

# Keeping it Simple



Josephine County Intergroup Newsletter

March/April 2018

## Inside This Issue

- 1 **Welcome!**
- 1 **Step 3**
- 2 **Tradition 3**
- 2 **Step 4**
- 3 **Tradition 4**
- 3 **Grapevine History**
- 4 **Why It Can Be So Hard To Take  
Step 3 by Tom P**
- 5 **What About the Fourth Step by  
Dawn D**
- 6 **Area 58 Service Assembly News**
- 6 **Central Office News**
- 7 **Current Donations**
- 7 **Rule 62 Reminder**
- 7 **Heard It in a Meeting**
- 8 **Service Opportunities**
- 9 **Events**
- 10 **Birthdays & Events Calendar**

## Welcome! We are glad you are here.

“*Keeping it Simple*” is a bi-monthly publication brought to you by the Josephine County Intergroup. It is available online and in the Central Office. We’ve had great response to the new subscription service providing a newsletter directly to your email Inbox! For your convenience, there is a subscription form on the website. Sorry, but we cannot send back issues. However, all past issues are available at [www.grantspassaa.com/newsletters](http://www.grantspassaa.com/newsletters).

Many thanks to this issues’ contributors – Dawn D, Jen F, Kathy T, Tom P, Jim J, and Winslow C. Get involved and see personally how this service work can enrich your sobriety. Please join us at our next planning meeting on April 15<sup>th</sup>.

Please send your suggestions and any contributions (personal stories, “one-liners,” cartoons, jokes, things that have helped you on your journey) for the May/June issue no later than April 22<sup>nd</sup>.

To submit an article, volunteer for the Newsletter Committee, or to request an email subscription, email us at [gpaanews@gmail.com](mailto:gpaanews@gmail.com) or leave a message for The Newsletter Team at the Central Office. Thank you.



“From the beginning, communication in A.A. has been no ordinary transmission of helpful ideas and attitudes. It has been unusual and sometimes unique. Because of our kinship in suffering, and because our common means of deliverance are effective for ourselves only when constantly carried to others, our channels of contact have always been charged with the language of the heart.”

Bill W., July 1960  
c. 1988 AA Grapevine, *The Language of the Heart*, p. 243



## Step 3 “Made a decision to turn our will and our lives over to the care of God as we understood Him.”

### CENTERING OUR THOUGHTS

*When World War II broke out, our A.A. dependence on a Higher Power had its first major test. A.A.'s entered the services and were scattered all over the world. Would they be able to take the discipline, stand up under fire, and endure . . . ?*

As Bill Sees It, p. 200

I will center my thoughts on a Higher Power. I will surrender all to this power within me. I will become a soldier for this power, feeling the might of the spiritual army as it exists in my life today. I will allow a wave of spiritual union to connect me through my gratitude, obedience and discipline to this Higher Power. Let me allow this power to lead me through the orders of the day. May the steps I take today strengthen my words and deeds, may I know that the message I carry is mine to share, given freely by this power greater than myself.

From the book *Daily Reflections*  
Copyright © 1990 by Alcoholics Anonymous World Services, Inc.

### Tradition 3 (short version) “The only requirement for A.A. membership is a desire to stop drinking.”

THE ONLY REQUIREMENT . . .

*"At one time . . . every A.A. group had many membership rules. Everybody was scared witless that something or somebody would capsize the boat. . . The total list was a mile long. If all those rules had been in effect everywhere, nobody could have possibly joined A.A. at all, . . ."*

*Twelve Steps and Twelve Traditions, p. 139-40*

I'm grateful that the Third Tradition only requires of me a desire to stop drinking. I had been breaking promises for years. In the Fellowship I didn't have to make promises, I didn't have to concentrate. It only required my attending one meeting, in a foggy condition, to know I was home. I didn't have to pledge undying love. Here, strangers hugged me. "It gets better," they said, and "One day at a time, you can do it." They were no longer strangers, but caring friends. I ask God to help me to reach out to people desiring sobriety, and to, please, keep me grateful!

From the book *Daily Reflections*  
Copyright © 1990 by Alcoholics Anonymous World Services, Inc.

### Step 4 “Made a searching and fearless moral inventory of ourselves.”

LOOKING WITHIN

*Made a searching and fearless moral **inventory** of ourselves.*

*Twelve Steps and Twelve Traditions, p. 42*

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 re-solve them, they become fewer and fewer.

From the book *Daily Reflections*  
Copyright © 1990 by Alcoholics Anonymous World Services, Inc.

### **Tradition 4 (short version) "Each group should be autonomous except in matters affecting other groups or A.A. as a whole."**

SACRIFICE = UNITY = SURVIVAL

The unity, the effectiveness, and even the survival of A.A. will always depend upon our continued willingness to give up some of our personal ambitions and desires for the common safety and welfare. Just as sacrifice means survival for the individual alcoholic, so does sacrifice mean unity and survival for the group and for A.A.'s entire Fellowship.

*As Bill Sees It*, p. 220

I have learned that I must sacrifice some of my personality traits for the good of A.A. and, as a result, I have been rewarded with many gifts. False pride can be inflated through prestige but, by living Tradition Six, I receive the gift of humility instead. Cooperation without affiliation is often deceiving. If I remain unrelated to outside interests, I am free to keep A.A. autonomous. Then the Fellowship will be here, healthy and strong for generations to come.

From the book *Daily Reflections*  
Copyright © 1990 by Alcoholics Anonymous World Services, Inc.



### **Some Grapevine History**

"The year 1944 brought a vital development. In New York City a few literary and news minded A.A.'s began to issue a monthly publication. They called their magazine the Grapevine. It was by no means the first local A.A. bulletin or magazine. The Cleveland Central Bulletin, the Los Angeles Eye-Opener, and several others had preceded it. But the Grapevine caught on nationally.

"After the first few months it encountered a strange kind of difficulty. It turned out that the FBI for a long time had published a [news] sheet called the Grapevine devoted to keeping FBI men up to date. Things were finally ironed out when we began to call our monthly magazine the A.A. Grapevine. With this minor difficulty overcome, our Grapevine grew and grew."

2001 AAWS, Inc.  
Alcoholics Anonymous Comes of Age, pgs. 201-02



## Why It Can Be So Hard To Take Step 3



The third step is “Made a decision to turn our will and lives over to the care of God as we understood Him”. Many people who come to AA encounter tremendous internal resistance to taking Step 3. They just will not do it. They may mentally accept Step 2 as it mentions only “a Power greater than ourselves” but they rebel against the word God. God may set off a mental firestorm due to numerous bad experiences that have become firmly embedded in strong memories located deep in the brain. The mere mention of the God word sets off an avalanche of negative thoughts, emotions, and behaviors. Many of these people have had very negative experiences in Church. Others state that they are not Religious. Another defense against taking Step 3 and turning to God is the statement, “I am an atheist.” Whatever the reason for rejecting the concept of God they are based on previous experiences and thinking that does not work in reality. If we were able to get sober and remain sober by ourselves then we would not have ended up in AA. Our perceptions can become deceptions.

This is the first action step because we have to make a decision about God. Most people with the aid of a sponsor (a guide that they choose to help them understand the 12 Steps), will carefully consider the first 2 steps and then take action by together reading aloud The Third Step prayer. To say this prayer out loud with someone (the recommended way) or alone takes only minutes. However it has profound effects on your life. In order to take this action you do not need to have a full understanding of God. In reality it is impossible to have any significant understanding of an infinite being who is also an infinite Spirit. The statement “as we understood him” is important as it relieves us of having to understand God before we accept him into our lives. Even if our perception of God is very negative we can still decide to turn our will and life over to him for protection and improvement. Wherever we are at is where we can start from. Each person has a unique life experience and will have a personal perception of God that no one else can have.

Some people turn their will and life over to the care of God with the idea that they can always take it back whenever they want. Fortunately that is not part of this Step. As a wise man once remarked, “Nowhere does it say that we can take our will and life back. God is not an Indian-giver!”

So carefully consider what may be holding you back if you find it impossible to take this lifesaving Step. According to Herbert Spencer in Appendix II of *Alcoholics Anonymous*, “There is a principle which is a bar against all information, which cannot fail to keep a man in everlasting ignorance---that principle is contempt prior to investigation.” Withhold contempt and investigate your own personal conception of the concept of God in your life. Determine what other options you may have. Become willing to take a chance on this adventure to save your life.

## What About The Fourth Step?



When I was about two years sober, I had been going to meetings, had a home group and a service position. I was talking to a fellow member saying "I don't have any complaints but I don't feel quite right either." He said, "Have you done a fourth step?"

Step Four - "Made a searching and fearless moral inventory of ourselves." The fourth step is a "fact-finding and a fact-facing process ... to discover the truth", *Alcoholics Anonymous*, p. 64. Writing down questions and answers is a "tangible evidence of our complete willingness to move forward," *Twelve Steps and Twelve Traditions*, p. 54.

Oh, no, I had not taken an inventory. I was in denial about my part, still in blame and victim mode. It was all my parents' fault. If they would change then I'd feel better, happy. In the process of shifting my understanding to a loving Higher Power (Steps 1-3), I was beginning to have a more open mind I could admit that I didn't know everything and was slightly willing to ask for help. I asked a woman to be my sponsor.

I tried the 'Big Book' way and the step book way but couldn't manage to start. Then, I found a Hazelden questionnaire. 150 questions, now that I could do. It felt like progress. Another way to learn about the steps is by listening to the Joe and Charlie course on tape or CD, I've gone through that process twice.

By the instructions in *Alcoholics Anonymous*, pg. 64-65, start with a list of resentments. Who pissed me off? What's causing this anger, jealousy, and a desire for revenge? Write their names on list #1.

Next to each name, write what they did to me. Who's to blame (list#1) and for what (list #2)? Watch for vengeful resentments, self-pity, unwarranted pride. "If we were seriously disturbed, our *first* need was to quiet that disturbance..." *Twelve Steps and Twelve Traditions* p. 47.

List #3 How does that threaten my security? It affects my pride, **fear**, sex relationship, **fear**, financial security, **fear**, *Alcoholics Anonymous*, p. 65. Being depressed, self-righteous, grandiose are symptoms of feeling threatened.

Take a look at lists 1-3 from a different perspective. Get out of the victim seat. What was my part in all this? Where can I admit I had been selfish, dishonest, self-seeking and frightened? "Where were we at fault, what should we have done instead?" *Alcoholics Anonymous*, p. 66-69.

And remember to use Rule 62.

All this work leads to faith, courage, more tolerance, and patience and becomes a lifetime practice of trusting God.

## AND THE WINNER IS ....



District 7 has won the nomination to host the November 2018 Area 58 Service Assembly. The event is themed “The Hands of AA” and will be held at the Josephine County Fairgrounds on November 16 - 18. If you’ve ever wondered what the Area Assembly is all about, this is your chance to see firsthand and travel only as far as the Fairgrounds. With the exception of meals and mugs, the assembly is free to attendees. Expenses like deposits, rent, coffee, etc., all need to be covered by our District.



“WE GOT THIS!” The Super Bowl party on February 4 was a hugely successful FUNdraiser with 3 TV’s, tons of food, 50/50 raffle and lots of comradery, banter and fellowship.

Upcoming happenings include St. Patrick’s Day corned beef, cabbage and speaker meeting on March 17<sup>th</sup> and Comedy Night on April 7<sup>th</sup>. Check with your GSR or listen for announcements in meetings for ticket sales.

You may have seen cans “Quarters for Quarterly” on the tables or being passed in meetings and stylish orange rubber bracelets for sale at a \$2 bargain. These are a couple of the on-going fundraising activities. All the proceeds go toward funding the event, so throw that extra change in the can – every little bit helps.

And of course, in the spirit of the Twelfth Tradition, there are plenty of opportunities for service in these pre-Assembly activities as well as the November Assembly itself. Watch for more information on [www.grantspassaa.com](http://www.grantspassaa.com).



## Central Office News

Elections were held at the February 15<sup>th</sup> Intergroup Business Meeting. Five positions were filled: Secretary – Kristi M; Newsletter Chair – Winslow C; Volunteer Coordinator – Kathy T; Events Coordinator – Janet P; Office Manager – Jen F. Our special thanks to John F, who is exiting the Office Manager position after nearly 2 years of dedicated service and who worked diligently “to help the alcoholic who still suffers.”



We are grateful to our Central Office volunteers for all their service in January and February: Bruce, Barry, Sherry, Dave, Donn, Elizabeth, Joan, Kelly, Richard, Scott, Janet, John F (and all the various “temps” who have filled in as called upon).

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

## Current Donations for December 15, 2017 – February 15, 2018

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 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 month's report.

Group	Current	YTD	Group	Current	YTD
Attitude Adjustment	\$25	\$25	Merlin Group	\$30	\$30
Easy Does It	\$240	\$240	Monarch Group	\$50	\$50
Friday Night Winners Group	\$600	\$600	Monday Men's Book Study	\$40	\$40
GP Veterans Group	\$20	\$20	Nooners Meeting	\$100	\$100
Happy Hour Group	\$85	\$85	Stronger Together Women	\$125	\$125
Illinois Valley Group	\$100	\$100	Thursday Night Winners	\$120	\$120
Live & Let Live Group	\$80	\$80	Wednesday Progress Group	\$226	\$226
Marathon Meetings	\$156	\$156	Williams Applegate	\$100	\$100

## Rule 62 Reminder

### THIRSTY MINDS

Optimist: "My glass is half full."

Pessimist: "My glass is half empty."

Alcoholic: "Are you gonna finish that?"



- Grapevine, February 2018

## Heard It in a Meeting

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

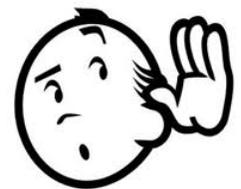
"I'm a better person in AA; that's why I keep coming back."

"We must have the willingness to do the work."

"Religious people are afraid of going to hell. Spiritual people have already been there."

"Why would you quit the only thing that has worked for you."

"I came here and met kind and caring friends and found a loving God."





District 7 has won the nomination to host the November 2018 General Service Assembly.

The next Assembly Committee Meeting will be on Saturday, March 3rd at 4PM at the Hi-Lo Club.

See you there!!

### Service Opportunities

**Rogue Roundup meetings are held every 4<sup>th</sup> Thursday of the month at 7:30PM at the Hi-Lo Club.**

**Come and get involved in the biggest AA event in JoCo for 2018!**

#### 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](mailto:grantspassaa@gmail.com)



#### Suit up and Show up!

Attend District 7 meetings on March 6<sup>th</sup> and April 3<sup>rd</sup>

and/or

Attend Intergroup Meetings on March 15<sup>th</sup> and April 19<sup>th</sup>

Come see what service opportunities are available

**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 in hospitals, nursing homes, or are home-bound.

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

If you are interested in joining the Sunshine Committee, please call Paul B @ (541) 226-7827



*This truly is one of the most rewarding gifts of our program!*

**Events**

Current Area AA events can be found at [www.grantspassaa.com](http://www.grantspassaa.com)



## HAPPY ST. PATRICK'S DAY

6PM ON SATURDAY MARCH 17, 2018  
HI-LO CLUB 668 LINCOLN RD, GRANTS PASS

Join us for a delicious Irish meal!  
Corned Beef & Cabbage with all the trimmings



Speaker TBA

\$10 suggested Donation  
District 7 Fundraiser for November Assembly

**7:30 PM at the Hi Lo Club**

# MOVIE NIGHT

**FREE Admission**  
**Popcorn & drinks available.**  
Pass the basket to pay the rent  
March 24 & April 28




**April 7, 2018 at 7pm**  
**Hi-Lo Club 668 Lincoln St. Grants Pass**

District 7 Fundraiser for November Assembly



## 2<sup>ND</sup> ANNUAL SPRING FLING

SATURDAY MARCH 24, 2018  
5PM – 10PM



**The Bear Hotel**  
2101 NE Spalding Ave, Grants Pass  
Elegant Dinner catered by *Goodness Gracious*  
Barbeque Tri-Tip or Lemon Pepper Barbeque Chicken  
Photography with the bears  
50/50 Raffle  
Speaker – Vera F. (Area 58 Delegate)  
\$25 per person for an evening of  
Good sober fellowship and fun  
Get your tickets at Central Office 432 NW 6<sup>th</sup> St  
(541)474-0782 grantspassaa@gmail.com  
Proceeds benefit Josephine County Intergroup



*Friends of Bill W*  
**Monday Night Bowling**  
Sign-up starts @ 5:00PM  
Bowling starts @ 5:30PM

**Caveman Bowl**  
1230 Rogue River Hwy, Grants Pass, OR 97527  
Call Terre Z @ (360) 632-2727  
\$2.50/game includes shoes  
\$3.50/game (kids) includes shoes  
Fireside Meeting follows @ 8:00PM at the Hi Lo



## Birthdays and Anniversaries

Paula M	Mar 1, 1991	27	Ron M	Apr 1, 2006	12
Jo Ellen N	Mar 1, 2017	5	Mike T	Apr 1, 2012	6
Kim D	Mar 1, 2017	1	Christa	Apr 1, 2015	3
Howard P	Mar 3, 1973	45	Annette R	Apr 4, 2014	4
Kermit R	Mar 5, 1995	23	Craig H	Apr 6, 2011	32
Ed K	Mar 10, 1980	38	Shelley	Apr 9, 2016	2
Tammy K	Mar 10, 2013	5	Dennis D	Apr 10, 1990	28
Kathleen W	Mar 11, 1994	24	Clint W	Apr 10, 2014	4
Marilyn M	Mar 11, 2011	7	Karen A	Apr 11, 1988	30
Marion	Mar 11, 2016	2	Jary K	Apr 15, 1979	39
Bob A	Mar 12, 1980	38	Jody L	Apr 15, 2016	2
Eric C	Mar 12, 2013	5	Nancy D	Apr 17, 1979	39
Bev L	Mar 13, 1995	23	Pat H	Apr 17, 1989	29
Chris W	Mar 13, 2011	7	Julia H	Apr 19, 2015	3
Maureen M	Mar 13, 2012	6			
Jim K	Mar 16, 1974	44	Melanie H	Apr 21, 2012	6
Phil H	Mar 17, 1988	30	Jaren H	Apr 24, 2009	9
Carol M	Mar 19, 1990	28	Donna D	Apr 25, 1971	47
Devon D	Mar 23, 2013	5	Phillip M	Apr 28, 1988	30
Mark S	Mar 24, 1986	32	Greg G	Apr 28, 2006	12
Sheila F	Mar 27, 1992	19	Anne F	Apr 29, 1985	33
Nanc H	Mar 27, 1992	26			
Sue J	Mar 28, 1983	35			
Kris	Mar 30, 2015	3			

### *3<sup>rd</sup> Step Prayer*

God, take me and  
build with me as you  
will.

Relieve me of the  
bondage of self that I  
may do your will.

Take away my  
difficulties that victory  
over them may bear  
witness to those I  
would help of your  
power, your love and  
your way of life. May I  
do your will always.

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

## Upcoming Events

See [grantspassaa.com/events](http://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](mailto:grantspassaa@gmail.com)

Josephine County Intergroup Office

432 NW 6<sup>th</sup> Street Suite 202  
Grants Pass, OR 97526

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

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

[www.grantspassaa.com](http://www.grantspassaa.com)

<b>Assembly Committee Meeting</b>	Mar 3
<b>Outreach Committee Meeting</b>	Mar 6
<b>District 7 Business Meeting</b>	Mar 6
<b>Intergroup Business Meeting</b>	Mar 15
<b>St. Patricks' Day Dinner</b>	Mar 17
<b>Roundup Committee Meeting</b>	Mar 22
<b>Spring Fling</b>	Mar 24
<b>Movie Night</b>	Mar 24
<b>Outreach Committee Meeting</b>	Apr 3
<b>District 7 Business Meeting</b>	Apr 3
<b>Comedy Night</b>	Apr 7
<b>Intergroup Business Meeting</b>	Apr 19
<b>Newsletter Committee Meeting</b>	Apr 15
<b>Southern Oregon Speaker Meeting</b>	Apr 20
<b>Roundup Committee Meeting</b>	Apr 26
<b>Movie Night</b>	Apr 28