

Keeping It Simple



November/December 2018

Josephine County Intergroup Newsletter

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"Acceptance and faith are capable of producing 100 per cent sobriety."

From AA World Services, Inc., *As Bill Sees It*, p. 6.

Welcome

"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 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 of the



Newsletter are available online, at the Central Office, and the Hi-Lo Club. All previous issues of the Newsletter are only available on the website at www.grantspassaa.com/newsletters.

Many thanks to this issue's contributors – Caitrin G. and Don T. 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 January/February 2019 issue no later than Friday, December 21st. To submit your contribution, email it to Winslow at gpaanews@gmail.com.

If you would like to get involved with the Newsletter Team, please join us at our next Newsletter Committee Meeting on December 23rd at 2:00PM. Location TBD.



Step 11 "Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out."

INTUITION AND INSPIRATION

When we retire at night, we constructively review our day. Were we resentful, selfish, dishonest or afraid? Do we owe an apology? Have we kept something to ourselves which should be discussed with another person at once? Were we kind and loving toward all?

What could we have done better? Were we thinking of ourselves most of the time? Or were we thinking of what we could do for others, of what we could pack into the stream of life? But we must be careful not to drift into worry, remorse or morbid reflection, for that would diminish our usefulness to others. After making our review we ask God's forgiveness and inquire what corrective measures should be taken.

On awakening let us think about the twenty-four hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives. Under these conditions we can employ our mental faculties with assurance, for after all God gave us brains to use. Our thought-life will be placed on a much higher plane when our thinking is cleared of wrong motives.

In thinking about our day, we may face indecision. We may not be able to determine which course to take. Here we ask God for inspiration, an intuitive thought or a decision. We relax and take it easy. We don't struggle. We are often surprised how the right answers come after we have tried this for a while.

What used to be the hunch, or the occasional inspiration gradually becomes a working part of the mind. Being still inexperienced and having just made conscious contact with God, it is not probable that we are going to be inspired at all times. We might pay for this presumption in all sorts of absurd actions and ideas. Nevertheless, we find that our thinking will, as time passes, be more and more on the plane of inspiration. We come to rely upon it.

From AA World Services, Inc., *Alcoholics Anonymous*, p. 86-87.

I invest my time in what I truly love. Step Eleven is a discipline that allows me and my Higher Power to be together, reminding me that, with God's help, intuition and inspiration are possible. Practice of the Step brings on selflove. In a consistent attempt to improve my conscious contact with a Higher Power, I am subtly reminded of my unhealthy past, with its patterns of grandiose thinking and false feelings of omnipotence. When I ask for the power to carry out God's will for me, I am made aware of my powerlessness. Humility and a healthy selflove are compatible, a direct result of working Step Eleven.

From the book *Daily Reflections*, November 14.
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Tradition 11 “Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.”

PROTECTION FOR ALL

What is the purpose of anonymity in Alcoholics Anonymous? Why is it often referred to as the greatest single protection the Fellowship must assure its continued existence and growth?

If we look at the history of A.A., from its beginning in 1935 until now, it is clear that anonymity serves two different yet equally vital functions:

- At the personal level, anonymity provides protection for all members from identification as alcoholics, a safeguard often of special importance to newcomers.
- At the public level of press, radio, TV, films and other media technologies such as the Internet, anonymity stresses the equality in the Fellowship of all members by putting the brake on those who might otherwise exploit their A.A. affiliation to achieve recognition, power, or personal gain.

When using digital media, A.A. members are responsible for their own anonymity and that of others. When we post, text, or blog, we should assume that we are publishing at the public level. When we break our anonymity in these forums, we may inadvertently break the anonymity of others.

The word “anonymous” in our name is meant to provide as much privacy as an individual may desire regarding membership in A.A.

From A.A. General Service Conference–approved literature,
“UNDERSTANDING ANONYMITY,” p. 5.
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Attraction is the main force in the Fellowship of A.A. The miracle of continuous sobriety of alcoholics within A.A. confirms this fact every day. It would be harmful if the Fellowship promoted itself by publicizing, through the media of radio and TV, the sobriety of well-known public personalities who became members of A.A. If these personalities happened to have slips, outsiders would think our movement is not strong and they might question the veracity of the miracle of the century. Alcoholics Anonymous is not anonymous, but its members should be.

From the book *Daily Reflections*, November 30.
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Step 12 “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.”

A NEW STATE OF CONSCIOUSNESS

Our Twelfth Step also says that as a result of practicing all the Steps, we have each found something called a spiritual awakening. To new A.A.'s, this often seems like a very dubious and improbable state of affairs. “What do you mean when you talk about a 'spiritual awakening'?” they ask.

Maybe there are as many definitions of spiritual awakening as there are people who have had them. But certainly, each genuine one has something in common with all the others. And these things which they have in common are not too hard to understand. When a

man or a woman has a spiritual awakening, the most important meaning of it is that he has now become able to do, feel, and believe that which he could not do before on his unaided strength and resources alone. He has been granted a gift which amounts to a new state of consciousness and being. He has been set on a path which tells him he is really going somewhere, that life is not a dead end, not something to be endured or mastered. In a very real sense he has been transformed, because he has laid hold of a source of strength which, in one way or another, he had hitherto denied himself. He finds himself in possession of a degree of honesty, tolerance, unselfishness, peace of mind, and love of which he had thought himself quite incapable. What he has received is a free gift, and yet usually, at least in some small part, he has made himself ready to receive it.

A.A.'s manner of making ready to receive this gift lies in the practice of the Twelve Steps in our program.

From AA World Services, Inc., *Twelve Steps and Twelve Traditions*, p. 106-107.

Many of us in AA puzzle over what is a spiritual awakening. I tended to look for a miracle, something dramatic and earth-shattering. But what usually happens is that a sense of well-being, a feeling of peace, transforms us into a new level of awareness. That's what happened to me. My insanity and inner turmoil disappeared, and I entered into a new dimension of hope, love and peace. I think the degree to which I continue to experience this new dimension is in direct proportion to the sincerity, depth and devotion with which I practice the Twelve Steps of A.A.

From the book *Daily Reflections*, December 5.
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Tradition 12 “Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.”

Tradition Twelve became important early in my sobriety and, along with the Twelve Steps, it continues to be a must in my recovery. I became aware after I joined the Fellowship that I had personality problems, so that when I first heard it, the Tradition's message was very clear: there exists an immediate way for me to face, with others, my alcoholism and attendant anger, defensiveness, offensiveness. I saw Tradition Twelve as being a great ego-deflator; it relieved my anger and gave me a chance to utilize the principles of the program. All of the Steps, and this particular Tradition, have guided me over decades of continuous sobriety. I am grateful to those who were here when I needed them.

From the book *Daily Reflections* December 30.
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From Bill's last message...

“If I were asked which of our blessings I felt was most responsible for our growth as a fellowship and most vital to our community, I would say, the “Concept of Anonymity.”

- Read by Lois at the 1970, Annual New York Intergroup Dinner

The Gift of Today

Taken for granted for most of my life
Rarely satisfied with each moment
Causing suffering and strife

I finally hit a bottom with one last place to turn
I ended up at AA where I recover and learn...

That I have a disease of the body and mind
The solution, a Higher Power that I'd struggle to find

"Surrender to God" was the solution to win
Doing that proved to be a transformation within

Today I have hope and a solution to live
If I want more, I get it, if what I learn, I in turn give

I give away freely, what was given to me
Happy often just being, while I continue learning to be

AA's spiritual education is my life's most valuable class
A daily reprieve that keeps saving my ass

New friends that truly get me, wherever I go
Living a blessed life of promises as I continue to grow

Live. Life. Now. is my motto
Faith Not Fear is the creed

No longer looking to people to decide when I succeed

I'm already a success in the eyes of my HP
The Gift of Today.....I can relax and just BE



Don T.

Eleventh Step Prayer

God, direct my thinking today so that it be empty of self-pity, dishonesty, self-will, self-seeking and fear. God, inspire my thinking, decisions and intuitions. Help me to relax and take it easy. Free me from doubt and indecision. Guide me through this day and show me my next step. God, show me what I need to do to take care of any problems. I ask all these things that I may be of maximum service to you and my fellow man.

In the spirit of the Steps, I pray. AMEN

-- Derived from the text found in The Big Book of Alcoholics Anonymous, p.86

The Promises DO Come True

As I move through this journey in sobriety, I grow closer to not only other people but my true self. This is done through a daily conscious contact with something much bigger than I.

Understanding that I am not in charge and the end all to be the be all is a much easier way to live, not only day to day, but on a spiritual level. I didn't hate or love God when I came in, I had just pushed him either aside or away. That is still not clear to me nor does it matter. However, during all the things in my life where I was watched over and remained safe despite extremely reckless behaviors proved that it had to be something much bigger than me.

At 16, I didn't think I'd live to be 21. At 21, I didn't think I'd live to be 30. Once I reached 30, things calmed down for the next 10 to 15 years. At 45, my life began to spin out of control. At 50, everything was dark, I was terrified of what was going to happen. I would die an alcoholic death, wind up in prison and lose everything that was important to me.

A life changing event occurred and 5 days later I walked in the door of Alcoholics Anonymous for the first time. On that day I took the 1st Step, admitting I was powerless over alcohol and that my life had become unmanageable, the beginning of my journey to a beautiful sober life.

Now that I'm in recovery beautiful things have happened. I have a choice, I laugh, I love, I remember, I'm compassionate and I don't ever want to trade this for what I had become, which was a hypocrite, a liar, a snake and a pushy demanding person towards others that was full of resentments never seeing my part. Life has given me heartache, pain and suffering in sobriety, but I get to do this life sober. I don't drink no matter what and I do it one day at a time.

A Contented Anonymous Sober Member of AA

The Promises of AA's Big Book

Promise 1: We are going to know a new freedom and a new happiness.

Promise 2: We will not regret the past nor wish to shut the door on it.

Promise 3: We will comprehend the word serenity.

Promise 4: We will know peace.

Promise 5: No matter how far down the scale we have gone, we will see how our experience can benefit others.

Promise 6: The feeling of uselessness and self-pity will disappear.

Promise 7: We will lose interest in selfish things and gain interest in our fellows.

Promise 8: Self-seeking will slip away.

Promise 9: Our whole attitude and outlook upon life will change.

Promise 10: Fear of people and economic insecurity will leave us.

Promise 11: We will intuitively know how to handle situations which used to baffle us.

Promise 12: We will suddenly realize that God is doing for us what we could not do for ourselves.

Twelve Tips on Keeping Your Holiday Season *Sober and Joyous*

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober—an idea we would never have dreamed of, wanted, or believed possible when drinking.

Here are some tips for having an all-round ball without a drop of alcohol.



1 Line up extra A.A. activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.



2 Be host to A.A. friends, especially newcomers. If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.



3 Keep your A.A. telephone list with you all the time. If a drinking urge or panic comes—postpone everything else until you've called an A.A.



4 Find out about the special holiday parties, meetings, or other celebrations

given by groups in your area, and go. If you're timid, take someone newer than you are.



5 Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.



6 If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.



7 Don't think you have to stay late. Plan in advance an "important date" you have to keep.



8 Worship in your own way.



9 Don't sit around brooding. Catch up on those books, museums, walks, and letters.



10 Don't start now getting worked up about all those holiday temptations. Remember—"one day at a time."



11 Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts—but this year, you can give love.



12 "Having had a . . ." No need to spell out the Twelfth Step here, since you already know it.

Attention!

Holiday Marathon Meetings:

Monday, Dec 24 @ 7pm – Tuesday, Dec 25 @ Noon
Monday, Dec 31 @ 7pm – Tuesday, Jan 1 @ Noon

AA Humor

A scientist runs into an AA meeting and exclaims, "We did it! We found a medical cure for alcoholism! All you have to do is take this one pill daily and you are cured."

Slowly a hand raises in the back and a man asks, "What happens if you take two?"



Intergroup and Central Office News

The Central Office Open House was an enormous success. Thanks to everyone who brought a lot of laughter and conversation to the party. We would like to **express our sincere thanks** to everyone who volunteered to make it a fantastic and enjoyable event. We are a wonderfully effective team.
Again, thank you ... very much!!



Josephine County Intergroup

The Josephine County Intergroup serves all the groups of Josephine County. Business Meetings are held monthly on every third Thursday at 432 NW 6th Street, Room 107 on the first floor at 7:00PM. All AA Members are welcome and encouraged to attend.

Josephine County Central Office

By A.A. tradition, the Josephine County AA Central Office is a service organization. It's often the first point of contact with A.A. for people who believe they may have a drinking problem. Office Hours are Monday - Friday 10 am - 4 pm and Saturday by appointment.

The AA Guidelines (MG-2) offer guidance through the Twelve Traditions and the General Service Conference of the functions and services that should be provided by the JoCo Intergroup and Central Office. This document clearly enumerates suggestions that help make Central Office and Intergroup a vital and fruitful addition to the A.A. activity in Josephine County. Even though the guidance is purely suggestive, it's the spirit and cooperation behind the Central Office and Intergroup that make us work.

As such, according to AA Guidelines (MG-2), Central Office and Intergroup are A.A. service offices that involve partnerships among groups in a community—just as A.A. groups themselves are partnerships of individuals. As a result, JoCo Central Office was established to carry out certain functions common to all the groups—functions which are best handled by a centralized office—and it is usually maintained, supervised, and supported by the JoCo AA Groups in their general interest. **The JoCo Central Office exists to aid the groups in their common purpose of carrying the A.A. message to the alcoholic who still suffers.**



These functions and services are carried out by volunteers. In many ways, these volunteers have the most critical position in the organization on account that they are often the first point of contact for a newcomer.

Josephine County AA is eternally grateful for our volunteers who devote their service work to help our AA community and to assure that the office runs smoothly and efficiently.

Duties of Central Office volunteers are covered in a 3-hour shift and include the following:

- Answering the phones and greeting people who simply drop-in;
- Assisting with requests for Twelve Step Calls;
- Providing information and schedules for AA meetings or events;
- Selling AA literature.

If you are interested in helping the community in this way, please call Kathy T at the Central Office at (541) 474-0782. Positions are open now.

Group Representation at the JoCo Central Office/Intergroup

According to AA Tradition, service centers usually have no authority on their own account; they derive it from the participating groups.

The JoCo Central Office and Intergroup are essentially A.A. service entities, "directly responsible to those they serve," as described in Tradition Nine. Local group representatives reflect the groups' conscience in the service center operations.

JoCo Intergroup is essentially a steering committee that is set up to handle the administrative activities of the service office. Intergroup holds regularly scheduled meetings and deals with general policy and plans. AA Groups, GSRs, and/or individual AA Members are encouraged to attend these meetings.

Periodically, Intergroup reports to group representatives on administrative concerns, topics, problems and accomplishments. We believe that it is extremely important to keep a two-way flow of information going between Central Office/Intergroup and Groups.

A Declaration of Unity

***"This we owe to AA's future:
To place our common welfare first;
To keep our fellowship united.
For on AA unity depend our lives
And the lives of those to come."***

July 3-5, 1970 • Miami Beach, FL
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Responsibility

***"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."***

Families in Recovery Committee

Cheers to all from your local Families in Recovery Committee!

The aim of the committee is to provide fun, sober activities for families in recovery to the Rogue Valley. We were founded from the remnants of the past New Year's Eve dances, which were always a success, and hoped that the yearly event could continue. We formed in June of this year, and as we were planning for the NYE dance, determined that holding a fall event could help us generate money to support the New Year's event. We put a list up for Talent Show signups, and boy, were we surprised! There is so much talent in Grants Pass! Every act was entertaining and provided laughter and reflection for all!



Our younger crowd was also able to munch on a yummy cookie of her/his choice, and tiaras were handed out to the little lovelies! We raised enough money from the event to provide a terrific dance for your New Year's eve enjoyment. As always, the aim for the New Year's Dance is to provide a fun, sober option for families during this celebratory time.

We had no idea just how overwhelmingly successful the response would be to the Talent Show. As such, we may be looking to provide a quarterly, seasonal fun activity for families in the future; that's 4x the fun!

Please consider joining our committee. Our upcoming planning committee dates are November 13 and December 11. The time of each meeting is at 6:00PM and will be in the Game Room at the Hi-Lo Club. Come check it out!

And finally, DON'T FORGET!!! Monday, December 31st, be prepared for a fun way to bring in 2019!!!! We have glow in the dark bracelets still available to wear to the event, to glow your way into the new year! Thank you for your contribution and participation in our events!

In loving service, Caitrin G., Secretary, Families in Recovery

The Outreach Committee

Alcoholics Anonymous teaches us that outreach is the Twelfth Step in action!

The Outreach Committee needs your help. We are looking for volunteers for these three critical programs but especially and currently looking for members willing to share their experience, strength and hope in a panel format in local treatment facilities. Attend a District 7 Meeting to find out more information. Meeting dates and times are on the last page of the Newsletter.



The purpose of the **Treatment Facility Committee** is to coordinate the work of individual AA Members and Groups who carry the message of recovery to alcoholics in treatment facilities and outpatient settings, to set up a means of "bridging the gap" from the facility

to an A.A. group in the individual's community, and work to clarify what AA can and cannot do, within the Traditions, to help alcoholics in treatment.



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.

As you know, one of the more "slippery" places in the journey to sobriety is between the door of the facility and the nearest A.A. group or meeting. Some of us can tell you that, even though we heard of A.A. in treatment, we were too fearful to go.

A.A. experience suggests that attending meetings regularly is critical. To bridge the gap, A.A. members have volunteered to be temporary contacts and introduce newcomers to Alcoholics Anonymous. The Program emphasizes the importance of having a temporary contact as the essential link between treatment and recovery.



It is suggested that the temporary contact take the newcomer to a variety of A.A. meetings; introduce him or her to other A.A.s; insure that he or she has the phone numbers of several A.A. members and share the experience of sponsorship and a home group.

The **Cooperation with the Professional Community (CPC) Committee** is comprised of AA Members who provide information about A.A. to those who have contact with alcoholics through their profession. These professionals include healthcare providers, educators, members of the clergy, lawyers, social workers, union leaders, and industrial managers, government officials, as well as those working in the field of alcoholism. Information is provided about where we are, what we are, what we can do, and what we cannot do. Members of C.P.C. attempt to establish better communication between A.A.s and professionals, and to find simple, effective ways of cooperating without affiliating.

If you are interested in joining the Outreach Committee, please email Joey S., at gpaatxchair@gmail.com or simply attend one of the meetings. Dates and times are listed on the last page of this Newsletter.



“Where humility had formerly stood for a forced feeding on humble pie, it now begins to mean the nourishing ingredient which can give us serenity.”

~ Twelve Steps and Twelve Traditions, p. 74

Current Donations for August 16, 2018 through October 15, 2018

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

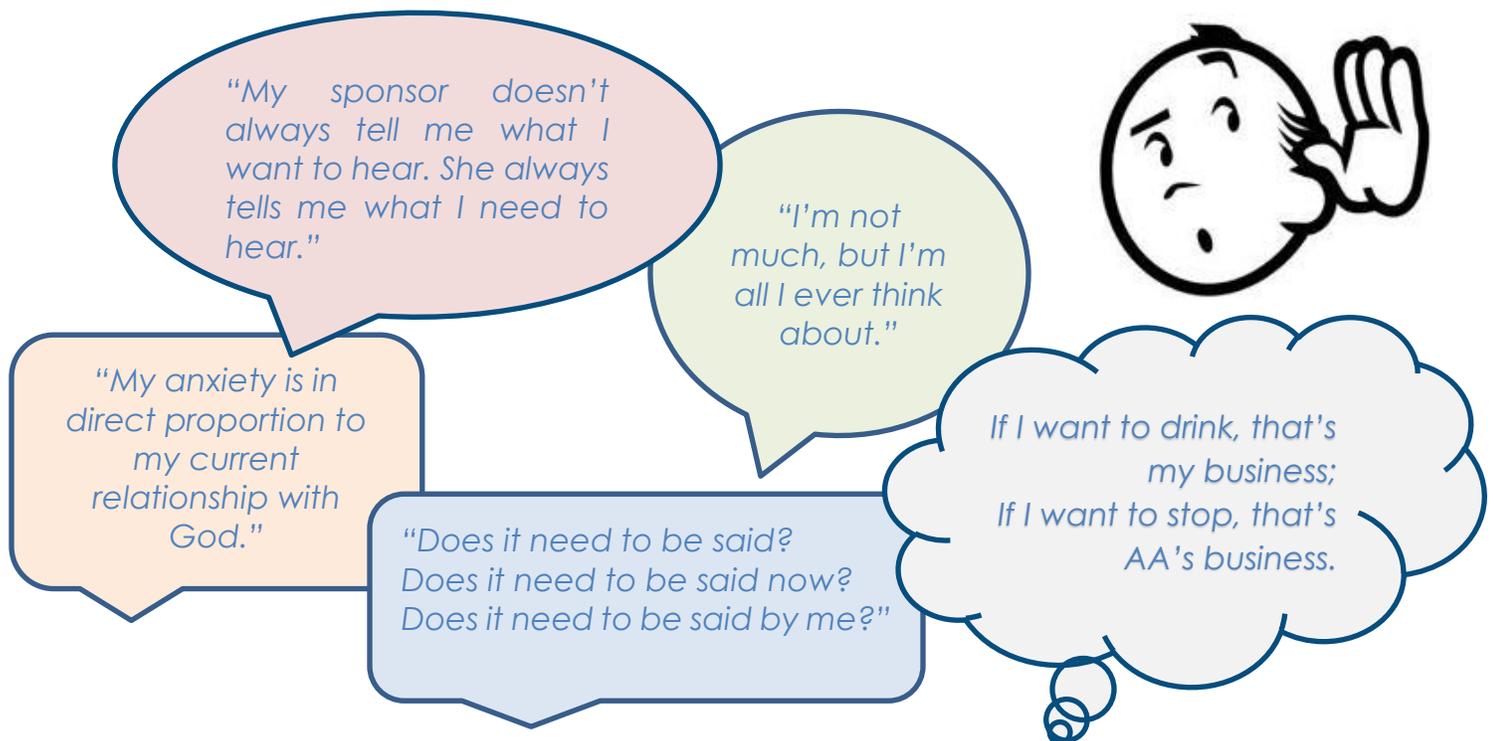
Please note: The amounts shown here are officially recorded funds received from Groups presented at the Monthly Intergroup Business Meetings. Donations received after the mid-month deadline will be reflected in the following month's report.

Current Period includes funds received during the dates of Aug 16, 2018 through Oct 15, 2018. Year-to-Date includes funds received during the dates of Dec 16, 2017 through Oct 15, 2018.

Current AA Group	Aug 16 - Oct 15		Year-To-Date (YTD)		Dec 15 - Oct 15	
	Current	YTD	AA Group	Current	YTD	
Attitude Adjustment	\$100	\$125	Merlin Group	\$100	\$299	
Cease Fighting	\$0	\$180	Monarch Group	\$0	\$65	
Easy Does It	\$0	\$1,294	Monday Men's Book Study	\$0	\$40	
Experience, Strength, and Ho	\$0	\$180	Nooners Meeting	\$150	\$550	
Friday Night Winners Group	\$0	\$600	Safe Haven Group	\$0	\$138	
GP Veterans Group	\$0	\$20	Stronger Together Women	\$0	\$125	
Happy Hour Group	\$80	\$320	Thursday Night Winners	\$0	\$270	
Illinois Valley Group	\$0	\$100	Tuesday Book Study	\$0	\$11	
Language of the Heart	\$0	\$60	Wednesday Progress Group	\$0	\$226	
Live & Let Live Group	\$0	\$80	Williams Applegate	\$0	\$100	
Marathon Meetings	\$0	\$156	Women's Live & Let Live	\$0	\$120	

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.

Join the AA New Year's Eve Dance Committee

Be a part of this incredibly fun event on one of the best nights of the year. We are looking for help in setting up and running the event. Come and join the fun. It's gonna be an extraordinary extravaganza.



The New Year's Eve Dance Committee meets on the second Tuesday of each month (November 13th, and December 11th) at 6:00PM at the Hi-Lo Club.

If you need more information about joining the committee, please speak with Caitrin G or Miles D or just email kilrush98@yahoo.com.



Thanksgiving Potluck Dinner

Thursday, November 22nd
2:00PM to 5:00PM @ the Hi-Lo Club,
668 Lincoln Rd, Grants Pass, OR 97526



We will provide the turkey, drinks, plates, and utensils. Please bring a side dish to share.

If you would like to donate a turkey or ham, Please call Tony at (541) 471-7474.

50/50
Raffle



Christmas Dinner

Tuesday, December 25th
2:00PM to 5:00PM @ the Hi-Lo Club,
668 Lincoln Rd, Grants Pass, OR 97526

*Come and enjoy some fun, food,
and a merry good ole time with us!!*



Oregon Area 58 Quarterly Assembly

Friday – Sunday, November 16 -18, 2018

Josephine Co Fairgrounds, 1451 Fairgrounds Rd, Grants Pass, OR 97527

Held in various parts of the state throughout the year, the Area Assembly is a quarterly meeting of GSRs and committee members to discuss area affairs and to elect officers and a delegate to the General Service Conference held each Spring in New York.





The Area Committee consists of the DCMs of each of the participating districts, the elected area officers and committee chairpersons, the delegate and alternate delegate, the area committee or their alternate, all GSRs or their alternates, the delegate and alternate and the area chairperson and alternate are voting members.

A GSR (**Group Service Representative**) is an AA member elected by their group to represent the group at the Area Assembly.

DCMs (**District Committee Member**) are elected by the GSRs in a District to provide two way communication between the District and the Area Committee, including the Area Delegate. They also talk to groups about the responsibilities of general service work.

Registration Chair: Barbara M.
Phone: (541)601-9303
Email: 2018novemberassembly@gmail.com
Assembly Chair: Les S.
Online Registration
Deadline: November 12, 2018
www.aa-oregon.org/events/november-2018-oregon-area-58-service-assembly/

Mail in Deadline: November 1, 2018
Make check payable: District 7 (Memo: November 2018 Assembly)
Mail completed form: PO Box 1782 Grants Pass, OR 97528

Use the link above to register online or download and print the event flyer to complete and mail in to the above address with your check payable to District 7.



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.



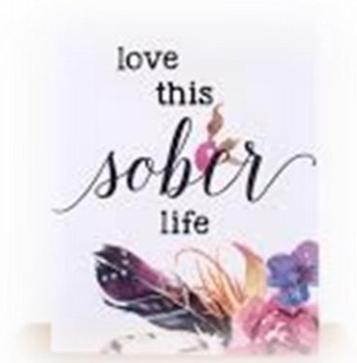
Bingo

Hi Lo Club, 668 Lincoln Rd, Grants Pass, OR 97526
November 10th and December 8th, 7:00-9:00PM



Movie Night - FREE

Hi Lo Club, 668 Lincoln Rd, Grants Pass, OR 97526
November 24th and December 22nd @ 7:30PM



Postponed Until Further Notice

Annual Hi-Lo Christmas Bazaar

December 8, 2018 @ 4pm - 8pm

Please consider lending a hand on any of these fun sober activities.
Contact Barbara S.

- Kitchen:** Donations for salads, buns and hot dogs. Prepare hot dogs.
Volunteers to serve food.
- Kids Store:** Donations for kids' gifts. Volunteers to wrap items.
Volunteers to sell items.
- Cake Walk:** Donations for baked goods.
Volunteers needed to help.
- Ideas:** We welcome ideas from prior years' helpers.

Annual Hi-Lo



Christmas Bizarre

Holiday Greetings from your Josephine County Intergroup

May the God of your understanding bless you and keep you this holiday season.
May He make his face to shine upon you and be gracious to you.

May the God of your understanding keep you safe when you are in danger.
May God guide you in the way of Love.
May God support you in hardship.
May God lift up your heart when you are feeling low.
May God comfort you when you are feeling lonely.
May God give you strength when you are weak.
May God surround you with loving care, always and forever.

Remember you are loved, and you are blessed.

May the God of your understanding lift His countenance upon you,
and give you joy and peace during this joyous holiday season.

today
I CHOOSE
joy

*Happy
Holidays*



God
GRANT ME THE *Serenity*
TO ACCEPT THE THINGS I CANNOT CHANGE;
THE *Courage* TO CHANGE THE THINGS I CAN;
AND THE *Wisdom*
TO KNOW THE DIFFERENCE.

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
Kerry V	December 1, 1975	43	Joan M	November 15, 2011	7
Suzanne N	November 21, 1976	42	Marci	November 1, 2012	6
Julie R	November 23, 1978	40	Denise D	November 1, 2012	6
Paul B	November 8, 1984	34	Bonnie C	December 10, 2012	6
Diana W	November 27, 1984	34	Shawn M	December 25, 2012	6
Richard F	December 22, 1984	34	Carol W	November 6, 2014	4
Curly L	December 8, 1988	30	Melinda G	November 11, 2014	4
Renee W	December 4, 1993	25	Jason M	December 23, 2014	4
Stephen A	December 4, 1994	24	Jannise N	December 23, 2014	4
Kelly L	November 7, 1997	21	Elizabeth	December 24, 2015	3
Carol G	December 27, 1997	21	Jeremy N	December 27, 2015	3
Maggie S	December 29, 1997	21	Tony R	November 4, 2016	2
Mehliiss J	November 15, 1999	19	Maureen	November 5, 2016	2
Jay S	November 16, 1999	19	Elizabeth C	November 6, 2016	2
Susan Mc	December 21, 2000	18	Mary C	November 7, 2016	2
Gary S	December 5, 2005	13	Dorene C	November 18, 2016	2
Amanda T	December 7, 2005	13	Jil R	November 18, 2016	2
Brenda B	November 10, 2008	10	Steven D	November 21, 2016	2
David M	November 15, 2008	10	Chrissy	November 23, 2016	2
Teresa	November 10, 2009	9	Stephanie D	December 23, 2016	2
Amber L	November 4, 2010	8	Tamarah A	December 26, 2016	2
Kristi M	December 1, 2010	8	Martha T	December 30, 2016	2
Bev S	December 17, 2010	8	Roxanne W	November 22, 2017	1

Upcoming Calendar Events

Visit www.grantspassaa.com/events for full details. If you are involved in an upcoming event, let us help you get the word out. Email us.

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

(541) 474-0782 (24 hours a day)
grantspassaa@gmail.com

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

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

Outreach Committee Meeting (Treatment Facilities and Bridging the Gap)	Nov 6 @ 5:30PM Dec 4 @ 5:30PM
District 7 Business Meeting	Nov 6 @ 7:00PM Dec 4 @ 7:00PM
Hi-Lo Board Meeting	Nov 13 @ 7:00PM Dec 11 @ 7:00PM
Roundup 2019 Board Meeting	Nov 8 @ 7:30PM Nov 22 @ 7:30PM Dec 13 @ 7:30PM Dec 27 @ 7:30PM
JoCo Intergroup Business Meeting 432 NW 6th St, Grants Pass, OR Meeting Room (Room 107)	Nov 15 @ 7:30PM Dec 20 @ 7:00PM
SORYPAA Business Meeting 302 S. Orange St, Medford, OR	Nov 4 @ 12:00PM Dec - TBA