

# Keeping It Simple



The Josephine County Intergroup e-Newsletter

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*"Therefore, Step Two is the rallying point for all of us. Whether agnostic, atheist, or former believer, we can stand together on this Step. True humility and an open mind can lead us to faith, and every A.A. meeting is an assurance that God will restore us to sanity if we rightly relate ourselves to Him."*

Alcoholics Anonymous World Services, Inc., Copyright © 1981. Twelve Steps and Twelve Traditions, p. 33.



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

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be taken directly to the form.

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 [gpaanews@gmail.com](mailto:gpaanews@gmail.com).



**Step Two - "Came to believe that a Power greater than ourselves could restore us to sanity."**

"When, therefore, we speak to you of God, we mean your own conception of God. This applies, too, to other spiritual expressions which you find in this book. Do not let any prejudice you may have against spiritual terms deter you from honestly asking yourself what they mean to you. At the start, this was all we needed to commence spiritual growth, to affect our first conscious relation with God as we understood Him. Afterward, we found ourselves accepting many things which then seemed entirely out of reach. That was growth, but if we wished to grow, we had to begin somewhere. So, we used our own conception, however limited it was.

We needed to ask ourselves but one short question. 'Do I now believe, or am I even willing to believe, that there is a Power greater than myself?' As soon as a man can say that he does believe, or is willing to believe, we emphatically assure him that he is on his way. It has been repeatedly proven among us that upon this simple cornerstone a wonderfully effective spiritual structure can be built."

Alcoholics Anonymous World Services, Inc., *Alcoholics Anonymous*, Fourth Edition, We Agnostics, p. 47.

"I feel that A.A. is a God-inspired program and that God is at every A.A. meeting. I see, believe, and have come to know that A.A. works, because I have stayed sober today. I am turning my life over to A.A. and to God by going to an A.A. meeting. If God is in my heart and everyone else's, then I am a small part of a whole and I am not unique. If God is in my heart and He speaks to me through other people, then I must be a channel of God to other people. I should seek to do His will by living spiritual principles and my reward will be sanity and emotional sobriety."

Alcoholics Anonymous World Services, Inc., *Daily Reflections*, February 6., p. 45.

*"When we became alcoholics, crushed by a self-imposed crisis we could not postpone or evade, we had to fearlessly face the proposition that either God is everything or else He is nothing. God either is, or He isn't. What was our choice to be?"*

Alcoholics Anonymous World Services, Inc., *Alcoholics Anonymous*, Fourth Edition, We Agnostics, p. 53.



***Tradition Two - "For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern."***

"Then who's in charge around here? A.A. is a spiritual movement, and so the 'ultimate authority' is the spiritual concept of the 'group conscience.' Its voice is heard when a well-informed group gathers to arrive at a decision. The result rests on more than arithmetic, a 'yes' and 'no' count. Minority ideas get thoughtful attention. What about that annoying character who's always sure she's right? If she's wrong, then she will—if she remembers the First Tradition as well as the Second—go along with the decision of the group conscience. Does this notion seem too cloudy? Let's think back to our first meetings. The presence we newcomers felt in those rooms was the same as the group conscience. And it was real—welcoming us in, setting up no barriers of rules ..."

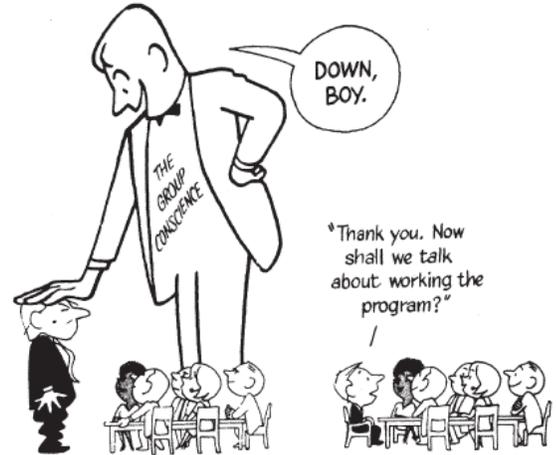
Alcoholics Anonymous World Services, Inc. All Rights Reserved. Copyright © 1971. *The Twelve Traditions Illustrated*. p. 5.

"Where does A.A. get its direction? Who runs it? This, too, is a puzzler for every friend and newcomer. When told that our Society has no president having authority to govern it, no treasurer who can compel the payment of any dues, no board of directors who can cast an erring member into outer



darkness, when indeed no A.A. can give another a directive and enforce obedience, our friends gasp and exclaim, 'This simply can't be. There must be an angle somewhere.' These practical folk then read Tradition Two and learn that the sole authority in A.A. is a loving God as He may express Himself in the group conscience. They dubiously ask an experienced A.A. member if this really works. The member, sane to all appearances, immediately answers, 'Yes! It definitely does.'"

Alcoholics Anonymous World Services, Inc. Copyright © 1981. *Twelve Steps and Twelve Traditions*, p. 132.



## Step Two Principle

### Hope, Acceptance, Open-mindedness, Willingness, Humility

"**Hope** arises as a feeling when we interpret, perceive, or see the future as holding favorable prospects for the attainment of a good we wish. It becomes a virtue when this way of seeing and feeling and the good we hope for become habitual dispositions shaped by the grace of God and grounded in His will for us.

*"To live without hope is to cease to live."*

*Fyodor Dostoevsky*

*"Hope springs eternal in the human heart."*

*Alexander Pope*

"First imparted by the witness of other alcoholics, **hope** is sustained by the promises embedded in the Steps that God will do for us what we cannot do for ourselves, restoring us to sanity as we come to faith in Him with Step Two, and gradually relieving us of our character defects and emotional liabilities as we surrender them and humbly ask God to remove them, as we do in Step Seven. **Hope** then works in unison with faith and humility, prayer, and surrender."

Ray A. Practice These Principles. Hope. Retrieved from [http://practicethesepinciplesthebook.com/virtue-of-hope\\_348.html](http://practicethesepinciplesthebook.com/virtue-of-hope_348.html).



## Step Two Prayer



*Dear God,*



I'm standing at the turning point right now. Give me your protection and care as I completely abandon myself to You and give up my old ways and my old ideas just for today.

AMEN

Derived from Alcoholics Anonymous World Services, Inc., *Alcoholics Anonymous*, Fourth Edition, 2001, How It Works, p. 59.

I know in my heart that only You can restore me to sanity.  
 I humbly ask that You remove all twisted thought and addictive behavior from me this day.  
 Heal my spirit and restore in me a clear mind.  
 AMEN

Sober-Today.org, Alcoholics Anonymous in the St. Louis Area, Retrieved from [www.sober-today.org/prayers/prayer\\_s2.html](http://www.sober-today.org/prayers/prayer_s2.html).



## *The Delusion ... Had to be Smashed*

By Rick R.

As a kid approaching adolescence, I had my first encounter with alcohol, and it did something for me that I had never experienced before. It brought about a degree of peace and serenity in those first few minutes that I could not dismiss as just another good time. It started me on that road to fantasy land and thank God it only lasted fourteen years. I was quick to burn through those years starting off as lampshade drunkenness. Then, the tolerance started to develop to the point that I was pretty good at drinking. That only lasted for a short time, and then I entered into the black-out phase and that was not a pretty sight.



As a result, my first wife left me, and, for the next two years, I went through a self-pity phase during which time I hung out in bars, got into fights, got locked up, and sobbed in my beer glass frequently. I spent much of those last few years thinking that one day I would evolve into a responsible adult and put all this madness behind me, but that never happened.

Then one day, after waking up from a black-out drunk, I came to the realization that if I somehow didn't do something about my drinking, I was going to die a young and horrible death. It was at that point that I threw in the towel, called A.A., and started this wonderful journey of recovery.

As I look back on it now, I can understand why alcohol had the effect on me that it didn't have on the nine out of ten others with whom I drank in those early days. During those days, we all partied a lot, and alcohol masked the differences between me and them. They enjoyed it all right like me, but, at the end of the night, they went home and went to work the next morning. Not me! I went right back to the bar in search of that euphoria I experienced every time I drank.

Years of sobriety has taught me that the drink quelled all of those fears and inhibitions that we, alcoholics, face each morning upon awakening that the normal drinker never has to face. That is what makes us different. Once our tolerance for alcohol is depleted, it never returns. That is the hardest fact that we, alcoholics, have to face. Chapter Three, More About Alcoholism, of Alcoholics Anonymous states:

The delusion that we are like other people, or presently may be, has to be smashed. ... We know that no real alcoholic ever recovers control" (A.A.W.S. Inc., 2001, p. 30).

In my early days of sobriety at A.A. meetings in Los Angeles, A.A.s read portions of Chapter Three at most of the meetings that I attended. They also read a portion of Chapter Five, How It Works. The words in Chapter Three of the Big Book though drive home the true nature of this disease, but they stopped reading the words, "ad infinitum."

I suggest that a person read one more paragraph after that. That always brought home the fact that I was responsible for my own recovery if I had a desire to stop drinking. A.A. could help me attain sobriety, but, by no means, would my sobriety work for me until I was able to accept that devastating fact.

The abnormal fears and inhibitions that I faced in the beginning of my A.A. journey are no longer a problem, now that I have embraced the program in the spirit that is suggested. If I rested on my laurels and ignored the wisdom of those A.A.s who came before me, all these fears and inhibitions would return. I may be sick, but I'm not foolish. I did get a daily reprieve based upon the maintenance of my fit spiritual condition, and as long as I have days left, I am not finished.

Alcoholics Anonymous World Services, Inc., *Alcoholics Anonymous*, Fourth Edition, 2001, More About Alcoholism, p. 30.

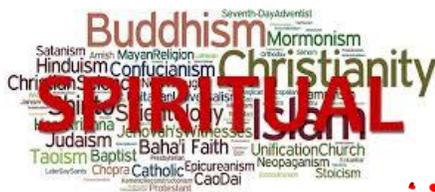


## My Step Two

By Winslow C.

Step Two is not about praying to a God in which I do not believe. Instead, this Step is about opening my mind and letting a bit of light into my life. Step Two is really more about sheer open-mindedness and the willingness to admit that I am not in control of everything. If I cannot make this admission, then I have not truly completed Step One.

Even though this Step is pretty straight-forward, I can complicate it because I can be stubborn, unwilling, and shut-off to any concept of God. In other words, I can be so full of myself that I have no room for God in my life, and as such, I also have no hope.



So, Step Two is THE Step during which I begin to explore the spiritual side of recovery. It merely asks me to learn to embrace a more spiritual mindset and to accept that this perspective will help to replace my less rational ways of thinking, which got me drunk.



## Why We Do the Things We Do

By Rick R.

Alcoholism is an incurable disease that affects one in eight American adults, 18 years of age and older, or 12.7% of the U.S. adult population (Ingraham, 2019).<sup>3</sup> It is a disease of a hopeless state of mind and body. It does not care about age, gender, intelligence, religion, or economic status. But, why, might you ask, can 87.3% of the population drink with impunity? This fact is hard to understand, but we, who have been in A.A. for a while, know that any alcoholic can learn to adopt a way of life that removes the obsession to drink without the white-knuckling side effects and be comfortable in his own skin without the use of medicine.

The symptoms of alcoholism are a combination of mental, physical, emotional, and spiritual in nature. The alcoholic awakes every morning to face "... the hideous four horsemen --- Terror, Bewilderment, Frustration, Despair" (A.A.W.S., Inc., 2001, p. 151).<sup>1</sup> Doctors, lawyers, politicians, priests, ministers, and all types of people from all walks of life, when afflicted, come to A.A. to get relief from this horrible

disease. When our desperation outweighs our denial, we show up at the doors of Alcoholics Anonymous and discover a road map to a life of peace and happiness that we believed did not exist.

Alcoholism is a progressive disease and Alcoholics Anonymous is a progressive solution and not a quick fix. All desperate alcoholics find a degree of hope and comfort when first exposed to the A.A. group and the laughter and lighthearted banter between members before and after the meeting. They identify with the members as they share about guilt, shame, fear and insecurity. They hear laughter when a member describes a horrible incident in his life, and they think that everyone is laughing at the horror. But, in fact, they discover that the laughter was focused on the absurdity of the alcoholic thinking, and everyone identifies with it.

If these desperate alcoholics are lucky, the long, slow process of recovery has just begun, and each day ahead becomes better than the last. They begin to understand why they did the things they did while under the influence and in the grip of alcoholic thinking. They begin to understand how their irrational fears influenced their decision-making. They discover that the solution to their problems is to live by selfless and spiritual principles. They begin to understand that guilt, shame, fear, and insecurity were the core issues that could quickly be put to rest by alcohol, and eventually, after a few, everything seemed right with the world. The world had not changed but their perception of it had. To compensate for the fears and insecurities, they had to protect their turf, so they learned how to rationalize those dysfunctional cognitive and behavioral patterns they were not proud of. Family responsibilities took a backseat to the boozing, and their families let them know about it. Regardless, back to the bar they went. The guilt and shame weighed heavily on their minds and alcohol would take care of that problem for the moment. "Selfishness --- Self-Centeredness! That, we think, is the root of our troubles. Driven by a hundred forms of fear, self-delusion self-seeking, and self-pity, we step on the toes of our fellows and they retaliate" (A.A.W.S., Inc., 2001, p. 62)<sup>2</sup>.

At A.A., these desperate alcoholics come to learn how to admit their mistakes and make restitution for all those faulty thoughts and behaviors to begin to get on the positive side of the ledger. A.A. has Twelve Steps in its Program for better living, and each Step prepares a person for the next Step. If we give due diligence to every one of those Twelve Steps, we evolve into the people we always wished we could become. We will never stop drinking if we do not stop the alcoholic thinking. Again, in the Program, each day becomes better than the day before. So, we learn to live by special epigrams that become our lifelong montage --- One day at a time. One issue at a time. One solution at a time. I cannot explain my A.A. experience any better than that.

1. Alcoholics Anonymous World Services, Inc., *Alcoholics Anonymous*, Fourth Edition, 2001, More About Alcoholism, p. 151.
2. Alcoholics Anonymous World Services, Inc., *Alcoholics Anonymous*, Fourth Edition, 2001, More About Alcoholism, p. 62.
3. Ingraham, C. (2019, April 29). One in eight American adults is an alcoholic, study says. Retrieved December 29, 2020, from <https://www.washingtonpost.com/news/work/wp/2017/08/11/study-one-in-eight-american-adults-are-alcoholics/>.

## A.A. FastStats on Alcoholism



One in eight American adults suffers from alcoholism, or 12.7% of the U.S. adult population, according to a 2017 study published in JAMA Psychiatry (<https://jamanetwork.com/journals/jamapsychiatry/fullarticle/2647079>).

More than 95,000 deaths in the U.S., occurred between 2011-2015, or 261 deaths per day, as a result of excessive alcohol use. It is a leading cause of preventable death in the U.S., according to a 2020 CDC Morbidity and Mortality Report.



## An Excerpt from Alcoholics Anonymous

"If you think you are an atheist, an agnostic, a skeptic, or have any other form of intellectual pride which keeps you from accepting what is in this book, I feel sorry for you. If you still think you are strong enough to beat the game alone, that is your affair. But if you really and truly want to quit drinking liquor for good and all, and sincerely feel that you must have some help, we know that we have an answer for you. It never fails, if you go about it with one half the zeal you have been in the habit of showing when you were getting another drink.

Your Heavenly Father will never let you down!"

Alcoholics Anonymous World Services, Inc., *Alcoholics Anonymous*, Fourth Edition, 2001, Doctor Bob's Nightmare, p. 181.



## A.A. Grapevine® Quotes of the Day

To receive A.A. Grapevine® Daily Quote in your email inbox each and every day, visit [www.aagrapevine.org](http://www.aagrapevine.org).

## GRAPEVINE® Daily Quote

*"A spiritual awakening is easy: any time any alcoholic anywhere understands any part of the truth, that's a spiritual awakening."*

*"Not drinking is the first requirement for joy; the second requirement is gratitude."*

*"It seems the more I give to Alcoholics Anonymous, the better my life gets."*

*"Forgiveness has healed my soul."*

*"I can remember ... how the agonies of alcoholism, the pain of rebellion and thwarted pride, have often led me to God's grace, and so to a new freedom."*

*"The day we begin working the Steps, the bottom becomes the foundation."*

*"Joy comes from living the way my conscience tells me to live."*



## A.A. Fun & Humor

Just a little humor to lighten the moment. Send your A.A.-related favorites to [gpaanews@gmail.com](mailto:gpaanews@gmail.com).

An alcoholic wakes up in jail. He asks the first police officer he sees, "Why am I here?"  
 "For drinking," replies the officer.  
 "Great," says the man, "when do we start?"

Bhahahahaha



Naw, dat thar 's fun'y as hail!



## A·A· Seventh Tradition Contributions and Donations



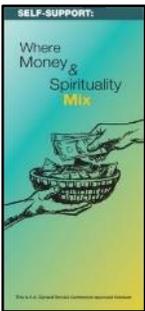
Thank you to the A.A.'s and A.A. Groups for their contributions that support and keep Central Office open to serve our community.



The amounts shown here are officially recorded funds 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 Dec 16, 2020 through January 15, 2021. Year-to-Date includes funds received and deposited during Dec 16, 2020 through January 15, 2021.

### Message from Josephine County A·A· Central Office



JOCOAA deeply appreciates the contributions it receives from groups and individual A.A.s., but please know that we need your continued support and help during these difficult times. Please support Central Office with your Seventh Tradition contributions, so that Central Office can remain open and continue to serve our community with A.A.'s primary purpose.

"Self-support begins with me because I am part of us – the group. We pay our rent and utility bills, buy coffee, snacks and A.A. Literature. We support our central office, our area committee, and our General Service Office. If it were not for those entities, many new people would never discover the miracles of A.A."\*

\*Reprinted from Self-Support: Where Money and Spirituality Mix, page 5, with permission of A.A. World Services, Inc.

Current	Dec 16, 2020 - Jan 15, 2021		Year-To-Date (YTD)	Dec 16, 2020 - Jan 15, 2021	
AA Group	Current	YTD	AA Group	Current	YTD
12 & 12 Study Group	\$0	\$0	Progress Group	\$0	\$0
12 O'Clock High Group	\$0	\$0	Rogue Mountain Retreat	\$0	\$0
Attitude Adjustment Meeting	\$0	\$0	Rogue River Sunday Group	\$0	\$0
Easy Does It Group	\$0	\$0	Serenity Cease Fighting Group	\$0	\$0
Experience, Strength, and Ho	\$0	\$0	Simply A.A.	\$0	\$0
Families in Recovery	\$0	\$0	Sobriety Sisters Group	\$0	\$0
Fireside Group	\$0	\$0	Stronger Together Women	\$0	\$0
Happy Hour Group	\$0	\$0	The Nooners Group	\$0	\$0
Illinois Valley Group	\$0	\$0	Thursday Night Winner's Group	\$0	\$0
Looking Forward Group	\$0	\$0	Uppity Women's Group	\$0	\$0
Marathon Meetings	\$0	\$0	Women's Live & Let Live Group	\$0	\$0
Men's Stag Group	\$0	\$0	Devoted Members of JOCOAA		
Merlin Group	\$0	\$0	and Impromptu Meetings	\$0	\$0
Monarch Group	\$0	\$0	Old Timer Speaker Meeting	\$0	\$0



**No Seventh Tradition donations were made to Central Office between December 16, 2020 to January 15, 2021.**

At your next Group Business Meeting, please see if your Group can donate to Central Office to ensure that the office can stay open to fulfill A.A.'s primary purpose.



## Josephine County A·A· Intergroup News

The Josephine County Intergroup (JOCOAA) serves all A.A. groups of Josephine County. JOCOAA Business Meetings are held monthly on the third Thursday of each month. Currently, the Business Meetings are only available on ZOOM®. The link to join the business meeting on ZOOM® is available at <https://www.grantspassaa.com/intergroup/>.



## Intergroup Fellowship

A.A. Groups, GSRs, and individual A.A. Members are encouraged to attend these meetings.



Intergroup is a service center, according to A.A. Tradition, having no authority on its own account; Intergroup derives it from the participating groups. Therefore, as an A.A. service entity, Intergroup is “directly responsible to those they serve,” as described in Tradition Nine. Local group representatives reflect the groups’ conscience in the service center operations.

Josephine County Intergroup is essentially a steering committee that is set up to handle the administrative activities of the service office. During its regularly scheduled meetings, Intergroup deals with general policy and plans. As such, periodically, Intergroup reports to group representatives on administrative concerns, topics, problems, and accomplishments.

**The following positions in Intergroup are held by individual A.A. members, who are voted in by Intergroup representatives at the positions’ bi-annual rotation. Some positions noted below are up for rotation this year. If any A.A. member would like to fill any of these open positions, please attend the February 18, 2021 Business Meeting and make known your intention.**

### Steering Committee:

#### Steering Committee Chairperson (currently held by Randy R.)

- Responsible for ensuring smooth operation of the Josephine County Intergroup;
- Coordinates monthly Intergroup business meetings;
- Josephine County Intergroup Steering Committee member;
- **Rotation is open and available in February 2021.**

#### Vice-Chair Steering Committee (currently held by Steve P.)

- Assists Steering Committee Chairperson in running the monthly business meetings;
- Assumes Chairperson duties when the Chairperson is absent;
- Josephine County Intergroup Steering Committee member;
- Next position rotation opens in February 2022.

#### Secretary (currently by held Kristi M.)

- Responsible for recording and archiving meeting minutes for monthly business meetings, steering committee and special meetings;
- Josephine County Intergroup Steering Committee member;
- **Rotation is open and available in February 2021.**



Treasurer (currently held Elizabeth H.)

- Responsible for financial operations of Intergroup;
- Deposits monies received;
- Pays bills;
- Reconciles bank account;
- Prepares monthly financial statements;
- Josephine County Intergroup Steering Committee member;
- Next position rotation open in February 2022.



Office Manager (currently held by Suzanne B.)

- Oversees the functioning of the Central Office where some duties include:
  - Maintaining equipment and supplies needed for the office;
  - Updating and publishing meeting lists for Josephine County;
  - Updating Twelve-Step call lists;
- Josephine County Intergroup Steering Committee member;
- Next position rotation open in February 2022.

**Committee Chairpersons:**

Events Coordinator (currently held by OPEN.)

- Coordinates Intergroup sponsored events;
- Next position rotation opens in February 2022.

*The Events Committee Chairperson position is OPEN and available to be filled even though it is in the middle of its current term.*

Volunteer Coordinator (currently held by Jeff P.)

- Oversees staffing of volunteer positions;
- Maintains phone volunteer schedules and rosters;
- Next position rotation opens in February 2022

**Literature Chairperson** (currently held by Sherry S.)

- Stocks, purchases, and tracks sales of all A.A. literature for the Central Office;
- **Rotation is open and available in February 2021.**

**Newsletter Chair** (currently by held Winslow C.)

- Editor of the monthly e-Newsletter;
- Recruits input from the local A.A. community and publishes e-Newsletter;
- **Rotation is open and available in February 2021.**



**Web Servant** (currently held by Mary L.)

- Maintains and updates Josephine County Intergroup/District 7 website;
- **Rotation is open and available in February 2021.**



**Believe in the Spirit of Rotation  
GET INVOLVED!**



## The Principle of Rotation

By John M.

Posted in General Post, Personal Stories, Service Article  
Posted on January 27, 2019 (June 30, 2019)

**For me, service has been a large part of my sobriety, it doesn't keep me sober, but it has enhanced it.** There were times where I could quite have easily walked away from A.A. – through quarrels with others in the group or A.A. as a whole in my area. But the commitment I had made to whatever service role I had at that time, stopped me from doing that.▲And a couple of days or weeks later it was all forgotten or forgiven. I am still at meetings and attached to A.A.

I have been involved in service from about 3 months into my sobriety. Going on 12 step calls and listening to the more experienced 12 stepper talking, only chiming in when I was asked to. Working with the intergroup Health Liaison Officer, taking clients from the local alcohol unit to their first meeting, and even better, getting to chat with them on the way back to the unit on what they thought of the meeting. One of the “Long Time Sober” members was the Public Information Officer. He gathered a team of us young and enthusiastic in sobriety and we did the leg work for him, going around doctor's surgeries, local libraries, employers, anyone who we thought might be interested in our message. Then, after the agreed term of sobriety, going into the alcohol unit and talking to the clients, some who were totally anti-AA. That taught me to bite my tongue when they spoke of other organizations that promised “Their Way” would work for them in controlling the units they drank, etc.

Finally, I took on my first full role at intergroup shortly after my 3rd▲.A. birthday. The pride I felt after having completed the role to the best of my ability, taking great care and time in handing the role over with sponsorship for the new person now in the role. I had a few more roles at intergroup before eventually going to region at about 11 years sober. A whole new world of service then opened to me, they even asked me if I would consider attending conference on behalf of them! What a blast that was – completely blew me away, the way this wonderful fellowship came together and really worked. Meeting people from all over Great Britain and continental Europe, coming to decisions in a substantial and, at times, unanimous way. A bunch of ex-drunks agreeing on things – unbelievable to me. I have had other roles within the fellowship which I have taken on and completed, to the best of my ability, and I have gained from every role. I must say at this point, that not once when I took on these roles did I think that I would be any good or of any use. The self-doubt was overbearing that I would not be able to do the role as well as the previous person had done.

I recently had a conversation with a fellow member of the fellowship about service and the spirit of rotation. Strange as it may seem, but for me Concept XII offers me guidance in this. Rotation is both good for the fellowship and me.

In Concept XII it states:

- The Conference shall observe the spirit of A.A. tradition, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and, whenever possible, by substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government, and that, like the Society it serves, it will always remain democratic in thought and action.



I try to work the steps, traditions and the concepts into my life, Concept XII is the one that guides me from trying to take over the world. If I take on a service responsibility, I need to do the service to the best of my ability and finally when I think I have it sussed, I need to hand it over to someone else, someone I might think will never be able to do the great job I did. How will A.A. survive if we learn a job and give it up? By passing the role on, I am working Concept XII, "taking care that I never become the seat of perilous wealth or power". I am not the only person in the world that can do the job, and it might come as a surprise to me that the next person does it even better than I did!

The pamphlet, *The A.A. Group* offers good guidance on rotation, and the need for it. This carries through to other levels of service – intergroup, region and the General Service Board. Traditionally, rotation ensures that group tasks, like nearly everything else in A.A., are passed around for all to share. Many groups have alternates to each trusted servant who can step into the service positions if needed. To step out of an A.A. office you love can be hard. If you have been doing a good job, if you honestly don't see anyone else around willing, qualified, or with the time to do it, and if your friends agree, it's especially tough. But it can be a real step forward in growth — a step into the humility that is, for some people, the spiritual essence of anonymity.

Among other things, anonymity in the fellowship means that we forgo personal prestige for any A.A. work we do to help alcoholics. And, in the spirit of Tradition Twelve, it ever reminds us "to place principles before personalities." Many outgoing service position holders find it rewarding to take time to share their experience with the incoming person. Rotation helps to bring us spiritual rewards far more enduring than any fame. **With no A.A. "status" at stake, we needn't compete for titles or praise — we have complete freedom to serve as we are needed.**

Now it has not always been that way. In the past, I have had roles that I was unwilling to give up or have given up and then quickly taken over again because the person, for whatever reason, could not continue. I have had roles at group and intergroup that, under the guise of no one else wanting the job, I have continued. Because I have come to the end of my "term" doesn't mean I need to give up service, it means I need to find another role.

To lose people who have a vast experience in service, to me, is a waste. If the older, more experienced member can be an "Elder Statesman" and pass on the knowledge when asked and not become the "Bleeding Deacon," bemoaning that it's all change and was never like that in their day – then this fellowship, that has saved my life, will continue to flourish and draw others into service to experience what I have and still do.

M. J. (2019) The principle of rotation. Alcoholics Anonymous, Continental European Region. Retrieved on January 17, 2021 from <https://alcoholics-anonymous.eu/rotation/#:-:text=Traditionally%2C%20rotation%20ensures%20that%20group,the%20service%20positions%20if%20needed.&text=Rotation%20helps%20to%20bring%20us,more%20enduring%20than%20any%20fame.>

**With COVID bringing things to a crawl, what are you doing  
to serve others and help your sobriety?**

**Get involved with JOCOAA Intergroup. You'll love it.**



## A·A· Events



The following local A.A. events specifically include an A.A. meeting. Please visit [www.grantpassaa.com/upcoming-events/](http://www.grantpassaa.com/upcoming-events/) to see all current A.A. events including those in nearby areas.

### Monthly Traditions and Concepts Workshop

Hosted by District 16

Wednesday, February 17, 2021 @ 6:00 PM – 6:50 PM



Tackling one Tradition and one Concept per month corresponding to the month in which it is presented.

*“We do need it to ensure the recovery of the alcoholic who still stumbles in the darkness one short block from this room.”*

Bernard B. Smith, GSO Trustee, opening the 1954 General Service Conference, A.A. Service Manual, P. 520.

Workshop recurs on the 3<sup>rd</sup> 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>

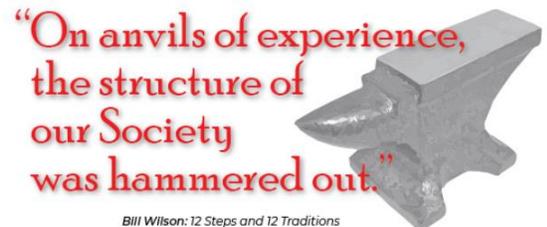
Password: 01601935

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.



Bill Wilson: 12 Steps and 12 Traditions  
Tradition One, Pg 131



### The Latest COVID-19 Meeting Information

Due to the recently heightened public health directives in regard to concerns with COVID-19, all A.A. groups that were meeting in-person have now ended that arrangement. However, the majority of A.A. groups continue to hold meetings online via the ZOOM® digital platform.

Check out the Intergroup/District 7 website at [www.grantpassaa.com/meetings/](http://www.grantpassaa.com/meetings/) for a list of local ZOOM® A.A. meetings. You will find each meetings' access information, such Meeting ID and Password. You can always call JOCOAA Central Office for that information at (541) 474-0782.



Stay safe and be careful!





## Sober Fun Events



Events listed below are social events and do not include formal meetings. They are not AA events. They are organized for the enjoyment and benefit of those attending.



### Friends of Bill W. Monday Night

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](http://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](mailto:gpaanews@gmail.com).



**District 7 Business Meeting** Feb 2 @ 7:00PM  
 Zoom® Meeting Mar 2 @ 7:00PM  
 Meeting ID: 648 127 84  
 Password: 828804

**SORYPAA Business Meeting** Feb 14 @ 2:00PM  
 Zoom® Meeting Mar 14 @ 2:00PM  
 Meeting ID: 292 293 5999  
 Password: 250424

**JoCo Intergroup Business Meeting** Feb 18 @ 7:00PM  
 Zoom® Meeting Mar 18 @ 7:00PM  
 432 NW 6th St, Room 107, Grants Pass, OR  
 Meeting ID: 872 296 10  
 Password:

**Rogue Roundup 2021 Board Meeting** TBD  
 Visit the Rogue Roundup Website for more information @ [www.rogueroundup.com](http://www.rogueroundup.com)  
 TENTATIVE 2021 Roundup – May 6-9, 2021



## A·A· Parting Words

"There is one job that we can do superlatively well, and there isn't anything that can keep us from doing it if we are serious in wanting to. That is the job we do on ourselves, inside ourselves. It means clearing out a whole mess of false values, unrealistic ambitions, and worn-out resentments, and putting in their place the qualities we want to have – kindness, tolerance, friendliness ... We can begin to see what the real values of life are, and they are very different from the hazy, distorted dreams we had."

New York, N.Y., August 1948, "Those Depressions—Make Them Work for Good!," *Best of Grapevine*, Volume 1



"If you want to stop drinking A.A. doesn't care whether you are a Christian, a Buddhist, a Jew, a Mohammedan, an atheist, an agnostic, or whatever. The door to A.A. is wide. Come right in."

Tulsa, Oklahoma, April 1988, "You're Welcome Here," *Spiritual Awakenings*



## A.A. Soberversaries



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

# HAPPY Soberversary

Tell us your sobriety birthday by visiting [www.grantspassaa.com/newsletter.html](http://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
John B	February 1, 1966	55	Diane W	February 14, 2007	14
Pat V	February 18, 1971	50	Ginger M	February 9, 2008	13
Becki P	February 1, 1981	40	Sheri S	February 16, 2009	12
Shirley M	February 23, 1981	40	Sadie B	February 6, 2011	10
Allen M	February 23, 1981	40	Frankie C	February 14, 2011	10
Barge M	February 7, 1982	39	Fred W	February 28, 2015	6
Rhonda M	February 13, 1984	37	Candy	February 15, 2016	5
Rick R	February 29, 1984	37	Billi Ann	February 22, 2016	5
Ron G	February 12, 1986	35	Alysha	February 27, 2016	5
Dawn D	February 9, 1986	35	Cindy M	February 17, 2017	4
Richard B	February 28, 1987	34	Saije B	February 20, 2017	4
Dale B	February 11, 1990	31	Amy C	February 23, 2017	4
KC H	February 29, 1996	25	Susan M	February 25, 2017	4
Mary S	February 26, 2002	19			

Next month, in March's edition of Keeping It Simple, we will cover *Step Three, Tradition Three, and World Service Concept III* plus the *Third Step Prayer and Principle*.

**SURRENDER** a lifetime of self-will run amok by making the decision to turn it all over to a Higher Power and allow Him to care for us. Here, we stop wearing ourselves out trying to make and force everything to happen as if we were in charge of everything in the world. Here, we learn that recovery is a spiritual process and Step Three opens the doors of **HOPE, FAITH** and **TRUST** allowing us to take a deep breath and feel the serenity: a gift of sobriety. The essence of Step Three is turning over our will, getting out of the way, and being restored to reality, honesty, balance, and peace of mind.

### 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.