

Keeping it Simple



Josephine County Intergroup Newsletter

September/October 2018

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“I salute you and thank you for your life.”

Alcoholics Anonymous 2018, *Bill's Last Message*, New York, NY, viewed on June 30, 2018, https://www.aa.org/pages/en_US/bills-last-message..



“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.grantpassaa.com/newsletters.

Many thanks to this issue’s contributors – David V, Don T, Jen F, and Winslow C. 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 November/December 2018 issue no later than Friday, October 19th. 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 October 21st at 2:00PM. Location TBD.**



Step 9 “Made direct amends to such people wherever possible, except when to do so would injure them or others.”

Good judgment, a careful sense of timing, courage, and prudence—these are the qualities we shall need when we take Step Nine.

After we have made the list of people we have harmed, have reflected carefully upon each instance, and have tried to possess ourselves of the right attitude in which to proceed, we will see that the making of direct amends divides those we should approach into several classes. There will be those who ought to be dealt with just as soon as we become reasonably confident that we can maintain our sobriety. There will be those to whom we can make only partial restitution, lest complete disclosures do them or others more harm than good. There will be other cases where action ought to be deferred, and still others in

which by the very nature of the situation we shall never be able to make direct personal contact at all.

Most of us begin making certain kinds of direct amends from the day we join Alcoholics Anonymous. The moment we tell our families that we are really going to try the program, the process has begun. In this area there are seldom any questions of timing or caution. We want to come in the door shouting the good news. After coming from our first meeting, or perhaps after we have finished reading the book "Alcoholics Anonymous," we usually want to sit down with some member of the family and readily admit the damage we have done by our drinking. Almost always we want to go further and admit other defects that have made us hard to live with. This will be a very different occasion, and in sharp contrast with those hangover mornings when we alternated between reviling ourselves and blaming the family (and everyone else) for our troubles. At this first sitting, it is necessary only that we make a general admission of our defects. It may be unwise at this stage to rehash certain harrowing episodes. Good judgment will suggest that we ought to take our time. While we may be quite willing to reveal the very worst, we must be sure to remember that we cannot buy our own peace of mind at the expense of others.

From AA World Services, Inc., *Twelve Steps and Twelve Traditions*, p. 83-84.

Tradition 9 "A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve."

The words "Let's keep it simple" were the last Bill W. heard from his fellow founder of A.A., shortly before Dr. Bob's death in 1950. Aware that "it" means our recovery program, Bill later wrote, "We need to distinguish sharply between spiritual simplicity and functional simplicity. ...When we get into questions of action by groups, by areas, and by A.A., as a whole, we find that we must to some extent *organize* to carry the message—or else face chaos. And chaos is not simplicity."

When Tradition Nine speaks of "A.A. as such," it goes to the heart of the A.A. experience, to the "spiritual simplicity" of one alcoholic's saying, silently perhaps, "Help!" and another alcoholic's answering, "I know how you feel. We're here to help you." Such a relationship couldn't be organized. Or could it?

A nonmember familiar with modern business procedures might examine the A.A. practice of sponsorship and see it as a haphazard operation. How about computerizing it? Then an A.A. behind an intergroup desk might say, "So you want help? First, you need the right sponsor. We have personality profiles of all our sponsors fed into our computer. We'll match you up to the best one for you if you'll just fill out this questionnaire. ...Where are you going? Come back!" *That* would be an attempt to organize "A.A. as such." (Please—nobody get any ideas!)

But in "action by groups," we find that we do need some degree of organization. If everybody thinks somebody else is going to make the coffee, what's the result? No coffee! To avoid such a disaster, one or more members agree to be responsible for preparing

meeting refreshments. All the way from coffee-brewers to trustees on the General Service Board, those who take part in A.A. service work are assuming responsibility—not taking on authority. (Here, Traditions Two and Nine interlock.) Group officers are responsible to the members of the group; intergroup committees, to the groups in one locality; institutions committees, to A.A. groups in treatment facilities and correctional facilities; area committees, to all groups in their areas; Conference delegates and committees, to all groups in the U.S. and Canada; the General Service Office and Board and the board's committees, to all groups and members everywhere.

In an average business corporation, the board has final power to determine company plans and policy. Our board of trustees serves in a custodial capacity; trustees vote at the Conference—but as individuals, with one vote apiece. In industry, branch offices jump when the home office speaks. Our G.S.O. is just a clearinghouse of A.A. information, offering *suggestions* based on experiences reported to it by groups.

And yet, with so small a degree of organization, A.A. miraculously does work! One reason may be that Tradition Five applies to each A.A. committee and board as directly as it does to each A.A. group. By cleaving to this “one primary purpose” in all its activities, the Fellowship retains “spiritual simplicity.” To diffuse that purpose, to embroil A.A. in issues apart from its true concern, would create dangerous complications....

From AA World Services, Inc., *The Twelve Traditions Illustrated*, Copyright 1971.

Step 10 “Continued to take personal inventory and when we were wrong promptly admitted it.”

As we work the first nine Steps, we prepare ourselves for the adventure of a new life. But when we approach Step Ten we commence to put our A.A. way of living to practical use, day by day, in fair weather or foul. Then comes the acid test: can we stay sober, keep in emotional balance, and live to good purpose under all conditions?

A continuous look at our assets and liabilities and a real desire to learn and grow by this means are necessities for us. We alcoholics have learned this the hard way. More experienced people, of course, in all times and places have practiced unsparing self-survey and criticism. For the wise have always known that no one can make much of his life until self-searching becomes a regular habit, until he is able to admit and accept what he finds, and until he patiently and persistently tries to correct what is wrong.

When a drunk has a terrific hangover because he drank heavily yesterday, he cannot live well today. But there is another kind of hangover which we all experience whether we are drinking or not. That is the emotional hangover, the direct result of yesterday's and sometimes today's excesses of negative emotion—anger, fear, jealousy, and the like. If we would live serenely today and tomorrow, we certainly need to eliminate these hangovers. This doesn't mean we need to wander morbidly around in the past. It requires an admission and correction of errors now. Our inventory enables us to settle with the past. When this is done, we are really able to leave it behind us. When our inventory is carefully taken, and

we have made peace with ourselves, the conviction follows that tomorrow's challenges can be met as they come.

From AA World Services, Inc., *Twelve Steps and Twelve Traditions*, p. 88-89.

Tradition 10 “Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.”

It allows us to concentrate on what we have in common.

Sobriety in AA is the first thing in my life that has really worked. I'm grateful to fellow AAs who've shown me how not to drink on a daily basis, and to alcoholics I've never met who established our Steps, Traditions, and Concepts for World Service. When I live these principles to the best of my ability, they keep me sober and in touch with the God of my understanding.

I'm especially grateful for Tradition Ten, where it is suggested that AA groups never get involved in the messy business of debating outside issues. The wonderful "extra" implied by this Tradition is that I, as an individual recovering alcoholic, am free to simply enjoy sobriety in AA, without having to defend my position on any outside issue.

MATT F., *The Beauty of Tradition Ten*, *Grapevines Magazine*, July 1971.



Making Amends in My Steps to Recovery

My addiction created moral wreckage in my life. Because of my alcoholism, drug use, and gambling, I lied, cheated, and stole to get and use drugs, drink, and gamble. What I left behind was a trail of shattered relationships.

In my situation mere apologies didn't suffice. It was only through the Program that I learned that amends were what I had to do. But carrying out these amends required a delicate process, one in which only my sponsor could have guided me through. The first thing I had to learn was that amends differed from apologies.

I learned that an amend has to do with restoring justice as much as possible. The idea was to restore in a direct way that which I had broken or damaged, or to make restoration in a symbolic way if I couldn't do it directly. In other words, I couldn't clear my conscience at the expense of someone else.

So, to begin with, since I cheated and stole to satisfy my addiction, I had to pay back the money or things I stole directly to the people I took them from. I also had to right the lies I told.

However, I didn't understand how making an amend could injure the other person. I thought amends were good things. My sponsor taught me that running home after discovering my newfound AA way of life to confess to my wife of my unfaithfulness during

my disease would only hurt her. I had to make the amend in this instance in another way. The amend had to be an indirect one. I had to stop having affairs and bring my heart, my energy, and my attention back home where it belonged.

My sponsor also taught me that I could do an indirect amend if I had to in another way. For example, if I had hurt or killed someone in the two car accidents I had in which I totaled the cars I was driving, I couldn't go back and "unkill" them. Instead, he suggested that I could fill out an organ donor card. This gesture would have been an indirect amend that can give life back to someone in the future.

Further, it was during this process of working Step Nine that I learned about living amends. My sponsor taught me that living amends simply meant that I live differently. Amends are about a genuine change in my behavior instead of the patchwork of an apology. Living amends would take on a whole new way of life. I had to stop accumulating fresh insults to myself and others.

The process of making amends has taught me that if I continually harm people and don't make any effort toward amends, then I've got a lot of people, places, and things to avoid. Large areas of life become closed off to me. When I am willing to make amends, those areas open again. I don't have to avoid people any more.

Lastly, I learned that the Big Book mentions the Promises immediately after the explanation of Step Nine. I read that to mean that the Promises will come true for me after completing Step Nine. Along with my newly deepened relationship with God, the realization of the Promises in my life will be the culmination of my new life in AA.

Winslow C

The Battle is Real

The battle is real.
One day at a time.
Sober now for a while,
Yet sometimes difficult to smile.
Even with gratitude,
I can have an ungracious mind.

So, I open myself up for solutions
And pray for faith that I'll find,
The source or some tools,
Solution or a fix,
Just not a powder, or pill, or liquid for kicks.

I want the source and the universal love
To radiate through my being.
I have been there before,
But lately not often it seems.

I can't pinpoint the reason.
I don't yet understand, why?

I can easily anger, get frustrated and cry.
Feel alone in a crowd.
My body heavy in tow.

I pray for the faith in my journey,
For solutions and know.
I want to be more consistent,
More balanced, more fun.
I want to face my to do list,
Not anger, cower and run.

So, I plea for Your help, Lord.
I know You're the way.
It's Your will not mine.
Please help me to play,
To smile, find balance, be useful, and move.

Both morning and night with my knees on the floor,
I surrender to win.
I humble myself to Thee.
Please do what You will
And use all of me.



Don T

Ninth Step Prayer

"God give me the strength and direction to do the right thing no matter what the consequences may be. Help me to consider others and not harm them in any way. Help me to consult with others before I take any actions that would cause me to be sorry. Help me to not repeat such behaviors. Show me the way of Patience, Tolerance, Kindness, and Love and help me live the spiritual life. AMEN."

-- Alcoholics Anonymous, p. 78-80

A Story about The Rogue Round-Up

My name is David V. I am an alcoholic. I arrived at my first official AA Meeting on April 4, 2017. My friend with 28 years sobriety had introduced me to AA the month before with an impromptu AA meeting while camping in Saline Valley with his wife. A young lady camping next to us, with 7 months sobriety, joined us for my first AA meeting.

Shortly after starting to attend meetings, Kathy in charge of greeters in the Floral Building announced at a noon Easy Does It meeting that there were greeters needed at the 42nd



Annual Rogue Round Up. I volunteered for a 2-hour shift on Friday and Saturday morning. That was my introduction to serve at the Round Up.

Last year, with 14 months sobriety, I attended a couple of Round Up committee meetings and heard the Snack Shack was a fun place to work. I helped with cleaning and set up on Thursday, had the opportunity to clean the grill and operate the meat slicer for the ham and onions. On Thursday night, I had the privilege to be a greeter at the Pavilion for the opening speaker meeting.

On Friday morning I took orders at the counter. After that I worked a shift in Registration. On Saturday morning I was back at the Snack Shack for a couple of hours. Then another shift at registration that morning. Then a shift as a greeter in the Floral Building that afternoon. On Saturday night I just enjoyed the dinner and speaker. I was so impressed with the decorations and table settings, the way people were released by rows to go through the dinner line, the coffee and water servers, and the people who cleaned up after dinner and set up the extra chairs.

I had the privilege to read the Twelve Traditions of Alcoholics Anonymous at the Sunday morning breakfast and speaker meeting.

This year I want to be more involved in the 44th Annual Rogue Round Up. It was a privilege for this alcoholic to participate a little in the 42nd and a little more in the 43rd Annual Rogue Round Up. I hope to see everyone at the 44th Annual Rogue Round Up on May 3, 4 and 5, 2019.

David V



AA Humor

Two AA's are talking about what is going to happen to them after they die. One believes in heaven, the other isn't so sure so they agree to a pact. The first one to die will come back as a ghost on the anniversary of their death and appear in front of the surviving one to prove whether there is an afterlife.



A few years pass, and the first AA dies sober. A year later the surviving AA is sitting in a meeting and he feels a coldness in the air, looks around and sitting next to him is the ghost of his old pal. He's holding a harp, wearing a gold halo and has a couple of white feathered wings on his back.

The ghost turns to his pal and says "I've got some good news and some bad news. The good news is there is a heaven. Bill and Bob are up there, and they have AA meetings every week. You'll love it. The bad news is you're sharing next Tuesday."

Intergroup and Central Office News

We at Central Office are truly grateful for all our volunteers who devote their service work to help our AA community and to assure that the office runs smoothly and efficiently.



Central Office currently has an opening on Thursday afternoons between the hours of 1:00PM – 4:00PM. Volunteers answer phones, tend to the literature and greet customers. We are also looking for alternates. It truly is a rewarding service position. Please visit www.grantspassaa.com/service for more details.

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



Sobriety ROCKS!

We had such a wonderful time at the July 4th Picnic even though we ran out of hamburgers and hot dogs and blew out electrical outlets with the coffee pots. Guess that is a sure sign of an awesome party!



We don't have an exact headcount, but estimates are over 150 in attendance. We want to thank everyone who pitched in to help make this a truly memorable event. **Kathie S** for the signs; **Kristi M, Marilyn, Launie** and **Terre Z** for rock and face painting; **Craig** for scavenger hunt; **Dave M** for the awesome tub for drinks and BBQ; **Next Gen** for speed fellowship; **Kathy T** for decorations and set up; **Shawn M, Laura, Pam** and **Francois** for on the spot garnish prep; **Tamarah** and **Candy** for water balloons; **Les S** for audio; **Smitty** and **Justin** for standing over the hot grill, cooking; our incredible speakers **Vicky D** and **Randy R**; **Tony L** for 50/50 (wouldn't be an event without that!); **Lauren, Mike T** for cleanup; and all of **you** who brought yummy salads, desserts, fruit, chips, beans and smiles and fellowship. There were so many who stepped up and helped in multiple jobs to make for an enjoyable sober afternoon.

That's what we do in sobriety today – happy, joyous and free. Looking forward to the next one. Thank you!!

Janet and Jen



AA Spotlight

Sunshine Committee

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



If you are interested in joining the Sunshine Committee or if you need a meeting brought to you, please call Paul B at (541) 226-7827.

Outreach (Treatment Facilities) Committee

The purpose of the Treatment Facility Committee is to coordinate the work of individual AA Members and Groups who carry the Message to alcoholics in treatment facilities and work to clarify what AA can and cannot do, within the Traditions, to help alcoholics in treatment.



The Committee needs more member participation to go on panels at various treatment facilities and to carry meetings into OnTrack at 8:00AM on Friday mornings.

If you are interested in joining the Treatment Facilities Committee, please email Joey S, Outreach (Treatment Facilities) Chair, at gpaatxchair@gmail.com.



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

Thank you to the Groups who financially support Central Office 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 Jun 16, 2018 through Aug 15, 2018.

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

Current AA Group	Jun 15 - Aug 15		Year-To-Date (YTD)		Dec 15 - Aug 15	
	Current	YTD	AA Group	Current	YTD	
Attitude Adjustment	\$0	\$25	Merlin Group	\$0	\$199	
Cease Fighting	\$0	\$180	Monarch Group	\$0	\$65	
Easy Does It	\$552	\$1,294	Monday Men's Book Study	\$0	\$40	
Experience, Strength, and Ho	\$90	\$180	Nooners Meeting	\$150	\$400	
Friday Night Winners Group	\$0	\$600	Safe Haven Group	\$138	\$138	
GP Veterans Group	\$0	\$20	Stronger Together Women	\$0	\$125	
Happy Hour Group	\$80	\$240	Thursday Night Winners	\$150	\$270	
Illinois Valley Group	\$0	\$100	Tuesday Book Study	\$11	\$11	
Language of the Heart	\$30	\$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.



"I'm either working on my recovery or I'm working on my relapse."

"I am grateful for the gifts of this program - honesty, humility, courage, and serenity."

"God never gives me more than He and I together can handle."

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.

AA Talent Show

Saturday, September 15, 2018, 7:00PM – 10:00PM

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

FUN, TALENT, AND FELLOWSHIP!!

Special Guest – Keith Fuller

Prizes and 50/50 Raffle

\$5.00 donation at the door, or just pay what you can.



To show the world your talent, please sign up on the sheet on bulletin board at the Hi-Lo. Please bring your best cookie recipe – cookies and coffee will be provided.

All proceeds from the Talent Show will go to support the New Year's Eve Dance.

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.



The New Year's Eve Dance Committee meets on the second Tuesday of each month (September 11th and October 9th) 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.

2018 Fall Men's Retreat - Living by Spiritual Principles

September 21-23, 2018

Griffin Park, 500 Griffin Rd, Grants Pass, OR 97527



Registration is \$60 with RV or \$30 without RV and includes:

Tent space, coffee, bottled water, dinner on Friday, BBQ on Saturday night, breakfast on Saturday and Sunday morning.

Focused
on
Chapter 7

If you have any questions or need help to pay for registration, please contact Stanley at (541) 441-8526 or Aaron at (707) 295-0439.

Josephine County Intergroup presents

OPEN HOUSE

*Workshop, Big Book Quiz,
Raffles, Munchies, and
Lots of Free Stuff*

Friday, October 12, 2018 – 2:00PM to 5:00PM

Saturday, October 13, 2018 – 10:00AM to 2:00PM

Central Office, 432 NW 6th Street, Suite 202, Grants Pass, OR 97526

Discover what's new at Central Office and win a prize for your group or your group.

Old Timer Speaker Meeting

Sunday, October 21, 2018, 2:00PM – 4:00PM

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

AA Members with 25 plus years of sobriety share their experience, strength, and hope.



Come and join us for cake and coffee and good ole long time sobriety.

This is an open AA Event.



Sober Fun Events

Friends of Bill W Monday Night Bowling

Caveman Bowl, 1230 Rogue River Hwy, Grants Pass, OR 97527

Every Monday! Sign-up at 5:00PM. Bowling at 5:30PM.

Cost is \$2.50/game per adult and \$3.50/game per kid. Shoes are extra.



Bingo

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

September 8th and October 13th, 7:00-9:00PM



Movie Night – FREE

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

September 22nd and October 27th, 7:30PM



AA Birthdays

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

NAME	DATE	YEARS	NAME	DATE	YEARS
Gerry P	September 30, 1975	43	James A	September 14, 2011	7
Jim J	October 10, 1977	41	Dan H	October 10, 2012	6
Peggy V	October 20, 1980	38	Nicki	September 16, 2013	5
Bill J	September 20, 1981	37	Teva D	September 26, 2013	5
Steve W	September 9, 1982	36	Angelina T	September 15, 2014	4
Bruce D	October 5, 1984	34	Misty B	October 20, 2014	4
Jeri R	October 8, 1985	33	William J	September 3, 2015	3
Jon P	October 10, 1986	32	Sarah C	September 4, 2016	2
Launie M	September 1, 1987	31	Nancy Y	September 13, 2016	2
Jodi W	September 13, 1993	25	Jody R	September 17, 2016	2
Kathy T	October 25, 1995	23	Jolene L	September 28, 2016	2
Rocky V	October 15, 1998	20	Linda M	October 12, 2016	2
René M	October 11, 1999	19	Shelby	October 23, 2017	1
Ted W	October 23, 2000	18			
Leenee	October 19, 2001	17			
Kevin O'B	October 20, 2001	17			
Joanne	October 7, 2002	16			
Sue C	September 7, 2003	15			
Eric H	October 8, 2008	10			
Alicia K	October 24, 2009	9			



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 at grantspassaa@gmail.com.

**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)	Sep 4 @ 5:30PM Oct 2 @ 5:30PM
District 7 Business Meeting	Sep 4 @ 7:00PM Oct 2 @ 7:00PM
Hi-Lo Board Meeting	Sep 11 @ 7:00PM Oct 9 @ 7:00PM
Roundup Board Meeting	Sep 27 @ 7:30PM Oct 25 @ 7:30PM
JoCo Intergroup Business Meeting 432 NW 6th St, Grants Pass, OR, Meeting Room (Room 107)	Sep 20 @ 7:30PM Oct 18 @ 7:00PM
SORYPAA Business Meeting Tom Pearce Park, 3700 Pearce Park Rd, Grants Pass, OR 97526	Sep 9 @ 12:00PM Oct 2018 – TBA
Assembly Planning Meeting	Sep 25 @ 7:00PM Oct 23 @ 7:00PM