

Keeping it Simple



Josephine County Intergroup Newsletter

November/December 2017

Inside This Issue

- 1 Welcome!
- 1 Step 11
- 1 Tradition 11
- 2 Step 12
- 2 Tradition 12
- 2 New Literature
- 3 Dr. Bob's 3rd Step Prayer
- 3 Friends in Every Room
- 4 12 Tips for the Holidays
- 5 Q&A with John B
- 5 Meeting Changes
- 6 Old Timers Meeting
- 6 District 7
- 6 Open House
- 7 Step 12 (poem)
- 7 Central Office News
- 7 Contributions
- 8 Rule 62 Reminder
- 8 Heard in a Meeting
- 8 Rogue Roundup Meetings
- 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 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! For your convenience, there is a subscription form on the website. Sorry we cannot send back issues, but all are available at www.grantspassaa.com/newsletters.

Many thanks to this issues' contributors – Bruce D, John B, Jen F, Kathie S, Elaine, Kathy T, Winslow C, and several anonymous supporters. Get involved and see personally, how this service work can enrich your sobriety. December is "Service month" (Step 12), so how about joining us at our next planning meeting on December 17th?

Please send suggestions and contributions (personal stories, "one-liners", cartoons, jokes, things that have helped you on your journey) for the January/February issue, no later than December 22nd. To submit an article, volunteer for the Newsletter

Committee, or request email subscription, email us at gpaanews@gmail.com or leave a message for Kathy, Jen or Winslow at the Central Office. Thank you.



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

... we ask God for inspiration, an intuitive thought or a decision. We relax and take it easy. We don't struggle.

ALCOHOLICS ANONYMOUS, p. 86

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 (short version) "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

At the personal level, anonymity provides protection for all members from identification as alcoholics, a safeguard often of special importance to newcomers. At the level of press, radio, TV, and films, 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.

"UNDERSTANDING ANONYMITY," p. 5

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*, page
Copyright © 1990 by Alcoholics Anonymous World Services, Inc.

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

A NEW STATE OF CONSCIOUSNESS

He has been granted a gift which amounts to a new state of consciousness and being.

TWELVE STEPS AND TWELVE TRADITIONS, p. 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*, page
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Tradition 12 (short version) “Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.”

ALCOHOLICS ANONYMOUS, p. 562

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*, page
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New Literature

The Safety in AA card is now available for purchase at Central Office. Stop by and get one for your group! Several handouts left over from the Open House are also available: “Job descriptions” for Intergroup positions that will be opening up at the start of the New Year, introduction to our website – grantspassaa.com and a Resources sheet showing what is available for AA members and where to find that.

Dr. Bob's 3rd Step Prayer

"Dear God. I'm sorry about the mess I've made of my life. I want to turn away from all the wrong things I've ever done and all the wrong things I've ever been. Please forgive me for it all. I know You have the power to change my life and can turn me into a winner. Thank You, God for getting my attention long enough to interest me in trying it Your way. God, please take over the management of my life and everything about me. I am making this conscious decision to turn my will and my life over to Your care and am asking You to please take over all parts of my life. Please God, move into my heart. However You do it is Your business, but make Yourself real inside me and fill my awful emptiness. Fill me with your love and Holy Spirit and make me know Your will for me. And now God, help Yourself to me and keep on doing it. I'm not sure I want You to but do it anyhow. I rejoice that I am now a part of Your people, that my uncertainty is gone forever, and that You now have control of my will and my life. Thank You and I praise Your name. Amen."

<http://friendsofbillw.net/>



What does this prayer mean to me? Why does it speak to me?

Through the third step I have learned that I must surrender all to God if I am to live the kind of life that is useful to make a difference in the lives of people. I must die to myself and my way of living.

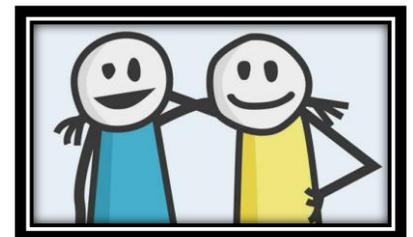
With this spiritual awakening, I must trust God that he will lead me every step of the way. I believe that he will keep me sober and show me in his time how he wishes to use me to help another person. All I must do is listen and be obedient to his direction. Thank you God.

Winslow C



Friends in Every Room of AA

Elaine moved to Grants Pass from Florida one and a half years ago and goes back home in a few weeks. She came to meetings within a week of moving here, having always heard and shared the advice "Go to AA meetings wherever you go. It is just a room full of friends you haven't met yet." During her time here she celebrated 44 years sober with us.



As for sobriety during the holidays, "Holidays are just One more 24 hours." Life-savers for her were going to the all night meetings. They were called Alcahons; sober friends, fellowship and food. Elaine heard again and again (and shares this wisdom) "*you never have to be alone*", but also knows that no matter how much time you have you can never stop going to meetings.

She enjoyed her time here meeting new and forever AA friends. Your humor and wisdom will be missed Elaine.

Kathy T



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.*

Q&A with John B

As we head into the holiday season, it marks your 51st sober holiday – Pretty amazing!

What advice do you have for maintaining sobriety (and sanity)?

Spend the holidays with your AA group!

When I was new I wanted to be in a safe environment. My family was spread out and I chose the AA group as my spiritual family. My story may be a little different since it spanned my middle 20's after a 12 year drinking career - I relate to the newcomer starting early. During that time, I never really developed any good adult relationships – I was just a really bad drunk. So AA has been my life. For the newcomer, I encourage you to be the best person you can be with your family. Many have relatives, and families and if you spend the holiday with them, they probably want to see you sober. I suggest you find AA holiday events like the Thanksgiving and Christmas dinners at the Hi-Lo, especially if family events don't feel like a safe place.

What is the most memorable event of your sobriety?

There have been so many! We all have a story. Some of my highlights are starting a business and being responsible. Another was being married at 2 years sober – possibly one of the most important days of my life. Too young to be married but I am so very grateful for those 6 years.

But the most memorable and life-changing moment was when I surrendered to sobriety; when I was freed from the obsession to drink; when I had the courage to take 4th, 5th, 6th and 7th steps with my sponsor and have him listen and help me.

Do you have a favorite “AA tool”?

The most important thing that I do is thinking of God - my higher power - instead of my problems or myself. A favorite tool to help me with this, is daily meetings. I'm no longer alone when I'm in the group of AA people. It helps me remember I am powerless. The AA group is far more powerful than I'll ever be. I lose myself. I become part of, and I'm free. By going to a meeting every day, I remember my higher power, and I ask for help and forgiveness.

Anything else you would like to share?

For the Newcomers – don't run before the miracle happens, let the miracle happen and if you don't run you will experience it for yourself!

AND Happy Holidays from John B.

John B & Jen F



MEETING CHANGES

Monday 7pm

Alcoholics in Action (previously known as Men's Book Study) has moved to the Hi-Lo Club.

Thursday 8pm

Experience, Strength & Hope has moved to New Song Christian, 111 NE Evelyn (between 6th & 7th)

Old Timers Meeting

An estimated 100 AA members with over 1,300 years of sobriety attended the 6th Annual Old Timers meeting on October 22nd. In addition to amazing sobriety, yummy cakes and ever-flowing coffee there was fun with a 50/50 raffle and Silent Auction. An AA Big Book was signed by all and given to the newest newcomer with 32 days sober.



Thank you to all the groups who donated to help make the event happen: Fireside Group, Stronger Together Women's Group, Wednesday Progress Group, Sunday Cease Fighting, Looking Forward, Men's Stag Group and Happy Hour. Special thanks to George & Sooz, Scottie B, Jil R, Jen F, Terre Z, and Kathie S for contributing "treasures" for the Silent Auction. We are also grateful to the committee members: George, Kathie S, Jen, Jil, Katy, Stephen, Joanne & Elizabeth. And thank you Les S for the flawless sound system.

Yours in Service – George & Kathie S



District 7

Elections were held in September. Here is the current list of officers and committee chairpersons in District 7. Next District meeting is November 7 at 7pm at the Hi-Lo.

Position	Name	Position	Name
DCM	Steve P.	PI Chair	Greg
Alt. DCM	Stanley	Grapevine Chair	Crystal H.
Secretary	Catherine	Outreach (Treatment) Chair	
Treasurer	Gerald	Correctional Facilities SW Regional Coordinator for Area 58	Randy R.
Corrections (Men & Women)	Aaron B	Archivist	Scott
CPC Chair	Caitrin	Sunshine Committee	Paul B.



Open House

We had a nice turnout at the Central Office Open House, October 13 & 14. Besides lots of awesome cookies, coffee, and treats, we had fun with the Big Book quiz, and of course enough sober fellowship to light up the room for hours! Remember, Central Office Hours are Mon-Fri 10-4. Drop by for literature, current events, and great fellowship! "One alcoholic helping another", that's what we're about.



Raffle winners were: Kathie S – a book of her choice, and 5 Living Sober winners – Donn M, Bruce D, Winslow, Mary L, and Mike D. Thank you all who stopped by and the Central Office volunteers for helping spread the word about this valuable resource.



Step 12

Step by step life became new
 We now see life with a different view.
 The steps have shown us how to live
 We now care about others, so we begin to give.

Having had a spiritual awakening from living this new life
 We now can handle conflicts, disagreements and strife.
 We look for newcomers throughout our day
 Hoping to show them how to live life this way.

The steps free us from worries, fret and cares
 Because now we practice AA principles in all our affairs.

Bruce Dunn

Central Office News

Thank you to our Central Office volunteers for all your service in September and October: Bruce, Sherry, Dave, Donn, Elizabeth, Joan, Scott, Kathie S, Janet, John F (and all the various "temps" who fill in as called upon)

Current Donations August 16 – October 24

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.

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

Group	Current	YTD	Group	Current	YTD
Anonymous		\$200	Merlin Group	\$30	\$60
Applegate Williams Group		\$100	Monarch Group	\$50	\$175
Cease Fighting Group	\$150	\$150	Nooners	\$100	\$450
Easy Does It	\$678	\$4018	Rogue Roundup	\$1000	\$1000
Experience, Strength & Hope	\$90	\$90	Safe Haven Group		\$240
Fireside Group		\$70	Simply AA	\$100	\$200
Friday Night Winners		\$500	Sobriety Bakers		\$50
Happy Hour Group	\$80	\$400	Stronger Together		\$300
Illinois Valley Group	\$100	\$250	Womens		\$288
July 4 th 50/50 raffle		\$176	Sunday Surrender		\$270
Language of the Heart		\$40	Thursday Night Winners		\$270
Looking Forward Group		\$345	Tuesday Book Study	\$100	\$100
Marathon Meetings		\$184	Womens Live & Let Live		\$63

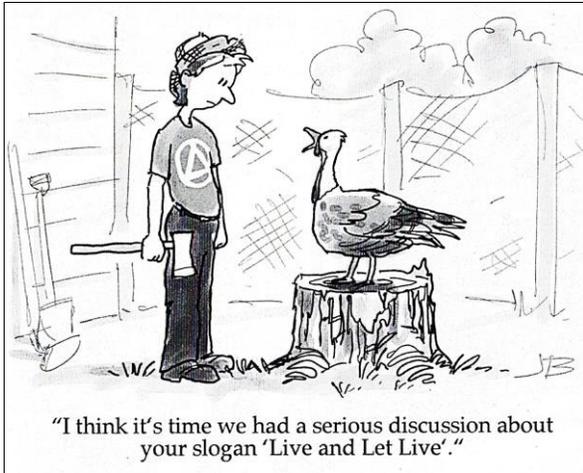


Rule 62 Reminder

Newcomer: I don't like all this step stuff.

Sponsor: Nobody asked you!

Elaine



Grapevine November 2017

Heard in a Meeting

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

- ▲ Action is the magic word.
- ▲ YET – You're Eligible Too.
- ▲ Sobriety is a gift and a blessing from God.
- ▲ If I'm not helping others, then I'm just wasting my time.
- ▲ AA has given me a life that is better than anything I could have ever hoped for.



Rogue RoundUp meetings every 4th Thursday at 7:30pm at the Hi-Lo Club.

EXCEPTION! In observance of the holidays – meetings are Thursday November 9th and Thursday December 14th

Get involved in the biggest AA event in JoCo for 2018!

SERVICE OPPORTUNITIES

Looking for service work?

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



Suit up and Show up!
Attend District 7 meetings
Nov 7 and Dec 5 and/or
Intergroup Nov 16 and Dec 21
to 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 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.

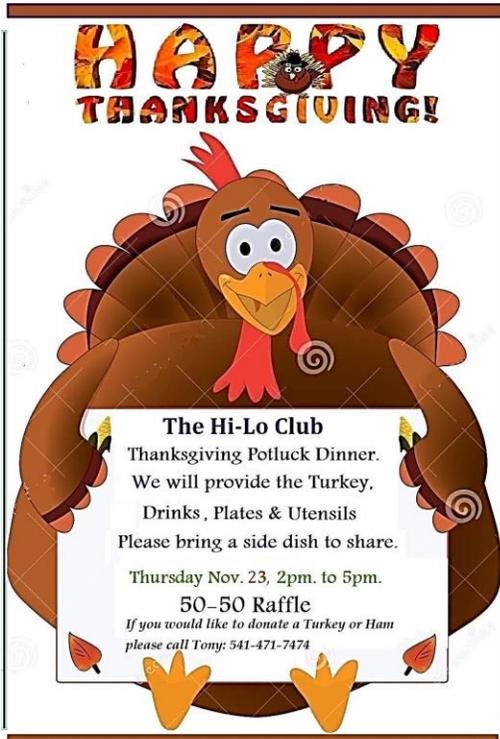
If you are interested in being on the Sunshine Committee please call Paul B 541-226-7827

THIS TRULY IS ONE OF THE MOST REWARDING GIFTS OF OUR PROGRAM!



EVENTS

Current area AA events can be found at grantspassaa.com.



**HAPPY
THANKSGIVING!**

The Hi-Lo Club
Thanksgiving Potluck Dinner.
We will provide the Turkey,
Drinks, Plates & Utensils
Please bring a side dish to share.
Thursday Nov. 23, 2pm. to 5pm.
50-50 Raffle
If you would like to donate a Turkey or Ham
please call Tony: 541-471-7474



7:30pm at the HiLo Club

**MOVIE
NIGHT**

FREE Admission

Pass the basket to pay the rent
Popcorn & drinks available.

November 25 & December 23

HOLIDAY MARATHON MEETINGS

A safe place for the holidays
Hi-Lo Club, 668 Lincoln St

Christmas Eve - Sunday December 24
at 1pm until 10am Monday December 25

New Years Eve - Sunday December 31
at 1pm until 10am Monday January 1, 2018



**Happy
New
Year!!!**

Sober New Years – Family in Sobriety
7:30pm Sun Dec 31, 2017– 12:30am Mon Jan 1, 2018

Watch grantspassaa.com for more details.

Birthdays and Anniversaries

Do you want to celebrate your AA birthday in the newsletter?
Send your info to Kathy T. at livelovelaugh71815@gmail.com

Marci	Nov 1, 2012	5	Kerry V	Dec 1, 1975	42
Amber L	Nov 4, 2010	7	Kristi M	Dec 1, 2010	7
Maureen	Nov 5, 2016	1	Renee W.	Dec 4, 1993	24
Carol W	Nov 6, 2014	3	Stephen A	Dec 4, 1994	23
Paul B	Nov 8, 1984	33	Gary S	Dec 5, 2005	12
Brenda B	Nov 10, 2008	9	Amanda T	Dec 7, 2005	12
Teresa	Nov 10, 2009	8	Curly	Dec 8, 1988	29
Melinda G	Nov 11, 2014	3	Bev S	Dec 17, 2010	7
Mehliis J	Nov 15, 1999	18	Maggie S.	Dec 21, 2000	20
David M	Nov 15, 2008	9	Susan Mc	Dec 21, 2000	17
Joan M	Nov 15, 2011	6	Richard F	Dec 22, 1984	33
Suzanne N	Nov 21, 1976	41	Jason M	Dec 23, 2014	3
Julie R	Nov 23, 1978	39	Jannise N	Dec 23, 2014	3
Chrissy	Nov 23, 2016	1	Stephanie D.	Dec 23, 2016	1
Diana W	Nov 27, 1984	33	Elizabeth	Dec 24, 2015	2
			Bonnie C	Dec 25, 2012	5
			Shawn M	Dec 25, 2012	5
			Tamarah A.	Dec 26, 2016	1
			Carol G	Dec 27, 1997	20
			Jeremy N	Dec 27, 2015	2
			Martha T.	Dec 30, 2016	1

11th step prayer

Lord, make me a channel for your peace—that where there is hatred, I may bring love—that where there is wrong, I may bring the spirit of forgiveness—that where there is discord, I may bring harmony—that where there is error, I may bring truth—that where there is doubt, I may bring faith—that where there is despair, I may bring hope—that where there are shadows, I may bring light—that where there is sadness, I may bring joy. Lord, grant that I may seek rather to comfort than to be comforted—to understand, than to be understood—to love, than to be loved. For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to Eternal Life. Amen.

Upcoming Events

See grantspassaa.com/events for full details

Outreach Committee Meeting	Nov 7
District 7 Business Meeting	Nov 7
Roundup Committee Meeting	Nov 9
Intergroup Business Meeting	Nov 16
Area 58 Assembly	Nov 17-19
ORCYPAA Business Meeting	Nov 19
Thanksgiving Dinner	Nov 23
Movie Night	Nov 25
Outreach Committee Meeting	Dec 5
District 7 Business Meeting	Dec 5
ORCYPAA Business Meeting	Dec 10
Roundup Committee Meeting	Dec 14
Newsletter Committee Meeting	Dec 17
Intergroup Business Meeting	Dec 21
Movie Night	Dec 23
Christmas Marathon Meeting	Dec 24-25
New Years Marathon Meeting	Dec 31-Jan 1
Sober New Years - Family in Sobriety	Dec 31

Event flyers and registrations can usually be found at Central Office. If you are involved in an upcoming event, please let us help advertise it, email to grantspassaa@gmail.com



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

NOVEMBER 2017						
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12	13	14	15	16	17	18
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26	27	28	29	30		

DECEMBER 2017						
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31						