VOLUME VI ISSUE IV
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Keeping It Simple

45th Annual Rogue Roundup is Coming Next Month

The Josephine County Intergroup e-Newsletter

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[illegible]ming Next Month

"By discovering what our emotional deformities are, we can move toward their correction. Without a willing and persistent effort to do this, there can be little sobriety or contentment for us. Without a searching and fearless moral inventory, most of us have found that the faith which really works in daily living is still out of reach."

Alcoholics Anonymous World Services, Inc., *Twelve Steps and Twelve Traditions*, p. 43.

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

Please sign up for the e-Newsletter subscription service to receive the monthly edition directly to your email Inbox. Visit the Josephine County Intergroup A.A. website at www.grantspassaa.com/newsletters 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.

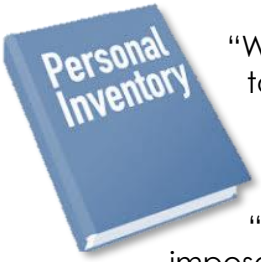
Many thanks to this issue's contributors. If you would like to contribute, please send your personal stories, poems, artwork, cartoons, jokes, or anything that has helped you on your journey. To submit your contribution, email it to gpaanews@gmail.com.

Step Four - "Made a searching and fearless moral inventory of ourselves·"

"Before tackling the inventory problem in detail, let's have a closer look at what the basic problem is. Simple examples like the following take on a world of meaning when we think about them. Suppose a person places sex desire ahead of everything else. In such a case, this imperious urge can destroy his chances for material and emotional security as well as his standing in the community. Another may develop such an obsession for financial security that he wants to do nothing but hoard money. Going to the extreme, he can become a miser, or even a recluse who denies himself both family and friends.

"Nor is the quest for security always expressed in terms of money. How frequently we see a frightened human being determined to depend completely upon a stronger person for guidance and protection. This weak one, failing to meet life's responsibilities with his own resources, never grows up.

Disillusionment and helplessness are his lot. In time all his protectors either flee or die, and he is once more left alone and afraid.



"We have also seen men and women who go power-mad, who devote themselves to attempting to rule their fellows. These people often throw to the winds every chance for legitimate security and a happy family life. Whenever a human being becomes a battleground for the instincts, there can be no peace.

"But that is not all of the danger. Every time a person imposes his instincts unreasonably upon others, unhappiness follows. If the pursuit of wealth tramples upon people who happen to be in the way, then anger, jealousy, and revenge are likely to be aroused. If sex runs riot, there is a similar uproar. Demands made upon other people for too much attention, protection, and love can only invite domination or revulsion in the protectors themselves—two emotions quite as unhealthy as the demands which evoked them. When an individual's desire for prestige becomes uncontrollable, whether in the sewing circle or at the international conference table, other people suffer and often revolt. This collision of instincts can produce anything from a cold snub to a blazing revolution. In these ways we are set in conflict not only with ourselves, but with other people who have instincts, too."

"Step Four is the foundation of freedom."

Jason Wahler

Alcoholics Anonymous World Services, Inc. *Twelve Steps and Twelve Traditions,* p. 43-44.

"We finally saw that the inventory should be ours, not the other man's. So we admitted our wrongs honestly and became willing to set these matters straight."

Alcoholics Anonymous World Services, Inc., New York, N.Y. Copyright 1967. *As Bill Sees It.* p. 222.

Tradition Four - "Each group should be autonomous except in matters affecting other groups or A.A. as a whole."

"Autonomy is a ten-dollar word. But in relation to us, it means very simply that every A.A. group can manage its affairs exactly as it pleases, except when A.A. as a whole is threatened. Comes now the same question raised in Tradition One. Isn't such liberty foolishly dangerous?

"Over the years, every conceivable deviation from our Twelve Steps and Traditions has been tried. That was sure to be, since we are so largely a band of ego-driven individualists. Children of chaos, we have defiantly played with every brand of fire, only to emerge unharmed and, we think, wiser. These very deviations created a vast process of trial and error which, under the grace of God, has brought us to where we stand today.

"When A.A.'s Traditions were first published, in 1946, we had become sure that an A.A. group could stand almost any amount of battering. We saw that the group, exactly like the individual, must eventually conform to whatever tested principles would guarantee survival. We had discovered that there was perfect safety in the process of trial and error. So confident of this had we become that the original statement of A.A. tradition carried this significant sentence: 'Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group provided that as a group they have no other affiliation.'

"This meant, of course, that we had been given the courage to declare each A.A. group an individual entity, strictly reliant on its own conscience as a guide to action. In charting this enormous expanse of freedom, we found it necessary to post only two storm signals: A group ought not do anything which would greatly injure A.A. as a whole, nor ought it affiliate itself with anything or anybody else. There would be real danger should we commence to call some groups 'wet,' others 'dry,' still others 'Republican' or 'Communist,' and yet others 'Catholic' or 'Protestant.' The A.A. group would have to stick to its course or be hopelessly lost. Sobriety had to be its sole objective. In all other respects there was perfect freedom of will and action. Every group had the right to be wrong."

Alcoholics Anonymous World Services, Inc. *Twelve Steps and Twelve Traditions,* p. 146-147.

Note: About the A·A· Principles - Bill W·, considered each Step to be a spiritual principle in and of itself· In the Twelve Steps and Twelve Traditions, he outlined the spiritual principles behind each Step· The most important principle is Humility·

Step Four Principle

Honesty and Courage

"Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened? Though a situation had not been entirely our fault, we tried to disregard the other person involved entirely. Where were we to blame? The inventory was ours, not the other man's. When we saw our faults, we listed them. We placed them before us in black and white. We admitted our wrongs **honestly** and were willing to set these matters straight."

"The most free person in the world is the one who has nothing to hide."

Unknown

Alcoholics Anonymous World Services, Inc. *Alcoholics Anonymous*, Fourth Edition, 2001. How It Works, p. 67.

"You cannot swim to new horizons until you have the courage to lose sight of the shore."

William Faulkner

"The word 'fearless' in Step Four implies **courage**, but not how you might think. Many of us do indeed fear the process of taking a long, hard look at our past. But we express all of the first four principles in doing so anyway. Our "searching" inventory necessitates full **honesty**, and we take this Step in the hopes of bettering our recovery. Faith then inspires **courage**, allowing us to push through the fear that sometimes causes us to procrastinate.

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"In *The Gifts of Imperfection*, Brené Brown provides an excellent definition of **courage** that we may apply to Step Four.

> In one of its earliest forms, the word **courage** had a very different definition than it does today. **Courage** originally meant "To speak one's mind by telling all one's heart." Over time, this definition has changed, and, today, **courage** is more synonymous with being heroic. Heroics is important and we certainly need heroes, but I think we've lost touch with the idea that speaking **honestly** and openly about who we are, about what we're feeling, and about our experiences (good and bad) is the definition of **courage**. Heroics is often about putting our life on the line. Ordinary **courage** is about putting our vulnerability on the line. In today's world, that's pretty extraordinary.

"To continue working our recovery and developing our principles, we require the **courage** to be vulnerable. And it's a good thing we begin building it in Step Four, because we're going to need it in the Steps to come."

Principles of the Twelve Steps. Retrieved from https://www.amethystrecovery.org/principles-12-steps/.

Step Four Prayer

Dear God,

" I was to test my thinking by the new God-consciousness within.
I was to sit quietly when in doubt, asking only for direction and strength to meet my problems as He would have me. Never was I to pray for myself, except as my requests bore on my usefulness to others. Then only might I expect to receive. But that would be in great measure."

Alcoholics Anonymous World Services, Inc., *Alcoholics Anonymous*, Fourth Edition, 2001, Bill's Story, p. 13.

Dear God,

God mold my ideals in this particular area of my life and help me to live up to them. What should I do in each specific matter? Guide me God and give me strength to do right.
AMEN

Derived from Alcoholics Anonymous World Services, Inc., *Alcoholics Anonymous*, Fourth Edition, 2001, How It Works, p. 69.

"To get somewhere new,
you must first decide that you are tired of being where you are."

Unknown

"When I am willing to do the right thing, I am rewarded with an inner peace no amount of liquor could ever provide. When I am unwilling to do the right thing, I become restless, irritable, and discontent. It is always my choice."

Alcoholics Anonymous World Services, Inc. Copyright © 2001. Alcoholics Anonymous, Fourth Edition p. 317.

"Step Four means honestly documenting every mistake you've ever made. It is clearly tied to **courage**. Some of your past will be painful, and you'll likely have to face some of your biggest regrets. But living with **courage** means that you can start fresh without forgetting your past completely."

Lauroesch, Molly. FHE Health, Deerfield Beach, Florida. Copyright © 2020. Retrieved on March 22, 2020 from https://fherehab.com/learning/the-12-principles-of-aa/.

Freedom from Bondage

Freedom from Resentment with Love in its Place

"He said, in effect: 'If you have a resentment you want to be free of, if you will pray for the person or the thing that you resent, you will be free. If you will ask in prayer for everything you want for yourself to be given to them, you will be free. Ask for their health, their prosperity, their happiness, and you will be free. Even when you don't really want it for them, and your prayers are only words and you don't mean it, go ahead and do it anyway. Do it every day for two weeks and you will find you have come to mean it and to want it for them, and you will realize that where you used to feel bitterness and resentment and hatred, you now feel compassionate understanding and love.'

"It worked for me then, and it has worked for me many times since, and it will work for me every time I am willing to work it. Sometimes I have to ask first for the willingness, but it too always comes. And because it works for me, it will work for all of us. As another great man says, 'The only real freedom a human being can ever know is doing what you ought to do because you want to do it.'

"This great experience that released me from the bondage of hatred and replaced it with love is really just another affirmation of the truth I know; I get everything I need in Alcoholics Anonymous—and everything I need I get. And when I get what I need, I invariably find that it was just *what I wanted all the time*."

Alcoholics Anonymous World Services, Inc. Copyright © 2001. *Alcoholics Anonymous*, "Freedom from Bondage," p. 552.

Forgiveness of My Past Behaviors

By a Free, Blessed, and Grateful member of Alcoholics Anonymous of Josephine County A.A., District 7.

Step Four forced me to look at my past behaviors. I found out things about myself that I had beat myself up about. I drank to subdue the resultant emotional disturbances I felt.

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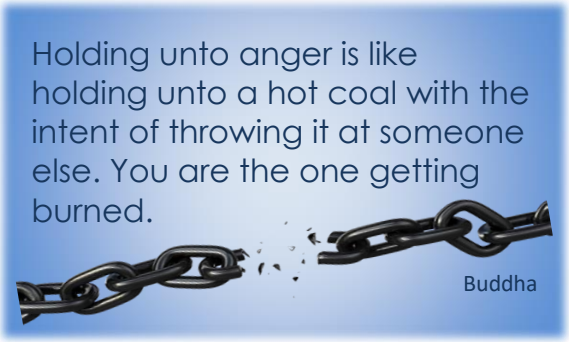
So, to eliminate my own guilt and shame I had only to forgive others whenever I felt resentful to them. I learned this process by not just reciting *The Lord's Prayer* but by really practicing what I was praying. Through the Program, I also learned that if I wanted to experience true serenity, I had to extend forgiveness positively and definitively to everyone to whom it was possible that I can owe forgiveness, namely, to anyone who I thought could have injured me in any way. It was only then that I was able to be released of that resentment and be free.



According to *Alcoholics Anonymous*, Bill W., states on page 67 of the Chapter titled "How It Works" that "Resentment is the 'number one' offender. It destroys more alcoholics than anything else." Thus, learning the process of overcoming resentment through forgiveness literally saved not only my life but also the lives of many others who were afflicted with the disease of alcoholism and has enabled all of us to live happier lives.

However, what about that other killer, fear? Well, in the same chapter of *Alcoholics Anonymous*, Bill W., also states that fear "was an evil and corroding thread; the fabric of our lives was shot through with it. It set in motion trains of circumstances which brought us misfortune that we felt we didn't deserve. But did not we, ourselves, set the ball in rolling? Sometimes we think fear ought to be classed with stealing. It seems to cause more trouble." In other words, there wasn't any way around that emotion. There was no magic wand or no spell that I could undergo to overcome it. I prayed for strength and resiliency in order to feel the fear, face the fear, and overcome the fear.

But what really helped me bring it all together was learning to be grateful. With forgiveness for others, releasing the anger, pain, resentment, and facing my fears, giving thanks in all things and to all those who challenged my peace of mind was the essential piece that led me to a discovery on the well-trodden journey from despair to happiness, from chaos to serenity, from anger to love.

Untitled

The Mill Creek A.A. Group at the Oregon State Penitentiary in Salem, Oregon will celebrate its 77th anniversary on May 3, 2021. It was established in 1944 making it the longest running prison A.A. group in the nation.

"I find myself often wondering about why and how I ended up where I am, here in prison, locked in a cage like an animal for most of the day, every day, never able to go for a peaceful walk at night, eat at a nice restaurant, make love to a woman. It's so goddamned unnatural, isn't it? It really is like a nightmare. Something unreal, so awful, so horrific, it just couldn't be real, could it? But then, I again feel the claustrophobia of the cage in which I'm forced to live, and I once more comprehend oh so clearly that it is absolutely real. It's the most real thing I've ever experienced. For me, it's madness. I get so frustrated when I hear other men say, '**Prison saved my life,**' or '**I know I deserved to pay for my sins,**' or '**If I wouldn't have come to prison, I**

I may not be able to control everything that happens to me however I can control how I respond to what does happen to me.
In my response is my power.

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

know I'd be dead by now.' What!?! What the hell? No! Wake up! I want to yell in their face, we are victims! Good men enslaved by this corrupt system by evil and corrupt monsters! Right? '**I don't belong here!'** I silently scream to myself in my little cage (which by the way is usually when someone else on the block will scream those exact words out loud, I'm fairly sure mocking me and my pain on some weird spiritual level) But then, once more my mind wonders as to what I actually did to end up here in this prison. It again hits me. Oh yeah, I remember, not so great. In fact, kinda awful, mean, and cruel. You're such an Idiot!!!

"'Goddamnit,' I quietly whisper to myself. '**Maybe I do deserve this. Ok, maybe not this much time, not this form of punishment and despair, but crap, maybe I do need to still figure some things out.'** The fact is, I'm not innocent. I actually did do those things they said I did, and frankly, what a fool I was, maybe I still am. It's a tough pill to swallow, but I know I have to accept responsibility, if I ever really do want to grow as a man, as a decent person, I have to accept that I've made some pretty big and horrible mistakes. I don't believe I'm evil. I know I'm not. But the truth is, at times, I am selfish, cruel, violent.

"'Goddamnit,' I again sadly whisper to myself. '**Ok, God, universe, ancestors, if anyone is listening, I'm sorry. I don't want to be less than what I'm meant to be. Please, guide me, show me who I can be. Give me a clean heart, a kind heart. Please, show me…'"**

Run of the Mill - 1944 and Beyond, A Publication of the Mill Creek Group of Alcoholics Anonymous,
From the President, Tim T. Mill Creek A.A. President, Edition 75 No. 3 May/June 2018

A·A· FastStats on Alcoholism

In compiling figures from the Substance Abuse and Mental Health Services Administration (SAMHSA), the National Institute on Drug Abuse (NIDA) noted that over **23 percent** of the admissions to public treatment centers are due to alcohol abuse, the highest percentage of such admissions. Data from publicly funded rehabilitation programs revealed that the highest percentage of admissions to alcoholism treatment were those 25-29 years old, at **14.8 percent**.

Substance Abuse and Mental Health Services Administration (SAMHSA) and National Institute of Drug Abuse (NIDA). Retrieved from https://www.alcohol.org/statistics-information/#teenagers-and-alcoholism

According to a 2015 National Survey on Drug Use and Health, **15 million** Americans over the age of 18 were living with an alcohol use disorder (AUD) and only **6.7 percent** of this number received the treatment they needed to heal.

6.7%

5.2%

About **623,000** youth between the ages of 12-18 were living with an alcohol use disorder (AUD) yet only about **5.2 percent** of this number sought treatment.

National Survey on Drug Use and Health. Retrieved from https://www.alcohol.org/statistics-information/#teenagers-and-alcoholism.

According to the Centers of Disease Control (CDC), an average of **6 people** die of alcohol poisoning each day in the U.S. **76 percent** of these deaths are among adults ages 35-64. 75 percent of these deaths are men.

6 Deaths per Day

Centers of Disease Control (CDC). Retrieved from https://www.cdc.gov/vitalsigns/alcohol-poisoning-deaths/index.html

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From the Chairperson of the 45th Annual Rogue Roundup

This past year has been challenging for everyone, but we are excited and honored to present the 45th Annual Rogue Roundup and the first on ZOOM!

"Relieve Me of the Bondage of Self" has been a constant mantra throughout the year, but we continue to grow, stay sober and somewhat sane through the process. We are now exploring this innovative way to fulfill the Roundup mission. The mission of the Rogue Roundup is to continue to provide a place where alcoholics and their families can come together for meetings, to listen to speakers, have fun, and carry the message to alcoholics who still suffer.

The ZOOM technology was no doubt the furthest thing in the minds of the founders of our Roundup some 46 years ago, but they would be proud of our efforts to carry the message in spite of everything. They must have had the same fear of the unknown outcomes, learned the same lessons of patience and tolerance, had the same gratitude for the help and dedication of the fellowship and uttered the same prayers that we have in organizing the 2021 Roundup.

So, please join us on the traditional Roundup weekend, May 7 – 9, 2021. We are looking forward to hosting many of the same speakers who were originally scheduled for last year.

Details for the ZOOM meetings as well as links for merchandise, schedules, and memories from past Roundups can be found at www.rogueroundup.com.

We'll see you all soon … on ZOOM.

"If the Fourth Step is the exploration of an abandoned house, I have come to think of the Fifth Step as raising the blinds and throwing open the windows. The house has air and sunlight now, and it's no longer haunted. When people come to the door, I can welcome them without shame, and I can even invite them in. Some rooms are private of course, but none are secret, and I live in all of them."

New York, New York, May 1999, "Sunlight and Air," *Spiritual Awakenings.*

"There is no person walking the face of the earth who demonstrates more courage, integrity, honesty, and integrity on a daily basis than an alcoholic in recovery after completing the Twelve Steps of Alcoholics Anonymous."

Unknown

A·A· Grapevine® Quotes of the Day

GRAPEVINE® Daily Quote

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

A·A· Fun & Humor

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

Did you hear that the City of Grants Pass decided to ban alcoholic beverages?
Yeah, it's crazy. Josephine County Health Department started reporting 0 cases of Corona.

Why can't alcoholics become lawyers?
They can't pass the bar.

What would an alcoholic Harper Lee have written?
Tequila Mockingbird

How can you tell if someone Amish is an alcoholic?
They keep falling off the wagon.

I thought I might be an alcoholic, so I did some research.
It turns out the first sign of alcoholism is denial... So I guess I'm not an alcoholic.

Alcoholics don't run in my family.
They stumble around and break stuff.

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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 February 16, 2021 through March 15, 2021.
Year-to-Date includes funds received and deposited during December 16, 2020 through March 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	Feb 16, 2020 - Mar 15, 2021		Year-To-Date (YTD)	Dec 16, 2020 - Mar 15, 2021	
AA Group	Current	YTD	AA Group	Current	YTD
12 O'Clock High Group	$0	$250	Devoted Members of JOCOAA		
Easy Does It Group	$200	$200	and Impromptu Meetings	$50	$115
Friday Night Winners Group	$200	$200			

The following A.A.'s donated to Central Office:				
A.A.	Donation		A.A.	Donation
Launeen M.	$50			$0

Josephine County A·A· Intergroup News

As a service center, according to A.A. Tradition. the Josephine County Intergroup (JOCOAA) serves all A.A. groups of Josephine County. Intergroup is essentially a steering committee that is set up to handle the administrative activities of the service office. **Many positions on Intergroup remain open**. ***Join us!*** Be of service to the A.A. community in your hometown. You'll be valued and appreciated, and the service will help in your sobriety.

A·A· Events

The following local A.A. events specifically include an A.A. meeting. Please visit www.grantspassaa.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, April 21, 2021 @ 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.

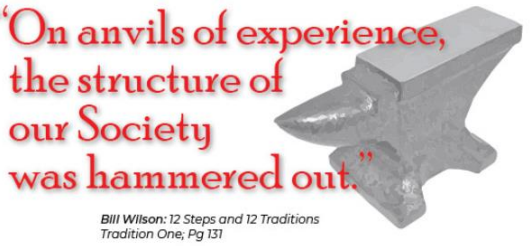
Tackling one Tradition and one Concept per month corresponding to the month in which it is presented.

"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.

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.

45th Annual Rogue Roundup 2021

Hosted by the Rogue Roundup Committee
Friday – Sunday, May 7-9, 2021
Online on Zoom® for the first time!

"Relieve Me of the Bondage of Self"

Outstanding panel of A.A. speakers from all over the U.S.

Volunteer opportunities are available:

- Security
- Co-host
- Greeters
- Secretary for Marathon Meetings, and MORE …

Be a Part of!

Visit http://rogueroundup.com/service-opportunities to find out how

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The Latest COVID-19 Meeting Information

Due to the continued 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.grantspassaa.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.***

Sober Fun Events

Events listed below are sober f… not include formal meetings. They are not A.A. events. They c… the enjoyment and benefit of those attending.

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 Apr 6 @ 7:00PM
Business Meeting May 4 @ 7:00PM
Zoom® Meeting Meeting ID: 648 127 84
Password: 828804

YPAA Apr 11 @ 2:00PM
Business Meeting May 9 @ 2:00PM
Zoom® Meeting Meeting ID: 548 800 3775
Password: Not Needed

JoCo Intergroup Apr 15 @ 7:00PM
Business Meeting May 20 @ 7:00PM
432 NW 6th St, Room 107, Grants Pass, OR
Zoom® Meeting Meeting ID: 872 2951 0766
Password: 444533

Rogue Roundup 2021 Apr 8 @ 7:30 PM
Board Meeting Apr 22 @ 7:30 PM
Monthly Board Meetings on Zoom®
Zoom® Meeting: Meeting ID: 848 4305 7377
Password: RU2021

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.

Tell us your sobriety birthday by visiting 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
Donna D	April 25, 1971	50	Jaren H	April 24, 2009	12
Jary K	April 15, 1979	42	Mike T	April 1, 2012	9
Nancy D	April 17, 1979	42	Kevin M	April 4, 2012	9
Anne F	April 29, 1985	36	Melanie H	April 21, 2012	9
Karen A	April 11, 1988	33	Annette R	April 4, 2014	7
Phillip M	April 28, 1988	33	Clint W	April 10, 2014	7
Pat H	April 17, 1989	32	Joey P	April 16, 2014	7
Dennis D	April 10, 1990	31	Angel	April 23, 2014	7
Francois M	April 20, 1991	30	Christa	April 1, 2015	6
Darrell D	April 14, 1994	27	Stacy N	April 8, 2015	6
Fran M	April 2, 2005	16	Julia H	April 19, 2015	6
Ron M	April 9, 2006	15	Shelley H	April 9, 2016	5
Greg G	April 28, 2006	15	Jody L	April 15, 2016	5

Next month, in May's edition of Keeping It Simple, we will cover ***Step Five, Tradition Five,*** *and* ***World Service Concept V*** *plus the* ***Fifth Step Prayer and Principle·***

When we show the courage and ***integrity*** *necessary to own up to our past wrongs, we demonstrate our morality· Step Five is a confession of the wrongs that we wish to make right· This strengthens our relationship with our sponsor and also helps them to assist us in outlining a plan for redemption· In this sense, Step Five lends an air of structural* ***integrity*** *to our recovery· Our plans to overcome our past become more whole· And as long as we leave nothing out and read everything on our Step Four list, Step Five demonstrates* ***integrity*** *through consistency· We only jeopardize our recovery by skirting the truth and lying during Step Five· So, don't it·*

DISCLAIMER

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