

Keeping It Simple



September 2019

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The Josephine County Intergroup Newsletter

"There may be some wrongs we can never fully right. We don't worry about them if we can honestly say to ourselves that we would right them if we could. Some people cannot be seen—we send them an honest letter. And there may be a valid reason for postponement in some cases. But we don't delay if it can be avoided. We should be sensible, tactful, considerate, and humble without being servile or scraping. As God's people we stand on our feet; we don't crawl before anyone."

From AA World Services, Inc., Alcoholics Anonymous, Fourth Edition p. 83.



"Keeping it Simple" is a monthly publication brought to you by the Josephine County Intergroup.

Please sign up for the newsletter subscription service to receive the monthly edition 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 and some previous issues of the newsletter are available at the Central Office and the Hi-Lo Club. Two years of previous issues of the newsletter are available on the website at www.grantspassaa.com/newsletters.



Many thanks to this issue's contributors. If you would like to contribute, please send your personal stories, poems, artwork, cartoons, jokes, or anything that has helped you on your journey for the October 2019 issue no later than Friday, September 20th. To submit your contribution, email it to Winslow at gpaanews@gmail.com.



Step 9 - "Made direct amends to such people whenever possible, except when to do so would injure them or others."

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.

After taking this preliminary trial at making amends, we may enjoy such a sense of relief that we conclude our task is finished. We will want to rest on our laurels. The temptation to skip the more humiliating and dreaded meetings that still remain may be great. We will often manufacture

plausible excuses for dodging these issues entirely. Or we may just procrastinate, telling ourselves the time is not yet, when in reality we have already passed up many a fine chance to right a serious wrong. Let's not talk prudence while practicing evasion.

As soon as we begin to feel confident in our new way of life and have begun, by our behavior and example, to convince those about us that we are indeed changing for the better, it is usually safe to talk in complete frankness with those who have been seriously affected, even those who may be only a little or not at all aware of what we have done to them. The only exceptions we will make will be cases where our disclosure would cause actual harm. These conversations can begin in a casual or natural way. But if no such opportunity presents itself, at some point we will want to summon all our courage, head straight for the person concerned, and lay our cards on the table. We needn't wallow in excessive remorse before those we have harmed but amends at this level should always be forthright and generous.

There can only be one consideration which should qualify our desire for a complete disclosure of the damage we have done. That will arise in the occasional situation where to make a full revelation would seriously harm the one to whom we are making amends. Or—quite as important—other people. We cannot, for example, unload a detailed account of extramarital adventuring upon the shoulders of our unsuspecting wife or husband. And even in those cases where such a matter must be discussed, let's try to avoid harming third parties, whoever they may be. It does not lighten our burden when we recklessly make the crosses of others heavier.

Above all, we should try to be absolutely sure that we are not delaying because we are afraid. For the readiness to take the full consequences of our past acts, and to take responsibility for the well-being of others at the same time, is the very spirit of Step Nine.

From AA World Services, Inc. *Twelve Steps and Twelve Traditions*, p. 83-87.



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 Nine = Responsibility and Justice

*Having the duty to deal with something and being accountable.
Just behavior or treatment and a genuine respect for people.*



Ninth Step Prayers

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.

AA World Services, Inc. Alcoholics Anonymous, Fourth Edition, “Into Action,” p. 78-83.



God, with regard to this amend, give me the strength, courage and direction to do the right thing, no matter what the personal consequences may be. Help me not to shrink from anything. Help me not to delay if it can be avoided. Help me to be sensible, tactful, considerate, and humble without being servile or scraping.

AA World Services, Inc. Alcoholics Anonymous, Fourth Edition, "Into Action," p. 79, 83.



The Moral of the Story

An elderly carpenter was ready to retire, and he told his boss of his plans to leave and live a more leisurely life with his wife. He would miss the paycheck, but he needed to retire. They could get by. The contractor was sorry to see such a good worker go, and he asked the carpenter to build just one more house as a personal favor. The carpenter said yes, but in time it was easy to see that his heart was not in his work. He resorted to shoddy workmanship and used inferior materials. It was an unfortunate way to end a dedicated career.

When the carpenter finished his work, the employer came to inspect the house. He handed the front-door key to the carpenter. "This is your house," he said. "It is my gift to you." The carpenter was shocked! What a shame! If he had only known he was building his own house, he would have done it all so differently.

So, it is with us. We build our lives, a day at a time, often putting less than our best into the building. Then with a shock we realize we have to live in the house we have built. If we could do it over, we'd do it much differently. But we cannot go back ... Ask God to be the master-builder of your life! He will show you how to build a strong foundation for the 'house' of your life ... in just 12 steps.

Run of the Mill - 1944 and Beyond, A Publication of the Mill Creek Group of Alcoholics Anonymous, On A Lighter Note, Edition 75 No. 3 May/June 2018



The Jack Alexander Article About A.A.

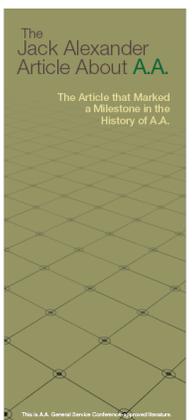
The Article that Marked a Milestone in the History of A.A.

The publication of "Alcoholics Anonymous" by Jack Alexander in the *Saturday Evening Post* issue of March 1, 1941 marked a milestone in the history of the Fellowship.

Although one national article had been published previously, the Post report on the handful of men and women who had achieved sobriety through A.A. was largely responsible for the surge of interest that established the Society on a national and international basis.

The Post story is a reminder of A.A.'s development in a relatively short span of years. In 1941, approximately 2,000 men and women were living the A.A. program successfully. Today, the number exceeds 2,000,000, and over 61,000 groups meet regularly throughout the United States and Canada and in more than 180 countries.

In 1941 Jack Alexander reported upon the sense of humility and service that distinguished the A.A. program and those who then practiced it. Alcoholics Anonymous has had a



tremendous growth since that time. But the same awareness of our need to continue to serve fellow alcoholics in a spirit of helpfulness and humility remains the cornerstone of our Society.

It is in that spirit that this historic article is reprinted for all those members, old and new, who share a common interest in the early days of Alcoholics Anonymous.

The following is an interesting excerpt from this pamphlet. For more information, please refer to the actual literature available for sale at Central Office.

Why some people become alcoholics is a question on which authorities disagree. Few think that anyone is "born an alcoholic." One may be born, they say, with a hereditary predisposition to alcoholism, just as one may be born with a vulnerability to tuberculosis. The rest seems to depend upon environment and experience, although one theory has it that some people are allergic to alcohol, as hay fever sufferers are to pollens. Only one note is found to be common to all alcoholics — emotional immaturity. Closely related to this is an observation that an unusually large number of alcoholics start out in life as an only child, as a younger child, as the only boy in a family of girls or the only girl in a family of boys. Many have records of childhood precocity and were what are known as spoiled children.

Frequently, the situation is complicated by an off-center home atmosphere in which one parent is unduly cruel, the other overindulgent. Any combination of these factors, plus a divorce or two, tends to produce neurotic children who are poorly equipped emotionally to face the ordinary realities of adult life. In seeking escapes, one may immerse himself in his business, working twelve to fifteen hours a day, or in sports or in some artistic sideline. Another finds what he thinks is a pleasant escape in drink. It bolsters his opinion of himself and temporarily wipes away any feeling of social inferiority which he may have. Light drinking leads to heavy drinking. Friends and family are alienated, and employers become disgusted. The drinker smolders with resentment and wallows in self-pity. He indulges in childish rationalizations to justify his drinking: He has been working hard and he deserves to relax; his throat hurts from an old tonsillectomy and a drink would ease the pain; he has a headache; his wife does not understand him; his nerves are jumpy; everybody is against him; and so on and on. He unconsciously becomes a chronic excuse-maker for himself.

All the time he is drinking, he tells himself and those who butt into his affairs that he can really become a controlled drinker if he wants to. To demonstrate his strength of will, he goes for weeks without taking a drop. He makes a point of calling at his favorite bar at a certain time each day and ostentatiously sipping milk or a carbonated beverage, not realizing that he is indulging in juvenile exhibitionism. Falsely encouraged, he shifts to a routine of one beer a day, and that is the beginning of the end once more. Beer leads inevitably to more beer and then to hard liquor. Hard liquor leads to another first-rate bender. Oddly, the trigger which sets off the explosion is as apt to be a stroke of business success as it is to be a run of bad luck. An alcoholic can stand neither prosperity nor adversity.

The victim is puzzled on coming out of the alcoholic fog. Without his being aware of any change, a habit has gradually become an obsession. After a while, he no longer needs his rationalizations to justify the fatal first drink. All he knows is that he feels swamped by uneasiness or elation, and before he realizes what is happening, he is standing at a bar with an empty whiskey pony in front of him and a stimulating sensation in his throat. By some peculiar quirk of his mind, he has been able to draw a curtain over the memory of the intense pain and remorse caused by preceding stemwinders. After many experiences of this kind, the alcoholic begins to realize that he does not understand himself; he wonders whether his power of will, though strong in other fields, isn't defenseless against alcohol. He may go on trying to defeat his obsession and wind up in a sanitarium. He may give up the fight as hopeless and try to kill himself. Or he may seek outside help.

If he applies to Alcoholics Anonymous, he is first brought around to admit that alcohol has him whipped and that his life has become unmanageable. Having achieved this state of intellectual humility, he is given a dose of religion in its broadest sense. He is asked to believe in a Power that is greater than himself, or at least to keep an open mind on that subject while he goes on with the rest of the program. Any concept of the Higher Power is acceptable. A skeptic or agnostic may choose to think of his Inner Self, the miracle of growth, a tree, man's wonderment at the physical universe, the structure of the atom, or mere mathematical infinity. Whatever form is visualized, the neophyte is taught that he must rely upon it and, in his own way, to pray to the Power for strength. He next makes a sort of moral inventory of himself with the private aid of another person — one of his A.A. sponsors, a priest, a minister, a psychiatrist, or anyone else he fancies. If it gives him any relief, he may get up at a meeting and recite his misdeeds, but he is not required to do so. He restores what he may have stolen while intoxicated and arranges to pay off old debts and to make good on rubber checks; he makes amends to persons he has abused and, in general, cleans up his past as well as he is able to. It is not uncommon for his sponsors to lend him money to help out in the early stages.

This catharsis is regarded as important because of the compulsion which a feeling of guilt exerts in the alcoholic obsession. As nothing tends to push an alcoholic toward the bottle more than personal resentments, the pupil also makes out a list of his grudges and resolves not to be stirred by them. At this point, he is ready to start working on other, active alcoholics. By the process of extroversion, which the work entails, he is able to think less of his own troubles.

The more drinkers he succeeds in swinging into Alcoholics Anonymous, the greater his responsibility to the group becomes. He can't get drunk now without injuring the people who have proved themselves his best friends. He is beginning to grow up emotionally and to quit being a leaver. If raised in an orthodox church, he usually, but not always, becomes a regular communicant again.

Alcoholics Anonymous World Services, Inc. All rights reserved. *The Jack Alexander Article About A.A.*, P-12.



AA Meeting Guide App – NOW AVAILABLE

Finding a meeting just got a whole lot easier

Alcoholics Anonymous World Services Inc., introduces its licensed Meeting Guide app. The app is free for Android and iOS mobile devices.

The app uses your location to find the closest meetings by syncing with Area, District, Intergroup/Central Office and International G.S.O. websites. You can also add a location to find meetings anywhere. (The location must participate in the necessary website revisions to accommodate A.A.'s Meeting Guide app.)

The app also can filter the meetings on types such as Open/Closed, Men, Women, Child-Friendly. Clicking on a meeting listing will provide further details on the meeting. It will even give you directions through Google maps to the meeting's location.

FREE



Meeting Guide

© 2018 Meeting Guide
A.A.W.S. INC.



AA Fun and Humor



The Lecture by an Unknown Jokester

An elderly man is stopped by the police around 2 a.m. and is asked where he is going at this time of the night.

The man replies, "I am on my way to a lecture about alcohol abuse and the effects it has on the human body, as well as the effects of smoking and staying out late."

Bewildered the officer then asks, "Really? Who is giving that lecture at this time of night?"

The man replies, "That would be ... my wife."



Current Contributions

Thank you for the contributions to all Groups that support and keep Central Office open to serve our community.



Please Note:

The amounts shown here are officially recorded funds received and deposited from Groups presented at the Monthly Intergroup Business Meeting. Contributions received and deposited after mid-month will be reflected in the following month's Newsletter.

Current Period includes funds received and deposited during July 16, 2019 through August 15, 2019.
 Year-to-Date includes funds received and deposited during December 16, 2018 through August 15, 2019.

Current	Jul 16, 2019 - Aug 15, 2019		Year-To-Date (YTD)		Dec 16, 2018 - Aug 15, 2019	
	AA Group	Current	YTD	AA Group	Current	YTD
12x12 Study Group	\$0	\$168	Marathon Meetings	\$0	\$14	
12 O'Clock High Group	\$200	\$549	Men's Stag Group	\$0	\$600	
Alcoholics in Action Group	\$0	\$120	Merlin Group	\$0	\$300	
Applegate Group	\$0	\$100	Progress Group	\$0	\$170	
Attitude Adjustment	\$0	\$75	Rogue River Sunday Group	\$0	\$150	
Early Bird Group	\$50	\$50	Serenity Cease Fighting Group	\$0	\$187	
Easy Does It Group	\$0	\$1,257	Sobriety Sisters Group	\$0	\$100	
Experience, Strength & Hope	\$120	\$300	Stronger Together Women's C	\$0	\$171	
Friday Speaker Group	\$0	\$100	The Nooners Group	\$125	\$595	
Happy Hour Group	\$160	\$400	Thursday Night Winner's Grou	\$0	\$210	
Illinois Valley Group	\$0	\$200	Uppity Women's 11th Step Gr	\$0	\$25	
Language of the Heart Group	\$0	\$90	Women's Live & Let Live Group	\$0	\$145	
Looking Forward Group	\$200	\$400	Women's Safe Haven Group	\$0	\$300	

AA Epigrams - Heard It in a Meeting

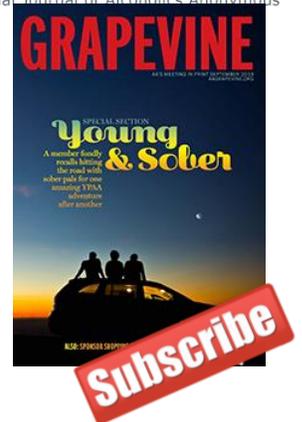
Anonymous slogans and pearls of wisdom heard during regularly scheduled AA Meetings.



AA Grapevine®/La Viña®

Grapevine®/La Viña® is the International Journal of Alcoholics Anonymous. It is a monthly magazine that features many articles and stories from alcoholics. Many A.A.s refer to it as "a meeting in a magazine."

AA GRAPEVINE®
The International Journal of Alcoholics Anonymous



Letter from the Editor

It's a beautiful thing when alcoholics find AA early and avoid years of heavy drinking and are spared, as our cofounder Bill W. wrote, "that last 10 or 15 years of literal hell the rest of us had gone through." Yet it can be challenging to get sober when you're young. How will I ever have fun again? Will I fit in? How will I make friends? There's hope. This month's special section features inspiring stories by AA members who got sober young and are learning to live full, happy lives.

In the story "YPAA or Bust" a young man's sobriety kicks into high gear after he stumbles into a bunch of AAs hitting the road and going to Young People's sober events. In "Everything's Going to Be OK," something happens on a beach one day that gives a young man hope and lifts him out of his dark, drunken life. When all the cheering stops, a young alcoholic woman finally makes the call to join the winning team in "Confessions of a High School Cheerleader." And in the story "The Motley Crew," a group of young AAs in Florida start their own YPAA group, where they share good times and welcome members of all ages to join in and "to vent, to heal or to just listen."

This is a brief excerpt of the September 2019 issue. To begin a free 7-day trial, visit www.aagrapevine.org and subscribe. Either way, this magazine has some good stuff. Get it!

Josephine County A.A., District 7

Elections

District Position Elections will be next month on Tuesday, September 3rd.
District Officer Positions that are up elections are as follows:



- **District Committee Member (D.C.M.)**

Has overall responsibility for the operations of the District;
Regularly attends monthly District Business Meetings and Area Assemblies;
Receives reports from the groups through the G.S.R.s;
Holds Monthly Meetings of all G.S.R.s in the District;
Assists the Area Delegate in obtaining group information;
Keeps G.S.R.s informed about Conference activities.

- **Alternate District Committee Member (Alt. D.C.M.)**

Performs the duties of the D.C.M. in the D.C.M.'s absence;
Assists and shares responsibilities with the District Committee Member.

- **Secretary**

Attends monthly District Business Meeting and records minutes;
Provides District Business Meeting minutes to each D.C.M., G.S.R.,
District Archivist, and Central Office Web Servant;
Makes copies of and distributes District documents as needed – i.e., Delegate Agenda items
and District Committee Contact Sheet;
Communicates with the D.C.M., regarding event announcement updates for District
Meeting Agenda.



Additionally, the following District Service Committee Chairs are appointed positions as described in the A.A. District 7 Guidelines:

- **Cooperation with Professional Community/Public Information Chair (C.P.C./P.I.)**
- **Treatment Facilities Chair (T.F.)**



For a complete listing of the duties and responsibilities of each of the District Officer Positions and District Service Committee Chairs, please visit A.A. Josephine County Intergroup and District 7 website at <https://www.grantspassaa.com>, click on District 7 tab, then scroll down to the "District 7 Working Guidelines."

The Legacy of Service

In honor of the Third Legacy of A.A., Service, we encourage you to step up and get involved.

I am RESPONSIBLE

Service: The Third Legacy of Alcoholics Anonymous

Responsibility Statement

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.

Central Office/Intergroup News

Intergroup announces that **Ron G.**, has stepped up to fill in the open Volunteer Coordinator position. Thank you, Ron! Ron will oversee the smooth and responsible functioning of the volunteer staff at A.A. Central Office, providing phone support, sales and accounting of A.A. literature, and providing twelve-step resources.

General Services Representative (G.S.R.)

A **General Services Representative** plays a vital to your group's strength and function in A.A.

In 1950, a new type of trusted servant, "group representative," was suggested to help in the selection of delegates to the newly formed General Service Conference. By 1953, the job of group representative was also seen as a good means of exchanging up-to-date information between individual groups and "Headquarters" (now the General Service Office). That's still an important side of the work. **But now, a general service representative has an even bigger responsibility: the transmission of ideas and opinions as well as facts; through a GSR, the group conscience becomes a part of "the collective conscience of the whole Fellowship," as expressed in the General Service Conference.** Like everything else in A.A., it works through a series of simple steps.

In A.A., everything starts with the group — it is the basic building block of the entire Fellowship and the place where recovery begins for most alcoholics. But, for a group to keep going, all kinds of service must be done. It is through the joint efforts and ongoing commitment of group members that this service is completed.

While it is noted in A.A.'s Ninth Tradition that each A.A. group needs the least possible organization, "the aim of our services is to bring sobriety within reach of all who want it." This starts with the A.A. group.

Within a group, there are many service positions to help it fulfill its primary purpose of carrying the A.A. message to the alcoholic who still suffers. One important aspect of an A.A. group, no matter how remote it may be, is continuing contact with the rest of A.A. To stay connected, groups often elect a general service representative (G.S.R.) to represent it within the wider A.A. service structure. G.S.R.s are a group's link with the A.A. world beyond the group and help to carry the group's voice and collective conscience to other groups and to A.A. as a whole. Usually elected to serve two-year terms, and having had at least two years of continuous sobriety, G.S.R.s serve their groups in the following:

"The strength of our whole AA service structure starts with the group and with the general service representative (GSR) the group elects. I cannot emphasize too strongly the GSR's importance."

Bill W. on General Services and the GSR

- Keep the group informed about general service activities and opportunities in its local area;
- Represent the group at district meetings and area assemblies;
- Receive and share with its group all information from the General Service Office (G.S.O.).

"Through your G.S.R., your group is strengthened by the shared experience of the other U.S. and Canadian groups, just as your own sobriety is strengthened by the shared experience of other A.A. members."

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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.

Nachos Nana Bingo

Presented by OSYPAA and co-hosted by nearby Oregon YPAAs, REDYPAA, and 99 & Under Group
Saturday, September 14, 2019 @ 2:00PM – 6:00PM
St. Vincente DePaul, 2424 N. Pacific Hwy, Medford, OR 97504



Women's Mid-Year Dessert Social

Saturday, September 14, 2019 @ 2:00PM – 4:00PM
Community Center Annex, 132 Broadway St., Rogue River, OR 97537



Speaker – Sharing – Connecting | Bring a dessert to share | Bring a friend



Rogue Men's Fall Retreat 2019

Loving What Is – Topics based on Chapter Eight
Friday – Sunday, September 20 – 22, 2019
Griffin Park, 500 Griffin Road, Grants Pass, OR 97527

The Campout is a spiritual retreat, so more focus will be on speakers and service.
There will be plenty of time for naps, some fishing, working with others, or hanging out.

Meals and camp sites included; Parking space included with registration
\$35 for tent campers | \$70 for RV (includes one registration)

Mail check to Aaron Baugh to 221 N Central Ave PMB 293, Medford OR 97501
Need campout or registration info, please call Joe @ (541) 930-1635 or Aaron @ (707) 295-0439



First Annual Lake Shasta Retreat

Hosted by Sharee W and Terry C
Friday – Saturday, September 27-29, 2019
The Shasta Lakeshouse Resort, Lake Shasta, Lakehead, CA

**Spiritual Surroundings | Fellowship and Festivities | Meetings
Motivational Gatherings | Boating | Connecting**

Registration is \$110, which includes lodging for 2 days, 2 nights, and meals for 2 days
Registration form available at <https://www.aa-oregon.org/events/1st-annual-lake-shasta-retreat/>
Mail check to Terry Cantwell with registration form to 3335 Sycamore Way, Medford, OR 97504

For more information, please call Terry C., @ (541) 690-2360 or terrycantwell49@gmail.com





Central Office Open House

Hosted by Josephine County District 7 Intergroup
Friday, October 11, 2019 @ 2:00PM to 5:00PM
Saturday, October 12, 2019 @ 10:00AM to 2:00PM
432 NW 6th Street, Grants Pass, OR 97526

Discover what's new at Central Office

Big Book Quiz | Raffles | Munchies | Lots of Free Stuff

Attend a workshop to find out what happens at Central Office

Win a prize for your group or yourself



The 8th Annual Old Timer Speaker Meeting

Hosted by District 7 AA Groups and Members
Sunday, October 20, 2019 @ 2:00PM – 4:00PM
Hi-Lo Club, 668 Lincoln Rd, Grants Pass, OR 97526

AA Members with 25+ years of sobriety share their Experience, Strength, and Hope

Join us for cake and coffee, 50/50 Raffle, Sobriety Countdown, Vintage Auction, and A Good Ole Long Time Sobriety Fun



8th Annual



Speaker Meeting

This meeting is an open speaker meeting

For more information, please contact George @ (541) 450-0477 or Kathie @ (541) 916-2900



Southern Oregon Speaker Meeting

Sponsored by District 16 and hosted by TBA
Saturday, November 2, 2019 @ 7:00PM – 9:00PM

Rogue Regional Medical Center, The Smullin Center, 2825 E. Barnett Dr, Medford, OR 97504
(541) 732-1850 | aajcounty@yahoo.com | www.medfordareaaa.org

Speaker: Sonia N., Rogue River, OR



ALCOHOLICS ANONYMOUS
DISTRICT 16 | ROGUE VALLEY, OREGON
www.medfordareaaa.org

Sobriety Countdown

50/50 Raffle



OSYPAA VII Convention 2019

Friday – Sunday, November 8-10, 2019
Inn At The Commons, 200 N. Riverside Avenue, Medford, OR 97501



Scan these QR Codes to be directed to Registration Forms

2020 International Convention of Alcoholics Anonymous

Thursday – Sunday, July 2-5, 2020
Ford Field Stadium and the Cobo Center, Detroit, Michigan

Scan 'em!



Sober Fun Events



Events listed below are sober fun events that do not include formal meetings. They are not A.A. events. They are organized by A.A.'s for the enjoyment and benefit of those attending.

Halloween Costume Party

Hosted by Families in Recovery

Saturday, October 26, 2019 @ 6:00PM – 10:00PM
Hi-Lo Club, 668 Lincoln Rd, Grants Pass, OR 97526



CASH PRIZES | 50/50 RAFFLE

Learn dance moves to "Monster Mash" and "Thriller"

Candy, soda, and water will be provided; bring your favorite pumpkin pie and/or Fall soup recipe

Taking a Summer Break See ya October 7th

Friends of Bill W Monday Night Bowling
Caveman Bowl, 1210 Rogue River Hwy, Grants Pass, OR 97527
Every Monday, sign-up at 5:30PM, bowling at 5:30PM.
Cost is \$2.50/game for adult and \$3.50/game per kid. Shoes are included.



Bingo

Hi-Lo Club, 668 Lincoln Rd, Grants Pass, OR 97526
September 14th, 7:00PM-9:00PM
October 12th, 7:00PM-9:00PM



Upcoming Calendar Events

The following events are held at the Hi-Lo Club unless otherwise noted. For full details, please visit www.grantspassaa.com/events. If you are involved in an upcoming event, let us help you get the word out. Email us at gpaanews@gmail.com.



Treatment Facility Committee Meeting

Cancelled until Further Notice

TBA
TBA

OSYPAA Business Meeting Sep 8 @ 2:00PM
Oct 13 @ 2:00PM
456 W Pine Street, Central Point, OR 97502

District 7 Business Meeting Sep 3 @ 7:00PM
Oct 1 @ 7:00PM

JoCo Intergroup Business Meeting Sep 19 @ 7:30PM
Oct 17 @ 7:00PM
432 NW 6th St, Room 107, Grants Pass, OR

Hi-Lo Board Meeting Sep 10 @ 7:00PM
Oct 8 @ 7:00PM

Roundup 2020 Board Meeting Sep 26 @ 7:30PM
Oct 24 @ 7:30PM

Families in Recovery Meeting Sep 10 @ 6:00PM

Oct 8 @ 6:00PM

Special AA Soberversaries

Otto W. – August 20, 1959 – 60 years

Bruce E. – August 23, 1963 – 56 years

Congratulations!

HAPPY Soberversary

You are a true inspiration of how to surrender to a Power greater than all of us – ONE DAY AT A TIME.



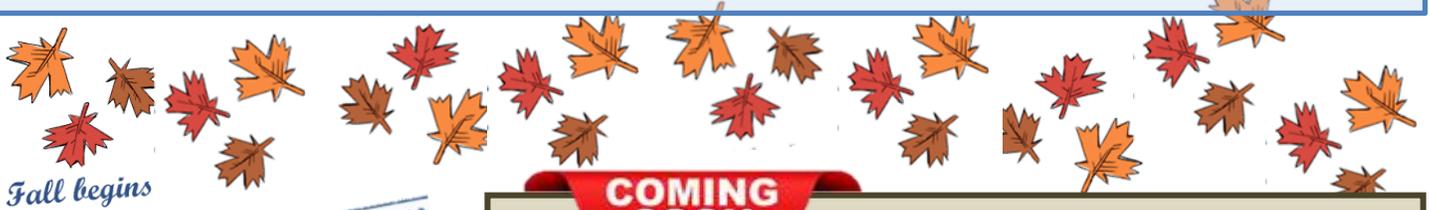
AA Soberversaries

JoCo AA Intergroup recognizes those members who have a sobriety birthday this month and celebrates their milestone in recovery with the entire AA community. Happy Soberversary!



NAME	DATE	YEARS	NAME	DATE	YEARS
Gerry P	September 30, 1975	44	Teva D	September 26, 2013	6
Bill J	September 20, 1981	38	Angelina T	September 15, 2014	5
Steve W	September 9, 1982	37	William J	September 3, 2015	4
Launie M	September 1, 1987	32	Sarah C	September 4, 2016	3
Jodi W	September 13, 1993	26	Nancy Y	September 13, 2016	3
Sue C	September 7, 2003	16	Jody R	September 17, 2016	3
James A	September 14, 2011	8	Jolene L	September 28, 2016	3
Nicki	September 16, 2013	6			

Celebrate your AA birthday in the Newsletter. Send your info to gpaanews@gmail.com.



Fall begins

DON'T MISS OUT!

NEXT MONTH

COMING SOON

In October's edition of *Keeping It Simple*, we'll cover Step Ten and Tradition Ten and share the Tenth Step Prayer. We also share a poem about how seeing a sermon is more effective than hearing one. You'll read about how one A.A. made Tradition Ten her own mantra and found a new freedom. Aside from the awesome sections you've come to enjoy about the Newsletter, you'll also read about how the Big Book says it better than any of us ever could.

DISCLAIMER

Keeping It Simple is the monthly newsletter of the Josephine County Intergroup of Alcoholics Anonymous District 7. The purpose of the newsletter is to increase unity and to carry the message of recovery to other alcoholics. The opinions expressed here do not necessarily reflect the views of either Alcoholics Anonymous World Services, Inc., as a whole, the Josephine County Intergroup, or Grants Pass Alcoholics Anonymous, District 7. No endorsement of or affiliation with any group(s) or with any organization is intended or implied. Reprint rights are granted to all service boards, groups and committees of A.A. Submissions from members are eagerly welcomed, but the Newsletter Editor reserves the right to edit all submissions at his/her discretion. The Josephine County Intergroup does not endorse any outside enterprise or lend its name, or the A.A. name, to any state agencies, treatment or counseling services whatsoever. The Josephine County Intergroup Newsletter is produced solely by the members of Grants Pass Alcoholics Anonymous, District 7 and is intended simply to reach out to its members, to spread love and good will to all readers, and to share the good message of recovery.