the result did not matter to me. Now though I consciously choose in that instance to live my life better and have more fruitful relationships with people, especially my loved ones.

It's not some magic trick that God removed and is removing daily my shortcomings. I am gradually learning how to let go, overcome, manage, control, and ask for help every day. It's a journey of self-love and insights on life.

What I have learned through Step Seven is that I must trust God and humbly hand over "my stuff" giving God the room to do the legwork. I have learned to get out the way and change the things I can. Finally, what I have come to see over time through this Program is that I notice less my shortcomings surfacing their ugly heads and more positive things popping up instead, such as serenity, love, honesty, courage, acceptance, humility, patience, kindness, gentleness, and self-control.

year, on the first full weekend in May we have a huge, 3-day party attended by 1000+ AA members and their families. Going to the Roundup is a blast! Being part of the Roundup is a wonderful experience.

The 44th Annual Rogue Roundup will be May 3 - 5, 2019.

Roundup Committee Meetings are held on the 4th Thursday of each month at 7:30 pm at the Hi-Lo Club, 668 Lincoln Rd, Grants Pass, OR 97526.

Join us at committee meetings or drop an email to find out how you can get involved at RogueRoundup@yahoo.com.

Susan Mc



Current Donations for April 25, 2018 through June 15, 2018

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 the dates of April 25, 2018 through June 15, 2018.

Year-to-Date includes the dates of December 15, 2017 through June 15, 2018.

Current	Apr 25 - Jun 15		Year-To-Date (YTD)	Dec 15 - Jun 15	
	AA Group	Current		YTD	AA Group
Attitude Adjustment	\$0	\$25	Marathon Meetings	\$0	\$156
Cease Fighting	\$0	\$180	Merlin Group	\$60	\$229
Easy Does It	\$502	\$742	Monarch Group	\$65	\$115
Experience, Strength, and Ho	\$90	\$90	Monday Men's Book Study	\$0	\$40
Friday Night Winners Group	\$0	\$600	Nooners Meeting	\$200	\$350
GP Veterans Group	\$0	\$20	Stronger Together Women	\$0	\$125
Happy Hour Group	\$40	\$205	Thursday Night Winners	\$0	\$120
Illinois Valley Group	\$100	\$200	Wednesday Progress Group	\$0	\$226
Language of the Heart	\$30	\$30	Williams Applegate	\$0	\$100
Live & Let Live Group	\$0	\$80	Women's Live & Let Live	\$120	\$120

Tradition Seven teaches us that every A.A. group ought to be fully self-supporting, through its own contributions, declining outside influences.

So, what happens with all that money?

Each group pays for the immediate needs to have a meeting each week, such as rent t, coffee, creamer, sugar, etc., literature, anniversary coins, and cake.

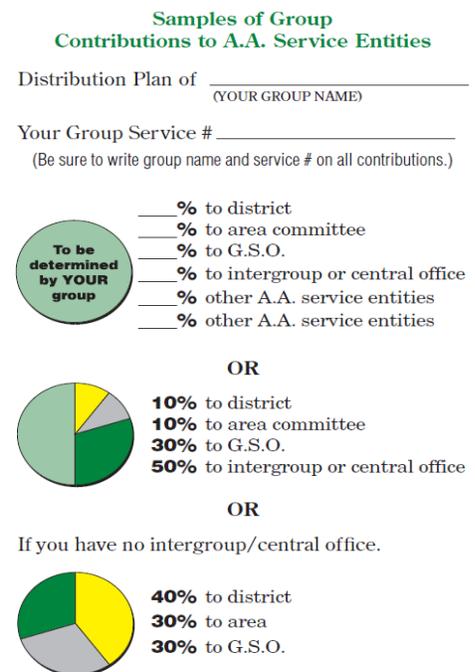
And the extra money?

It is highly recommended that each group maintain a prudent reserve – money that can be used for emergency contingencies that might arise. Larger groups may fund a portion of trips to assemblies for their elected GSR (General Service Representative). The GSR is responsible to get the group’s voice heard at the District and Area levels. Some groups sponsor workshops or parties or other sober events. All expenses should be discussed at the group’s business meetings.

So, what about other AA Service Entities?

Figure 1 is the guidance given in Pamphlet F3 *Self Support: Where Money and Spirituality Mix* (page 13).

Figure 1



Central Office uses donations for rent, phone services including answering service to maintain 24/7 coverage for Twelve Step calls, office supplies and expenses, literature, and anything related to providing a communication link to our community and often the first contact for the “alcoholic who still suffers.”

District uses donations for rent, literature for various programs and services (PI – Public Information; CPC – Cooperation with Professional Community; Outreach Programs and Panels). District funds the DCM trips to assemblies to represent AA’ers at the Area Level serving as a link between the Area Delegates and the GSRs. District also is responsible for expenses related to hosting workshops and events that provide education and communication to build and enhance our sober community.

Area 58 is the combination of all districts in Oregon and coordinates vital A.A. activities. It is responsible for sending a delegate to the annual General Service Conference; it holds four assemblies to determine the needs of the Fellowship; and it provides information at all levels of service. As with all other entities, Area has the basic expenses like rent and supplies to keep running.

General Services Office (GSO) is responsible for the publication of all our literature. The 2016 Service Dollar was spent on the following activities and Group Services: Various group contact-type costs, Box 4-5-9, A.A. Directories, and files, the General Service Conference, Loners, Internationalists and Overseas Services, Regional Forums, Archives, CPC, Public Information, Correctional Facilities, Treatment and Accessibilities, World Service Meeting

Heard It in a Meeting

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

"This is not a DIY deal."

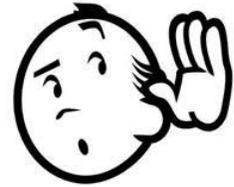
"If it's a good day, it's a gift. If it's a bad day, it's a lesson."

"Let go or get dragged."

"Just because I accept it, it doesn't mean I have to like it."

"I've never quit anything; I just substitute it."

"Just because we're in recovery, it doesn't mean that our disease isn't progressing."



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.

July 4th Fellowship Picnic

Reinhart Park ~ Harry & David Shelter

Wednesday, July 4th, 2018 @ 10:30am to 2:30pm



AA and Alanon Speakers



Rock and face painting, balloon toss, 50/50 raffle and more!
The Josephine County Intergroup will supply the burgers, hotdogs, water and soda.

Please bring a dish to share ~ chips, cookies, salads, etc.

Bring other picnic stuff like lawn chairs, blankets, frisbees, or lawn games. This will be a fun time for the whole family.

Pets are NOT permitted at this event.



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 w/shoes and \$3.50/game w/shoes for kids.



Bingo

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

July 14th and August 11th, 7:00-9:00PM



Movie Night – FREE

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

July 21st and August 18th, 7:30PM



AA Birthdays

Do you want to celebrate your AA birthday in the newsletter? Send your info to gpaanews@gmail.com.

NAME	DATE	YEARS	NAME	DATE	YEARS
George V	July 12, 1979	39	Mike H	August 8, 2009	9
Judi M	July 2, 1985	33	Viola May G	July 4, 2011	7
Sonja N	July 11, 1986	32	Susan D	June 24, 2012	6
Tom M	July 19, 1989	29	Heather L	August 24, 2013	5
Terry H	July 11, 1990	28	Terre Z	July 15, 2014	4
Don H	July 1, 1991	27	Kathie S	August 10, 2014	4
Randy R	August 22, 1994	24	Melissa E	August 23, 2014	4
Vikki C	August 18, 1996	22	Katy B	July 9, 2015	3
Susan H	August 24, 1996	22	Julie	July 15, 2015	3
Sara	August 25, 1997	21	Debbie B	July 13, 2016	2
JoDee C	July 26, 1998	20	Sherry E	August 13, 2016	2
Chris F	July 4, 1999	19	Tracey	August 18, 2016	2
Randy K	August 9, 2001	17	Winslow C	August 18, 2016	2
Teddy	August 9, 2003	15	Jana J	August 26, 2016	2
Shirley S	July 13, 2004	14	Veronica D	July 5, 2017	1
Janet P	August 24, 2004	14	Kelly M	July 26, 2017	1
Kerry K	August 29, 2007	11			
Breena R	July 1, 2008	10			
Beverly S	July 11, 2008	10			
Caitrin	August 2, 2009	9			

Upcoming Calendar Events

Visit www.grantspassaa.com/events for full details.

Event flyers and registrations can usually be found at the Central Office.

If you are involved in an upcoming event, please let us help get the word out.

Email us at grantspassaa@gmail.com

Josephine County Intergroup Office
432 NW 6th Street Suite 202
Grants Pass, OR 97526
www.grantspassaa.com

(541) 474-0782 (24 hours a day)

Office Hours: Monday – Friday,
10am – 4pm
and Saturdays by appointment

The following events are held at the Hi-Lo Club, unless otherwise noted:

Treatment Centers Committee Meeting	July 2 @ 5:00PM
Outreach Committee Meeting	July 3 @ 5:30PM
District 7 Business Meeting	July 3 @ 7:00PM
Hi-Lo Board Meeting	July 10 @ 7:00PM
Roundup Board Meeting	July 12 @ 7:30PM
JoCo Intergroup Business Meeting	July 19 @ 7:30PM
432 NW 6 th St, Grants Pass, OR, Meeting Room (Room 107)	
Roundup Board Meeting	July 26 @ 7:30PM
Treatment Centers Committee Meeting	Aug 6 @ 5:00PM
Outreach Committee Meeting	Aug 7 @ 5:30PM
District 7 Business Meeting	Aug 7 @ 7:00PM
Roundup Board Meeting	Aug 9 @ 7:30PM
Hi-Lo Board Meeting	Aug 14 @ 7:00PM
JoCo Intergroup Business Meeting	Aug 16 @ 7:00PM
432 NW 6 th St, Grants Pass, OR, Meeting Room (Room 107)	
Roundup Committee Meeting	Aug 23 @ 7:30PM