

Fall is in the air.

Keeping It Simple



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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."

Alcoholics Anonymous 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 Josephine County A.A. 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. To submit your contribution, email it to Winslow at gpaanews@gmail.com.



Step Nine - "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.

Alcoholics Anonymous® World Services, Inc. Twelve Steps and Twelve Traditions, p. 83-87.



Tradition Nine - "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....

Alcoholics Anonymous® World Services, Inc. The Twelve Traditions Illustrated, Copyright 1971.



Step Nine Principle

Responsibility and Justice

Responsibility and justice form the core principles of this Step. You’ll generally see one or the other listed, but both are noted here due to the important relationship between them. Justice does not mean comeuppance. It does not mean that we strike back at those who harm us. Instead, we seek balance in our own lives by behaving responsibly. This means not only making amends, but also leaving well enough alone if we know that hearing from us will do a person more harm than good.

Whether others accept our amends or not bears no relevance. What matters is that we made an earnest attempt to live by our principles and to demonstrate them in approaching people with whom we have not had the best history.

Many include forgiveness on the list of principles for Step Nine as well. However, we must achieve forgiveness in Step Eight if we intend to follow through with Step Nine. We then demonstrate our forgiveness by responsible action—and by keeping our mouths shut when necessary. At some point during our amends, people inevitably lash out at us. We may feel tempted to bite back, listing out their own less-than-favorable qualities. But this is not forgiveness, nor is it necessarily responsibility to tell someone else about their defects. Remember, your responsibility when working the principles is to yourself. Let others be responsible for



their own actions. You couldn't force this type of honesty upon another person anyway, no matter how badly you may want to.

Amethyst Treatment. (n.d.). The Principles of the Twelve Steps. Retrieved on August 29, 2020 from https://www.amethystrecovery.org/principles-12-steps/#Step_Nine_Responsibility/Justice



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.**

Alcoholics Anonymous® World Services, Inc. Alcoholics Anonymous, Fourth Edition, "Into Action," p. 78-83.



From Within the Walls

The Mill Creek A.A. Group at the Oregon State Penitentiary in Salem, Oregon (Oregon's only maximum-security prison) celebrated its 76th anniversary on May 3, 2020. The Mill Creek A.A. Group is the longest running prison A.A. group in the nation.

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 Scale of Right Living

Terror, Bewilderment, Frustration, Despair, greeted me upon waking each day.
The hideous four horsemen would plague me until; my first drink quickly drove them away.

That seemed not the case for most normal souls, and it caused me to look deep inside,
And what I discovered has made sense to me, and it's been the rule I've applied.

I've considered a scale from one to ten, when measuring my emotional state.
I awaken each morning at a level of two while the Normy wakes up at an eight.
When I take that first drink, I go straight to a nine and everything seems to be fun.

If I stayed at a nine everything would be fine, but I awake the next day at a one.
The answer for me has been taking the steps and principles of unselfishness.
And as the result I have balanced the scale and wake up at an eight, more or less.

A bad day for me is no longer a two; it's much closer to being a seven.
A good day's a nine and anything more, would be almost like being in heaven.
I never get lazy when working on self and doing the things that I should.
For if I get down to a five or a four, a cocktail might start looking good.
If this is too hard to understand and if it seems somewhat confusing
Just take the steps and never give up. It's better than boozing or using.

Rick R.



painstaking

If you notice that **painstaking** is composed of "pains" and "taking," you already have a pretty clear sense of what this adjective means:

To be so careful, so meticulous, so thorough that it hurts.

Painstaking is most commonly paired with the word "detail" — in fact, writers might like to avoid the phrase "**painstaking** detail" as clichéd. In contemporary usage, the agony implied by the word often seems to be shared by both the person who makes a **painstaking** effort and the person confronted with the fruits of that labor.

Usage: done with or employing great care and thoroughness - "painstaking attention to detail"

Synonyms: careful, meticulous, thorough, assiduous, sedulous, attentive, diligent, industrious, laborious, hard-working, conscientious, ultracareful, punctilious, scrupulous, demanding, exacting, searching, close, elaborate, minute, accurate, correct, studious, rigorous, particular, religious, strict, pedantic, fussy

Winslow C.



The Ninth Step Promises

The Ninth Step Promises of Alcoholics Anonymous

1. *If we are painstaking about this phase of our development, we will be amazed before we are half way through.*
2. *We are going to know a new freedom and a new happiness.*
3. *We will not regret the past nor wish to shut the door on it.*
4. *We will comprehend the word serenity and we will know peace.*
5. *No matter how far down the scale we have gone, we will see how our experience can benefit others.*
6. *That feeling of uselessness and self-pity will disappear.*
7. *We will lose interest in selfish things and gain interest in our fellows.*
8. *Self-seeking will slip away.*
9. *Our whole attitude and outlook upon life will change.*
10. *Fear of people and of economic insecurity will leave us.*
11. *We will intuitively know how to handle situations which used to baffle us.*
12. *We will suddenly realize that God is doing for us what we could not do for ourselves*

Are these extravagant promises? We think not. They are being fulfilled among us - sometimes quickly, sometimes slowly. They will always materialize if we work for them.

Alcoholics Anonymous® World Services, Inc. Alcoholics Anonymous, Fourth Edition, "Into Action," p. 83-84.



The Jack Alexander Article About 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.

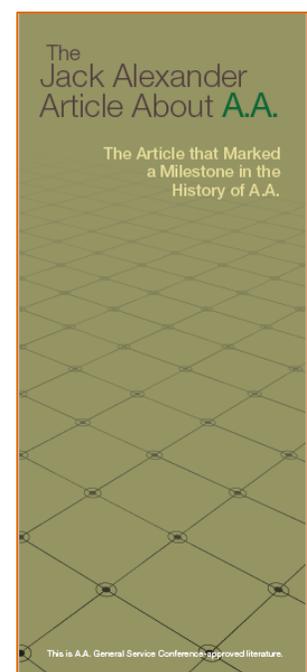
The following is an interesting excerpt from this pamphlet. For more information, please refer to the actual literature available for sale at Central Office.

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 leaner. 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.



A·A· Fun and Humor

Just a little humor to lighten the moment. Send your AA-related favorites to gpaanews@gmail.com.



Me: it's not about how many times you fall, it's about how many times you get back up
Cop: that's not how field sobriety tests work



“Alcoholic? What!? me? What are you talkin’ bout? I’m an a drinking enthusiast.”



“I was always the black sheep, then I went to an A.A. meeting and found the rest of the heard.”



A·A· Grapevine® Quotes of the Day

GRAPEVINE® Daily Quote

To receive A.A. Grapevine® Daily Quote in the email inbox each and every day, visit www.aagrapevine.org.

Share your experience, strength and hope with the Fellowship through **AAGRAPEVINE**
The International Journal of Alcoholics Anonymous
www.aagrapevine.org

“Whenever things get hard, or I don’t want to follow through with a suggestion, I simply humble myself to my Higher Power and say, ‘Just for today.’ That helps me live in the moment.”

“Humility is not thinking less of yourself but thinking of yourself less.”

“Work on Step Nine has freed me from fears about the past and given me more energy to devote to present-day living – this twenty-four hours.”

“I am glad for everything that has happened to me. I have found a way of life that I wouldn’t trade for anything in the world.”

“The number one way to relieve pain is to forgive.”

“Are you finally ready to let go and live your destiny?”

“The amount of reality I turn my back on is the amount I lose.”



A.A. Seventh Tradition Contributions and Donations



Thank you to the A.A.'s and A.A. Groups for their contributions 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, 2020. Year-to-Date includes funds received and deposited during December 16, 2019 through August 15, 2020.

Current	Jul 16, 2020 - Aug 15, 2020		Year-To-Date (YTD)		Dec 16, 2019 - Aug 15, 2020	
AA Group	Current	YTD	AA Group	Current	YTD	
12 & 12 Study Group	\$0	\$125	Monarch Group	\$0	\$50	
12 O'Clock High Group	\$0	\$120	Rogue Mountain Retreat	\$0	\$139	
Attitude Adjustment Meeting	\$0	\$50	Rogue River Sunday Group	\$0	\$300	
Easy Does It Group	\$0	\$806	Serenity Cease Fighting Group	\$0	\$299	
Experience, Strength, and Ho	\$0	\$90	Simply A.A.	\$0	\$50	
Families in Recovery	\$0	\$456	Sobriety Sisters Group	\$0	\$250	
Fireside Group	\$0	\$290	Stronger Together Women	\$0	\$147	
Happy Hour Group	\$0	\$357	The Nooners Group	\$0	\$380	
Illinois Valley Group	\$0	\$75	Uppity Women's Group	\$50	\$50	
Looking Forward Group	\$0	\$300	Women's Live & Let Live Group	\$0	\$180	
Marathon Meetings	\$0	\$10	Devoted Members of JOCOAA			
Men's Stag Group	\$0	\$600	and Impromptu Meetings	\$50	\$710	
Merlin Group	\$0	\$500	Old Timer Speaker Meeting	\$315	\$315	



The table below depicts funds received and deposited during June 16, 2019 through July 15, 2020. Year-to-Date includes funds received and deposited during December 16, 2019 through July 15, 2020.

Current	Jun 16, 2020 - Jul 15, 2020		Year-To-Date (YTD)		Dec 16, 2019 - Jul 15, 2020	
AA Group	Current	YTD	AA Group	Current	YTD	
12 & 12 Study Group	\$0	\$125	Merlin Group	\$200	\$500	
12 O'Clock High Group	\$0	\$120	Monarch Group	\$0	\$50	
Attitude Adjustment Meeting	\$0	\$50	Rogue Mountain Retreat	\$0	\$139	
Easy Does It Group	\$500	\$806	Rogue River Sunday Group	\$0	\$300	
Experience, Strength, and Ho	\$0	\$90	Serenity Cease Fighting Group	\$170	\$299	
Families in Recovery	\$0	\$456	Simply A.A.	\$0	\$50	
Fireside Group	\$0	\$290	Sobriety Sisters Group	\$0	\$250	
Happy Hour Group	\$100	\$357	Stronger Together Women	\$0	\$147	
Illinois Valley Group	\$0	\$75	The Nooners Group	\$200	\$380	
Looking Forward Group	\$0	\$300	Women's Live & Let Live Group	\$0	\$180	
Marathon Meetings	\$0	\$10	Devoted Members of JOCOAA			
Men's Stag Group	\$600	\$600	and Impromptu Meetings	\$225	\$660	



A.A. Events



The following are local events that specifically include an A.A. meeting. Please visit www.grantspassaa.com to see all current A.A. events including those events in nearby areas.

Monthly Traditions and Concepts Workshop

Hosted by District 16

Wednesday, October 21, 2020 @ 6:00 PM – 6:50 PM



Workshop recurs on the 3rd Wednesday of every month followed at 7:00 PM by the monthly District 16 Business Meeting

Join us **REMOTELY** from your smart device or phone

Online at ZOOM®:

<https://zoom.us/j/275208623> Password: 01601935

By phone:

Call in: (669) 900-6833 Password: 01601935

Visit <https://medfordareaaa.org/event/monthly-traditions-concepts-workshop/> for information on how to access the meeting.



Navigating Uncertainty - Using the Twelve Traditions

Hosted by District 16

Saturday, September 26, 2020 @ 7:00 PM – 8:30 PM (Part 1 or 4)

Saturday, October 3, 2020 @ 7:00 PM – 8:30 PM (Part 2 or 4)

Saturday, October 10, 2020 @ 7:00 PM – 8:30 PM (Part 3 or 4)

Saturday, October 17, 2020 @ 7:00 PM – 8:30 PM (Part 4 of 4)

Resentments? Frustrations?
Concerns?
During a global pandemic

Please join District 16 and a group of local panelists for this four part series who will share their experience, ideas, suggestions, and opinions on how they are navigating this pandemic using the Twelve Traditions. We will then open up the workshop for questions to the panel.

Join us **REMOTELY** from your smart device or phone

Video from your smart device:

<https://bit.ly/303EHUY> Meeting ID: 957 161 4384
Password: **06101935**



Audio via your phone:

Call in: (669) 900-6833 Meeting ID: 957 161 4384
Password: **06101935**



Sober Fun Events



Events listed below are so not A.A. events. They are attending.



include formal meetings. They are enjoyment and benefit of those

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
 Cancelled, 7:00PM-9:00PM
 Cancelled, 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.



District 7 Business Meeting

Oct 6 @ 7:00PM
 Nov 3 @ 7:00PM
 Meeting ID: 648 127 84
 Password: 828804



OSYPAA Business Meeting

Oct 11 @ 2:00PM
 Nov 8 @ 2:00PM
 Meeting ID: 292 293 5999
 Password: 250424



JoCo Intergroup Business Meeting

Oct 15 @ 7:00PM
 Nov 19 @ 7:00PM
 432 NW 6th St, Room 107, Grants Pass, OR
 Meeting ID: 872 296 10
 Password:

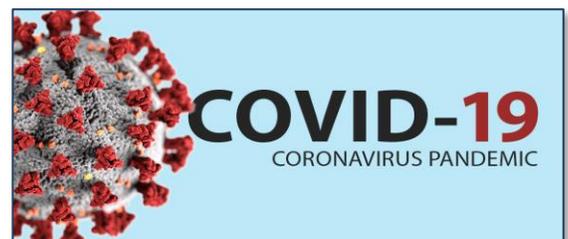
Rogue Roundup 2021 Board Meeting

TBD
 TBD
 Visit the Rogue Roundup Website for more information @ www.rogueroundup.com



The Alcoholics Anonymous Message Carries On Amid Coronavirus (COVID-19)

Coronavirus (COVID-19) has affected many A.A. groups that normally would meet in- person. Adhering to state and federal guidelines, many A.A. members have switched from "in-person" meetings to digital meetings on platforms, such as Zoom® , allowing the group to continue to focus on A.A.'s primary purpose: to carry its message of recovery to the alcoholic who still suffers. Many A.A. groups have shared with Central Office that they are now finding great connection in digital meetings and want to offer that same experience to anyone who has yet to attend their first meeting. Even though Alcoholics Anonymous is not a place or an event (It exists in the hearts and minds of its members.), Josephine County A.A. Central Office and District 7 encourage you to check out their websites to find a convenient online meeting



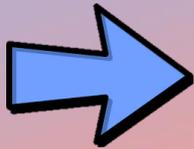
to anyone who has yet to attend their first meeting. Even though Alcoholics Anonymous is not a place or an event (It exists in the hearts and minds of its members.), Josephine County A.A. Central Office and District 7 encourage you to check out their websites to find a convenient online meeting

to encounter the A.A. experience in the new digital age and initiate and/or maintain your recovery in the midst of this pandemic.



COVID-19 Meeting and Event Information

Due to the ongoing concern with COVID-19 (coronavirus) and the continued public health directives, all A.A. meetings and events remain cancelled. In place of in-person meetings, many groups have made changes to their format having set up online remote meetings using the ZOOM® digital platform.



However, several groups have chosen to host in-person meetings observing social distancing and facial covering.

Check out the Josephine County A.A. Intergroup/District 7 website at www.grantspassaa.com/meetings/ for a list of these meetings.

Intergroup/District 7 continues to update the meetings and events lists with reported changes. Send emails to grantspassaa@gmail.com to report any updates and re-openings when they occur.



A.A. Soberversaries



Josephine County AA Intergroup recognizes those members who have a sobriety birthday this month and celebrates their milestone in recovery with the entire AA community.

Tell us your sobriety birthday by visiting the Josephine County A.A. Intergroup/District 7 website www.grantspassaa.com/newsletter.html. Complete and submit the form. The Newsletter Team will publish your sobriety birthday in the Newsletter on the month of your birthday.

NAME	DATE	YEARS	NAME	DATE	YEARS
Bruce E	August 23, 1963	57	Kerry K	August 29, 2007	13
Leo R	August 22, 1972	48	William G	August 8, 2009	11
Tom N	August 4, 1973	47	Caitrin G	August 2, 2009	11
Jen F	August 2, 1986	34	Mike H	August 8, 2009	11
Cyril H	August 27, 1987	33	Eddy P	August 31, 2011	9
Randy R	August 22, 1994	26	Ernie	August 9, 2011	9
Vikki C	August 18, 1996	24	Kashmir	August 20, 2011	9
Susan H	August 24, 1996	24	Heather L	August 24, 2013	7
Sara	August 25, 1997	23	Kathie S	August 10, 2014	6
Randy K	August 9, 2001	19	Melissa E	August 23, 2014	6
Teddy	August 9, 2003	17	Sherry E	August 13, 2016	4
Janet P	August 24, 2004	16	Tracey C	August 18, 2016	4
Whitney H	August 9, 2007	13	Winslow C	August 18, 2016	4
			Jana J	August 26, 2016	4



NAME	DATE	YEARS	NAME	DATE	YEARS
Gerry P	September 30, 1975	45	Nicki	September 16, 2013	7
Bill J	September 20, 1981	39	Teva D	September 26, 2013	7
Steve W	September 9, 1982	38	Angelina T	September 15, 2014	6
Launie M	September 1, 1987	33	William J	September 3, 2015	5
Jodi W	September 13, 1993	27	Nancy Y	September 13, 2016	4
Sue C	September 7, 2003	17	Jody R	September 17, 2016	4
James A	September 14, 2011	9	Jolene L	September 28, 2016	4

Message from Josephine County A.A. Central Office

Please consider

Expenses of operating A.A. Central Office are still due and payable each month. However, due to the pandemic's effect on how meetings are held, Central Office is understandably not receiving as much or as many Seventh Tradition contributions and donations.

So, please consider donating either as a group or as an individual member. We at Central Office would greatly appreciate your generosity. Thank you.

COMING SOON

In October's edition of *Keeping It Simple*, we'll cover **Step Ten, Tradition Ten, Step Ten Principle**, and 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 e-Newsletter, you'll also read about how the Big Book says it better than any of us ever could. Duh! Really? Big Book or our own mouths? The Big Book!!

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.