

# Keeping it Simple



Josephine County Intergroup Newsletter

July/August 2017

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## Welcome! We are glad you are here.

"Keeping it Simple" is a bi-monthly publication, brought to you by Josephine County Intergroup and is available online and in the Central Office. The key for this newsletter is COMMUNICATION. We need your input for what you would like to see (or not), and contributions in the form of personal stories, "one-liners", cartoons, jokes, things that have helped you on your journey.

Many thanks to this issues' contributors – Crystal H, Elizabeth H, Jen F, Kathie S, Kathy T, Kerry M, Terre Z and several anonymous supporters. Get involved and see personally, how this service work can enrich your sobriety. Join us at our next planning meeting on August 20<sup>th</sup>.

Please send suggestions and contributions for the September/October issue, no later than August 20<sup>th</sup>. To submit an article or to volunteer for the Newsletter Committee, email the Newsletter Chair at [grantspassaa@gmail.com](mailto:grantspassaa@gmail.com) or leave a message for Kathy, Jen or Winslow at the Central Office. Thank you.



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

### ... AND LETTING GO OF IT

*... primarily fear that we would lose something we already possessed or would fail to get something we demanded. Living upon a basis of unsatisfied demands, we were in a state of continual disturbance and frustration. Therefore, no peace was to be had unless we could find a means of reducing these demands. The difference between a demand and a simple request is plain to anyone.*

— TWELVE STEPS AND TWELVE TRADITIONS, p. 76

Peace is possible for me only when I let go of expectations. When I'm trapped in thoughts about what I want and what should be coming to me, I'm in a state of fear or anxious anticipation and this is not conducive to emotional sobriety. I must surrender – over and over – to the reality of my dependence on God, for then I find peace, gratitude and spiritual security.

From the book *Daily Reflections*

**Tradition 7 (long version) "The A.A. groups themselves ought to be fully supported by the voluntary contributions of their own members. We think that each group should soon achieve this ideal; that any public solicitation of funds using the name of Alcoholics Anonymous is highly dangerous, whether by groups, clubs, hospitals, or other outside agencies; that acceptance of large gifts from any source, or of contributions carrying any obligation whatever, is unwise. Then too, we view with much concern those A.A. treasuries which continue, beyond prudent reserves, to accumulate funds for no stated A.A. purpose. Experience has often warned us that nothing can so**

**surely destroy our spiritual heritage as futile disputes over property, money, and authority.”**

**(short version) “Each AA group ought to be fully self-supporting, declining outside contributions.”**

### THE "WORTH" OF SOBRIETY

*Every A.A. group ought to be fully self-supporting, declining outside contributions.*

TWELVE STEPS AND TWELVE TRADITIONS, p. 160

When I go shopping I look at the prices and if I need what I see, I buy it and pay. Now that I am supposed to be in rehabilitation, I have to straighten out my life. When I go to a meeting, I take a coffee with sugar and milk, sometimes more than one. But at the collection time, I am either too busy to take money out of my purse, or I do not have enough, but I am there because I need this meeting. I heard someone suggest dropping the price of a beer into the basket, and I thought, that's too much! I almost never give one dollar. Like many others, I rely on the more generous members to finance the Fellowship. I forget that it takes money to rent the meeting room, buy my milk, sugar and cups. I will pay, without hesitation, ninety cents for a cup of coffee at a restaurant after the meeting; I always have money for that. So, how much is my sobriety and my inner peace worth?

From the book *Daily Reflections*

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

### REPAIRING THE DAMAGE

*We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves. If we haven't the will to do this, we ask until it comes. Remember it was agreed at the beginning we would go to any lengths for victory over alcohol.*

— ALCOHOLICS ANONYMOUS, p. 76

Making a list of people I had harmed was not a particularly difficult thing to do. They had showed up in my Fourth Step inventory: people towards whom I had resentments, real or imagined, and whom I had hurt by acts of retaliation. For my recovery to be thorough, I believed it was not important for those who had legitimately harmed me to make amends to me. What is important in my relationship with God is that I stand before Him, knowing I have done what I can to repair the damage I have done.

From the book *Daily Reflections*

**Tradition 8 (long version) “Alcoholics Anonymous should remain forever non-professional. We define professionalism as the occupation of counseling alcoholics for fees or hire. But we may employ alcoholics where they are going to perform those services for which we may otherwise have to engage nonalcoholics. Such special services may be well recompensed. But our usual A.A. “12th Step” work is never to be paid for.”**

**(short version) “Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.”**

### A UNIQUE PROGRAM

*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.*

TWELVE STEPS AND TWELVE TRADITIONS, p. 166

I believe that Alcoholics Anonymous stands alone in the treatment of alcoholism because it is based solely on the principle of one alcoholic sharing with another alcoholic. This is what makes the program unique.

When I decided that I wanted to stay sober, I called a woman who I knew was a sober member of A.A., and she carried the message of Alcoholics Anonymous to me. She received no monetary compensation, but rather was paid by staying sober another day herself. Today I could ask for no payment other than another day free from alcohol, so in that respect, I am generously paid for my labor.

From the book *Daily Reflections*



## Because I'm an Alcoholic

I suppose I always wondered who I was. As a child, isolated in the country, I made up stories, inventing myself along with imaginary companions to play with. Later, when we moved to a large city and I was surrounded by kids, I felt separate, like an out-cast. And although I learned to go along with the cultural norm as I grew up, still, underneath, I felt different.

Alcohol helped. At least I thought it helped until I saw the oppressive thirty-year shadow it cast on my life. I discovered it in college, and although at first I didn't drink often (didn't have the opportunity), whenever I started, I drank as long as there was any alcohol around. It was a reflex. I don't remember liking the taste, but I liked that it seemed to bring me to life and get me through a date or a party able to talk. It moved me outside of that hole I felt in myself and lowered the wall I created between me and any person or situation that made me uncomfortable.

Submitted by Kerry M from the Big Book of Alcoholics Anonymous, Page 338



## An open letter as an alcoholic:

February 23, 2015 I took my last drink, or so I thought. Over the course of the last couple years I have had my ups and downs. Felt the blessings shine down upon, as the gratitude of his glory filled me... But as it is in life, we become used to these things, we grow complacent. It feels harder or at least more work to maintain that level of happiness, of being ok. There is a constant need to fill this void in my heart, a hole left empty that nothing seemed to have the power to fill. I had done well in the beginning, I worked my steps, I went to my meetings, I didn't read hardly enough; But I felt like I couldn't be touched, as if nothing could take this thing I called sobriety away from me. But for me the word meant so much more than my actions, I threw it around with pride, but I didn't have the strength to hold the shield it represented. I came to a point where my life became unmanageable once again, but this time I didn't reach out. I grasped at the air, I cried to be fixed and no one heard me. I was buried in my loneliness. I was isolated. Even the ones that were closest to me could not see it; my friends in and out of the program could not see my anguish. For I was alone - all alone inside my head. There was no light guiding me, just my voice of insanity telling me I wasn't good enough, that I would forever be alone... Reminding me of the pain I had once drowned in alcohol and drugs. So on the afternoon of June 16, 2017, I choose to drink. I hit my end, I couldn't take the pain in my head that I created and I tried to drink it away. Like the fool, I didn't do this quietly in the confines of my quiet room, I did it in a place where I was seen. I embarrassed. I made a public spectacle of myself as fools often do. I hurt my close friend, I let her down. I let my family down (again), and I let myself down. Who's to say this won't happen again? Cunning, baffling, powerful, this disease is. It lays dormant ready to leach in and take advantage of the weak mind and crippled heart. For those I have hurt, please know, from the bottom of my heart, I am sorry.

When you are hurting, ask for help

When you are lonely, reach out - there will always be a friend

Don't be afraid to walk through those doors

We don't have to be alone

Anonymous



## I'M YOUR DISEASE

I hate meetings. I hate Higher Power. I hate anyone who has a program. To all who come in contact with me, I wish you death and I wish you suffering.

Allow me to introduce myself. I am the disease of addiction. Cunning, Baffling, and Powerful, that's me. I have killed millions, and I am pleased. I love to catch you with the element of surprise. I love pretending I am your friend and lover. I have given you comfort, have I not? Wasn't I there when you were lonely? When you wanted to die, didn't you call me? I was there. I love to make you hurt. I love to make you cry. Better yet, I love when I make you so numb you can neither hurt nor cry. You can't feel anything at all; that is true glory. I will give you instant gratification and all I ask of you is long-term suffering. I've been there for you always. When things were going right in your life, you invited me. You said you didn't deserve these good things; I was the only one who would agree with you. Together, we were able to destroy all things good in your life.



People don't take me seriously. They take strokes seriously, heart attacks seriously, even diabetes they take seriously. Fools that they are, they don't know that without my help these things would not be made possible.

I am such a hated disease, and yet I do not come uninvited. You choose to have me. So many have chosen me over reality and peace.

More than you hate me; I hate all of you who have a twelve-step program. Your program, your meetings, your Higher Power; all weaken me and I can't function in the manner I am accustomed to.

Now, I must lie here quietly. You don't see me, but I am growing bigger than ever. When you only exist, I may live. When you live, I only exist. But, I am here ...and until we meet again, if we meet again, I wish you death and suffering.

Anonymous



## District 7

Here are the officers and committee chairpersons in District 7. Elections for officer positions - DCM, Alt DCM and Secretary - will be held at the September business meeting (September 5 at 7pm at Hi-Lo). Chairperson positions shown as "OPEN" are currently available and Outreach will soon be rotating out as well.

How about it? Are you ready to give back for what is so freely given? Send an email to [dcmdistrict007@gmail.com](mailto:dcmdistrict007@gmail.com).

Position	Name	Position	Name
<b>DCM</b>	<b>Crystal H.</b>	PI Chair	<b>OPEN</b>
<b>Alt. DCM</b>	<b>Ryan B.</b>	Grapevine Chair	Ryan B.
<b>Secretary</b>	<b>Clint W.</b>	Outreach (Treatment) Chair	Mike M.
Treasurer	Gerald	Correctional Facilities SW Regional Coordinator for Area 58	Randy R.
Corrections (Men & Women)	<b>OPEN</b>	Archivist	Scott
CPC Chair	Caitrin	Sunshine Committee	<b>OPEN</b>



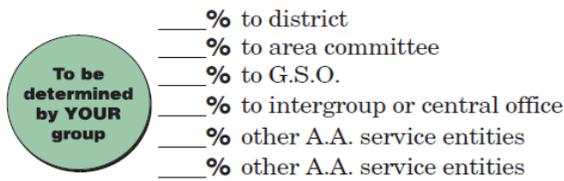
## Self-Supporting by Our Own CONTRIBUTIONS

Time to distribute funds, but where? Here is the guidance given in pamphlet F3 *Self Support: Where money and spirituality mix* (page 13)

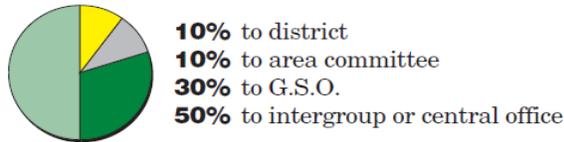
### Samples of Group Contributions to A.A. Service Entities

Distribution Plan of \_\_\_\_\_  
(YOUR GROUP NAME)

Your Group Service # \_\_\_\_\_  
(Be sure to write group name and service # on all contributions.)



OR



OR

If you have no intergroup/central office.



### Central Office

Josephine County Intergroup  
432 NW 6th St #202  
Grants Pass, OR 97526

### District 7

AA District 7  
PO Box 1782  
Grants Pass OR 97528

### Area 58

Oregon Area Treasury 1900 NE 3rd St,  
Suite 106-172  
Bend OR 97701

### General Services Office

Box 459  
Grand Central Station  
New York, NY 10163



## Rogue RoundUp

### BIG THANK YOU!

Thank you to all the participants who **dressed** up and showed up, to do service as greeters at the Hospitality Suite (the Flower building) at the Round-Up. GREAT JOB! Many compliments were received for the warm smiles, sincere handshakes & hugs, and genuine sharing of fellowship! Special appreciation goes out to the newcomers, (for some, their first time at a Round-Up) who helped everyone feel welcome.

Thank you again and I look forward to doing more service with you next year.

Chair for Hospitality Greeters, in service – Kathie S

**Rogue RoundUp meetings every 4<sup>th</sup> Thursday at 7pm at the Hi-Lo.  
Get involved in the biggest AA event in JoCo for 2018!**



## Martin

As I was waiting for the plane to land in Los Angeles I paced the airport. When I got sober smoking was only allowed in the bars of the airport. Walking into the scent of stale beer and booze as I lit up a cigarette standing next to the bar my head was full of self-pity. I was there for a reason other than drinking this time- to wait for my new sponsors plane from Canada.

The emotions were strong and the tears came and went. I was thinking of what I have become and the way I was living most of my life. I kept coming back for seven plus years in and out, and this time was different. I had completely surrendered, and the obsession was lifted. My sponsor was working with me over the past few weeks from his retirement home in Prince Edward Island in Eastern Canada via the telephone. He was once the owner of the company I was working for in Southern California and had retired a year prior to a newly built home on the water near his family.

As he stepped off the plane I could not control my emotions and began sobbing. We shared on the way back to his old home that he since had rented out but was now vacant. He reassured me everything would work out if I kept doing my meetings and praying. I told him that at a meeting I was told to keep quiet and listen, and read page 449 (Third edition) of our Big Book. I informed my new sponsor of that and he suggested I stay in the first 164 pages of the Book, and share when I needed to. He also told me that if Bill, Bob and the first 100 just listened we would not have the wonderful program we have today.



My sponsor a few months later made amends to me for not telling me the truth about returning to Southern California. He told me that he had unfinished business but he told me the truth was he put his home up for sale, and said goodbye to his retirement and family to come back and work with a drunk, and that his sponsor did the same work 47+ years earlier with him. That was over 23 years ago. ***If anyone anywhere reaches out for help I want the hand of AA to always be there and for that I am responsible.*** I am truly overpaid!

Anonymous



## Comedy Central

### A PRAYER FOR THE DAY

Dear God, so far today, I've done all right. I haven't gossiped, and I haven't lost my temper. I haven't been grumpy, nasty or selfish, and I'm really glad of that! But in a few minutes, God, I'm going to get out of bed, and from then on, I'm probably going to need a lot of help. Thank you!

Amen.



## Heard in a Meeting

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

- 🔵 H.O.P.E – Hold On Pain Ends
- 🔵 If you don't change, your sobriety date will.
- 🔵 Humility is not thinking less of yourself, but thinking of yourself less.
- 🔵 Ask God to be in my head, before I get there.
- 🔵 Learn to hurt sober.
- 🔵 Acceptance is simply acknowledging reality



## Central Office News

### Current Donations April 16 – June 15

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

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

Group	Current	YTD	Group	Current	YTD
Applegate Williams Group		\$100	Monarch Group	\$50	\$100
Easy Does It		\$1320	Nooners	\$125	\$250
Fireside Group		\$70	Safe Haven Group		\$150
Happy Hour Group	\$80	\$200	Spring Fling Event		\$760
Illinois Valley Group	\$100	\$150	Stronger Together Womens		\$150
Language of the Heart		\$20	Thursday Night Winners		\$150
Looking Forward Group	\$100	\$200	Simply AA	\$100	\$100
Merlin Group		\$30	Sunday Surrender		\$288
			Womens Live & Let Live		\$63

Thank you to our Central Office volunteers for all your service in May and June:

Bruce, Sherry, Butch, Dana, George, Elizabeth, Brenda, Scott, John F

How about adding YOUR name to this list? There are several open positions – call 541-474-0782

Can YOU volunteer just 3 hours a week?

**Office Hours:** Monday – Friday 10am – 4pm; Saturdays by appointment



## SERVICE OPPORTUNITIES

### Grateful?



**LOOKING FOR A WAY TO GIVE BACK?**

**How about bringing meetings to alcoholics who need one but can't get to them.**

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

How it works: Committee members will be called & organized to take a meeting where it is requested.

If you are interested in being on the Sunshine Committee please call Heather L. at 541-660-8195

### Looking for service work?

**Suit up and Show up!**

Attend District 7 meetings (July 11 and August 1) and/or Intergroup (July 20 and August 17) to see what is available

### Central Office VOLUNTEERS

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

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

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



## Birthdays and Anniversaries

Do you want to celebrate your AA birthday in the newsletter? Send your info to Kathy T. at [livelovelaugh71815@gmail.com](mailto:livelovelaugh71815@gmail.com)

Don H	Jul 1, 1991	26	Tom N	Aug 4, 1973	44
Judi M	Jul 2, 1985	32	Mike H	Aug 8, 2009	8
Chris F	Jul 4, 1999	18	Randy K	Aug 9, 2001	16
Katy B	Jul 9, 2015	2	Teddy	Aug 9, 2003	14
Sonja N	Jul 11, 1986	31	Sherry E	Aug 13, 2016	1
Terry H	Jul 11, 1990	27	Vikki C	Aug 18, 1996	21
Beverly S	Jul 11, 2008	9	Greg A.	Aug 20, 1986	31
Shirley S	Jul 13, 2004	13	Chris M	Aug 21, 1986	31
Debbie B	Jul 13, 2016	1	Randy R	Aug 22, 1994	23
Terre Z	Jul 15, 2014	3	Bruce E	Aug 23, 1963	54
Tom M	Jul 19, 1989	28	Susan H	Aug 24, 1996	21
JoDeeC.	Jul 26, 1998	19	Heather L	Aug 24, 2013	4
Jay M	Aug 1, 1989	28	Sara	Aug 25, 1997	20
Jen F	Aug 2, 1986	31	Jana J	Aug 26, 2016	1
Caitrin	Aug 2, 2009	8	Erin M	Aug 27, 1989	28
			Kerry K	Aug 29, 2007	10

*7<sup>th</sup> Step Prayer*

*My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding.*

Event flyers and registrations can usually be found at Central Office. If you are involved in an upcoming event, please get the info to us either in person or email to [grantspassaa@gmail.com](mailto:grantspassaa@gmail.com).

## Upcoming Events

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

<b>July 4<sup>th</sup> BBQ</b>	Jul 4
<b>District 7 Business Meeting</b>	Jul 11
<b>ORCYPAA Business Meeting</b>	Jul 9
<b>Intergroup Business Meeting</b>	Jul 20
<b>Roundup Committee Meeting</b>	Jul 27
<b>All 12 Steppers Womens Campout</b>	Jul 27-30
<b>Pamplin Grove Campout</b>	Jul 27-30
<b>South Coast Roundup (Brookings)</b>	Jul 28-30
<b>Outreach Committee Meeting</b>	Aug 1
<b>District 7 Business Meeting</b>	Aug 1
<b>Columbia River Round-Up</b>	Aug 11-13
<b>ORCYPAA Business Meeting</b>	Aug 13
<b>Intergroup Business Meeting</b>	Aug 17
<b>Newsletter Committee Meeting</b>	Aug 20
<b>Roundup Committee Meeting</b>	Aug 24

JULY 2017						
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30	31					

AUGUST 2017						
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20	21	22	23	24	25	26
27	28	29	30			