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Keeping It Simple

The Josephine County Intergroup e-Newsletter

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"So our troubles, we think, are basically of our own making. They arise out of ourselves, and the alcoholic is an extreme example of self-will run riot, though he usually doesn't think so. Above everything, we alcoholics must be rid of this selfishness. We must, or it kills us! … Neither could we reduce our self-centeredness much by wishing or trying on our own power. We had to have God's help."

Alcoholics Anonymous World Services, Inc. *Alcoholics Anonymous*, How It Works, p. 62.

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

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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 Three – "Made a decision to turn our will and our lives over to the care of God, as we understood Him."

"Practicing Step Three is like the opening of a door which to all appearances is still closed and locked. All we need is a key, and the decision to swing the door open. There is only one key, and it is called willingness. Once unlocked by willingness, the door opens almost of itself, and looking through it, we shall see a pathway beside which is an inscription. It reads: 'This is the way to a faith that works.' In the first two Steps we were engaged in reflection. We saw that we were powerless over alcohol, but we

also perceived that faith of some kind, if only in A.A. itself, is possible to anyone. These conclusions did not require action; they required only acceptance.

"Like all the remaining Steps, Step Three calls for affirmative action, for it is only by action that we can cut away the self-will which has always blocked the entry of God—or, if you like, a Higher Power—into our lives. Faith, to be sure, is necessary, but faith alone can avail nothing. We can have faith yet keep God out of our lives. Therefore, our problem now becomes just how and by what specific means shall we be able to let Him in? Step Three represents our first attempt to do this. In fact, the effectiveness of the whole A.A. program will rest upon how well and earnestly we have tried to come to 'a decision to turn our will and our lives over to the care of God as we understood Him.'

"To every worldly and practical-minded beginner, this Step looks hard, even impossible. No matter how much one wishes to try, exactly how can he turn his own will and his own life over to the care of whatever God he thinks there is? Fortunately, we who have tried it, and with equal misgivings, can testify that anyone, anyone at all, can begin to do it. We can further add that a beginning, even the smallest, is all that is needed. Once we have placed the key of willingness in the lock and have the door ever so slightly open, we find that we can always open it some more. Though self-will may slam it shut again, as it frequently does, it will always respond the moment we again pick up the key of willingness."

Alcoholics Anonymous World Services, Inc., *Twelve Steps and Twelve Traditions*, p. 34-35.

"Do not let any prejudice you may have against spiritual terms deter you from honestly asking yourself what they mean to you. ... 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."

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

Tradition Three - "The only requirement for A.A. membership is a desire to stop drinking."

"Isn't every organization entitled to have rules for membership? Why did A.A. decide to forgo this privilege, to be 'inclusive…never exclusive'? That's easy. Early members tried it the other way, and it just didn't work. As the Fellowship was nearing its ten-year mark, the office that served as headquarters 'asked the groups to list their membership rules and send them in,' Bill W. recalled. 'If all of these edicts had been in force everywhere at once, it would have been practically impossible for any alcoholic to have ever joined A.A. About nine-tenths of our oldest and best members could never have got by!' So, the rule books went out the window and were replaced by one uncomplicated sentence: Tradition Three.

But somebody may ask, isn't this Tradition itself a rule? It does state one requirement for membership. Let's read it again, and ask another question: Who determines whether or not newcomers qualify, whether they do want to stop drinking? Obviously, nobody except the newcomers themselves; everybody else simply has to take their word for it. In fact, they don't even have to say it aloud. And that's fortunate for many of us who arrived at A.A. with only a halfhearted desire to stay sober. We are alive because the A.A. road stayed open to us."

The Twelve Traditions Illustrated Copyright © 1971 by Alcoholics Anonymous World Services, Inc. All rights reserved.

"This Tradition is packed with meaning. For A.A. is really saying to every serious drinker, 'You are an A.A. member if you say so. You can declare yourself in; nobody can keep you out. No matter who you are, no matter how low you've gone, no matter how grave your emotional complications —even your crimes—we still can't deny you A.A. We don't want to keep you out. We aren't a bit afraid you'll harm us, never mind how twisted or violent you may be. We just want to be sure that you get the same great chance for sobriety that we've had. So, you're an A.A. member the minute you declare yourself.'"

Alcoholics Anonymous World Services, Inc. *Twelve Steps and Twelve Traditions,* p. 139.

Step Three Principle

Faith, Trust, Surrender

"I **surrendered** behind the tears of no answers and decided to do it their way. I found the Power greater than myself to be the magic above the heads of the people in the meetings. I chose to call that magic Great Spirit."

Alcoholics Anonymous World Services, Inc. Alcoholics Anonymous, p. 467.

"… **faith** implies **trust**. Some describe this **trust** as blind, but it does not originate from nowhere. Instead, it develops from experience. In his short book on **faith**, Just Trust, author Dave Sheil compares faith to a light switch. As toddlers, we don't necessarily understand how light switches work. Nevertheless, we slowly but surely come to understand that they do.

> Not only that, but we are so confident in the light switch having the ability to turn the light on, that if we flip the switch and the light doesn't turn on, we will actually flip the switch off and back on, one or two more times, fully expecting the light to turn on. THIS is a measure of **faith**. We firmly believe that when the switch is flipped, the light will turn on. We know this because every time we have tested the theory, it has worked.

As we work on developing our principles and experience the joys of sobriety, we gain **faith** that this life can work for us. We see others work these principles and thrive as a result, eventually coming to believe that we can do the same. Upon reaching this conclusion, we **surrender** to the Higher Power of our understanding.

This is not a 'white flag' sort of **surrender**. Aside from **trust**, another quality marks the difference between hope and **faith**. This is action, which we begin taking as we incorporate the rest of the principles into our lives."

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

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·*

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Step Three Prayers

Dear God,

"God, I offer myself to Thee—to build with me and to do with me as Thou wilt.
Relieve me of the bondage of self, that I may better do Thy will.
Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life.
May I do Thy will always!"

Alcoholics Anonymous World Services, Inc., *Alcoholics Anonymous*, Fourth Edition, 2001, How It Works, p. 63.

Dear God,

"I'm sorry about the mess I've made of my life.
I want to turn away from all the wrong things I've ever done and all the wrong things I've ever been.
Please forgive me for it all.
I know You have the power to change my life and can turn me into a winner.
Thank You, God for getting my attention long enough to interest me in trying it Your way.
God, please take over the management of my life and everything about me.
I am making this conscious decision to turn my will and my life over to Your care and am asking You to please take over all parts of my life.
Please, God, move into my heart.
However You do it is Your business but make Yourself real inside me and fill my awful emptiness.
Fill me with your love and Holy Spirit and make me know Your will for me.
And now, God, help Yourself to me and keep on doing it.
I'm not sure I want You to but do it anyhow.
I rejoice that I am now a part of Your people, that my uncertainty is gone forever, and that You now have control of my will and my life.
Thank You and I praise Your name.
Amen."

Third Step Prayer by Dr. Bob. Love and Tolerance is Our Code. Friends of Bill W. Retrieved of from http://friendsofbillw.net/third_step_prayers

Dear God,

"I ask that you guide and direct me, and that I have decided to turn my life and will over to you. To serve You and to dedicate my life to You. I thank you Lord, I believe that if I ask this in prayer, I shall receive what I have asked for. Thank you God.
Amen."

Third Step Prayer by Clarence S. Love and Tolerance is Our Code. Friends of Bill W. Retrieved of from http://friendsofbillw.net/third_step_prayers

What A Gift – A Step Three Share

By Robin

When I finally surrendered to my disease of alcoholism, I got honest for the first time in my life - Step One. I knew that God had restored me to sanity when the obsession to drink was lifted - Step Two. That brought me to Step Three.

I have always believed there was something higher than me keeping me safe my whole life. So that was not a problem, but I wanted to understand what Step Three actually means to me. My sponsor had me break each sentence down and my feelings around each one. And this is what it was like.

"*God I offer myself to thee*" - to surrender my mind, body, and soul to something other than myself. ***"To build with me and do with me as thou wilt"*** - to increase my spiritual being (my mind body and soul) with love. **"*Relieve me of the bondage of self*"** - my ego; to take away my selfishness, self-centeredness, self-seeking and self-pity, which were separating me from the truth. ***"That I may better do thy will"*** - to live with love and compassion; ***"Take away my difficulties that victory over them"*** - to take away my fears & behaviors that keep me from growing toward the sunlight of the spirit. ***"May bear witness to those I would help"*** - to show others that this program works; my past has become my greatest asset; ***"of thy power, thy love, thy way of life"*** - to live with purpose with love and compassion; ***"May I do thy will always"*** - to surrender to something I cannot explain or see.

The Third step is a feeling of surrender and love. I truly believe that God does for me what I cannot do for myself every day. I look back at these past six years and there has not been one time where I felt that I had been dropped on my face or alone.

My life is turning out exactly the way it's supposed to be. Whenever I am met with challenges my sponsor always says to me where is your Higher Power in all of this. I truly believe my Higher Power has my back - I am sober! What a gift!

"Don't make a project out of working the Steps. Go through your day being the sort of person you would like to be, trying to help someone else, and making sure you don't hurt anyone. And when you get to the end of your day, review the Twelve Steps, and you will find that you have worked all of them."

Bill W., speaking at AA meeting, Hollywood Legion Fight Arena, 1951

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The Pathway

By Winslow C.

Step Three

Derived from Alcoholics Anonymous World Services, Inc. *Twelve Steps and Twelve Traditions,* p. 34.

What is Alcoholics Anonymous?

Alcoholics Anonymous is a spirit that cannot be touched, nor can it be completely understood.

It's as wide as the world, yet small enough to fit into the hearts and minds of men and women.

It's brought light where only darkness dwelt.

It's given hope to the hopeless and help to those in despair.

It's nourished forgiveness in those who knew no pity.

It's given strength to the weak and humility to the strong.

It has furthered to higher goals those who strove to nothing.

It's taught patience to the hurried and action to the lazy.

To youth it's given vision and to the aged promise.

To the lonely companions and to the restless rest.

To the sick it's been a doctor and to the dying it has revived the desire to live.

It has no judgment against the unteachable nor has it praise for those who learn.

To the outcast it has been a family and to the childless it has given children.

To the ignorant it has given wisdom and to the wise tolerance.

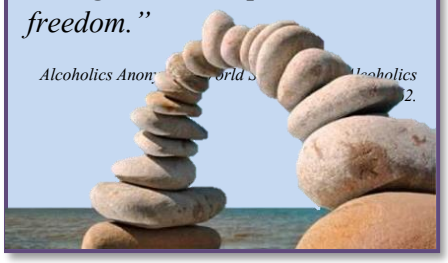
It has given to men and women that which is most precious.

It's given the love of truth and the love of life with enough left over to share with each other.

Paraphrased from the Grapevine, 1957

"Neither could we reduce our self-centeredness much by wishing or trying on our own power. We had to have God's help.

This is the how and why of it. First of all, we had to quit playing God. It didn't work. Next, we decided that hereafter in this drama of life, God was going to be the Director. He is the principal; we are His agents. He is the Father, and we are His children. Most good ideas are simple, and this concept was the keystone of the new and triumphant arch through which we passed to freedom."



A·A· FastStats on Alcoholism

According to Substance Abuse and Mental Health Services Administration (SAMHSA), more than 10 percent of U.S. children live with a parent with alcohol problems, according to a 2012 study.

Substance Abuse and Mental Health Services Administration (SAMHSA). Data Spotlight: More than 7 Million Children Live with a Parent with Alcohol Problems, 2012. Available at https://www.samhsa.gov/data/sites/default/files/Spot061ChildrenOfAlcoholics2012/Spot061ChildrenOfAlcoholics2012.pdf

Globally, in 2012, 3.3 million deaths, or 5.9 percent of all deaths (7.6 percent for men and 4.0 percent for women), were attributable to alcohol consumption, according to the World Health Organization.

World Health Organization (WHO). *Global Status Report on Alcohol and Health*. p. XIV. 2014 ed. Available at http://www.who.int/substance_abuse/publications/global_alcohol_report/msb_gsr_2014_1.pdf?ua=1.

An Excerpt from Alcoholics Anonymous

"That was June 10, 1935, and that was my last drink. As I write, nearly four years have passed.

"The question which might naturally come into your mind would be: 'What did the man do or say that was different from what others had done or said?' It must be remembered that I had read a great deal and talked to everyone who knew, or thought they knew anything about the subject of alcoholism. But this was a man who had experienced many years of frightful drinking, who had had most all the drunkard's experiences known to man, but who had been cured by the very means I had been trying to employ, that is to say the spiritual approach. He gave me information about the subject of alcoholism which was undoubtedly helpful. Of far more importance was the fact that he was the first living human with whom I had ever talked, who knew what he was talking about in regard to alcoholism from actual experience. In other words, he talked my language. He knew all the answers, and certainly not because he had picked them up in his reading.

"It is a most wonderful blessing to be relieved of the terrible curse with which I was afflicted. My health is good and I have regained my self-respect and the respect of my colleagues. My home life is ideal and my business is as good as can be expected in these uncertain times."

Alcoholics Anonymous World Services, Inc., *Alcoholics Anonymous*, Fourth Edition, 2001, Doctor Bob's Nightmare, p. 180.

To Thine Own Self Be True

By Winslow Cervantes

To me, taking Step Three means that I choose to no longer live a life filled with self-centered ambitions and egotistical ideas of a grandiose existence. Instead I choose to be willing to accept God's will and plan for my life, and, trust me, it is not to serve my own selfish ends but to be of service to others, including the still suffering alcoholic in the spirit of Step Twelve. And, to be honest, God's plan for me in my life has always been to be of service to my fellow humans. I know in my heart that that is what God has ordained for me. I just lost my plan and purpose during my life of addiction. So, for me Step Three is about embracing what has always been true to me. Step Three places me on a path of "to thine own self be true," a path that leads me to living a personally meaningful life.

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To Thine Own Self Be True – Authentic Living and Addiction

The great psychiatrist, Viktor Frankl, defined addiction as a response to living a life that lacks personal meaning. The solution to addiction then is to live a personally meaningful life. This does not deny that addiction has a physical basis in the brain, that individuals with addiction often have faulty thinking, or that social and cultural factors play a big role in addiction. It does mean that addiction operates at a deep psychological level.

A Meaningful Life is Fulfilled by Doing What is Meaningful to You

Living a personally meaningful life demands many things from an individual, but one key demand is that you be true to yourself – being true to what you personally feel is very important. If you feel honesty is very important, then living a meaningful life will demand that you be honest. If you feel being a good father is important to you, then living a meaningful life demands that you spend time with your children and develop a deep emotional connection with them. If accomplishing things at work is important to you, then living a meaningful life will demand that you find work that will allow you to feel this and not simply work at a job for the benefit of a pay cheque (or you have to use your creativity to make your job more meaningful to you).

Alcoholics Anonymous (A.A.) promotes this idea. On its chips (symbols for length of sobriety) is the saying: "To thine own self be true." A.A. borrowed this from Shakespeare. In the play *Hamlet,* old Polonius tells his son, Laertes: "This above all: to thine own self be true." Of course, in the play, neither the father nor son follow this advice, and both perish.

Being True to Yourself is Often Difficult

Any number of factors can interrupt maintaining a meaningful living. Perhaps the greatest barrier is, of course, that you may not be aware of what is important to you. In this case, you will have to pay attention to what makes you happy, sad, mad, guilty, and so on.

Followers of twelve-step programs use Step Four to achieve this. The big book of A.A. gives the example of jealousy. If you were to feel jealous, you should think about why it is that you are jealous. Likely, you will discover that jealousy is really the fear of losing someone you care for—you would be hurt emotionally if you lost this person. You can do this exercise with, pretty well, any emotion you feel. Some people keep a journal, noting down three feelings they had each day, and why they felt these emotions.

As well as not really knowing yourself, there are other barriers. Those suffering from depression, for example, find it difficult to be comfortable in their own skin. Those suffering from guilt feel, what psychologists call, "fragmented." It's impossible to feel whole when you are overwhelmed with guilt and shame. Those suffering from shyness are too self-consciousness to feel free to be themselves. Those who have lost perspective of their lives—a very common trait in early recovery—have difficulty appreciating what they want out of life.

There's lots of hope, though. Those with good recovery—that is, those who are actually happy and contented—have been true to themselves. Because individuals are unique, each person has to figure out what it means to be true to themselves. The specifics are up to you.

Twelve Steps of AA, Authenticity, Meaning and Purpose By Geoff Thompson, April 2, 2013

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.

"We ought to look toward God's perfection as our guide rather than as a goal to be reached in any foreseeable time."

"Nobody invented Alcoholics Anonymous. It just grew -- by the grace of God."

"Whatever happens to me is not nearly so important as the way I look at the happening -- the way I feel about it."

"I have learned through crises and through joy."

"In Alcoholics Anonymous, I learned to take the risk of being real."

"Worry saps me of the energy that I need for today."

"Today I can look upon myself and others with understanding, acceptance, forgiveness, and love ... Recovery is a wonderland."

A·A· Fun & Humor

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

A son asked his dad, "Dad, what's an alcoholic?"
The dad replied, "Well, son, you see those four trees? An alcoholic would see eight."
The son replied, "But Dad, I only see two."

What do you call an alcoholic who does not admit the addiction?
Jack Denials

Did you hear about the alcoholic medium?
He made all the spirits disappear.

Me: My name is Matt, and I'm an alcoholic.
AAA: This is AAA, not A.A.
Me: Yeah, I was just explaining how my car got in the lake.

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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 January 16, 2021 through February 15, 2021.
Year-to-Date includes funds received and deposited during Dec 16, 2021 through February 15, 2021.

Message from Josephine County A·A· Central Office

DONATE

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	Jan 16, 2020 - Feb 15, 2021		Year-To-Date (YTD)	Dec 16, 2020 - Feb 15, 2021	
AA Group	**Current**	**YTD**	**AA Group**	**Current**	**YTD**
12 O'Clock High Group	$250	$250	Devoted Members of JOCOAA and Impromptu Meetings	$65	$65

The following A.A.'s donated to Central Office:					
A.A.	**Donation**		**A.A.**	**Donation**	
Brenda B.	$15		Jary K.	$50	

Note from the Editor

My fellow JOCOAA Members,

My term as Newsletter Chairperson for the Josephine County A.A. Intergroup ended on February 29th. The April 2021 e-Newsletter will be the last one for me. I have thoroughly enjoyed being a part of the Newsletter for the last four years. I have met so many wonderful and beautiful people in the process. It has also been an honor to serve the Grants Pass area A.A. Fellowship each month and to serve on the Josephine County A.A. Intergroup alongside some of the most amazing and dedicated people I have ever met. I will miss my friends very much.

Thank you and until next time.

Winslow C.

Josephine County A·A· Intergroup News

During the February Business Meeting last month, Intergroup Members voted in new members to fill the positions that became vacant this year. We want to thank those who were willing to step up and be of service to our community. We wish to especially thank those AA members rotating out who gave up their own time and effort over the past couple of years to serve on Intergroup. Thank you all!

The following is a list of the Josephine County Intergroup members for the upcoming year:

Steve P	Steering Committee Chair* (Until February 2023)	**Janet P**	Events Coordinator (Until February 2022)
Open	Steering Committee Vice-Chair* (Until February 2022)	**Jeff P**	Volunteer Coordinator (Until February 2022)
Open	Secretary* (Until February 2023)	**Open**	Literature Chairperson (Until February 2023)
Elizabeth H	Treasurer* (Until February 2022)	**Open**	Newsletter Chairperson (Until February 2023)
Suzanne B	Office Manager* (Until February 2022)	**Open**	Web Servant (Until February 2023)

* Steering Committee Member

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 is a service center, according to A.A. Tradition, having no authority on its own account; Intergroup derives its authority 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, Intergroup routinely reports to group representatives on administrative concerns, topics, problems, and accomplishments.

Positions in Intergroup are held by individual A.A. members, who are voted in by Intergroup representatives at the positions' bi-annual rotation.

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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, March 17, 2021 @ 6:00 PM – 6:50 PM

Tackling one Tradition and 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 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.

Post-Assembly Sharing Session

Hosted by District 16
Wednesday, March 3, 2021 @ 7:00 PM – 9:00 PM

Pre-Conference Presentation by Amber N. and Vera F.

The purpose of this sharing session is to ensure that any District 16 A.A. member who was unable to attend the Assembly can be kept up to date. Also, it is to have District 16 G.S.R.s feel confident in bringing these motions back to their Home Groups and to give G.S.R.sa space to feel heard, supported, and connected with other G.S.R.s and A.A. as a whole.

Join us **REMOTELY** from your smart device or phone
Video/Audio from your smart device: https://bit.ly/32RSWNb
Audio by phone: Call in: (669) 900-6833

Same Meeting ID and Password for both
Meeting ID: **456 010 1935** Password: **01601935**

"Your groups' link to A.A. as a whole. By choosing its most qualified member as GSR, a group helps secure its own future – and the future of A.A. as a whole."

A·A· Sober Fun Events

Events listed below are s t include formal meetings. They are not A.A. events. They are he 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

A·A· 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 Mar 2 @ 7:00PM
Business Meeting Apr 6 @ 7:00PM
Zoom® Meeting Meeting ID: 648 127 84
Password: 828804

SORYPAA Mar 14 @ 2:00PM
Business Meeting Apr 11 @ 2:00PM
Zoom® Meeting Meeting ID: 292 293 5999
Password: 250424

JoCo Intergroup Mar 18 @ 7:00PM
Business Meeting Apr 14 @ 7:00PM
432 NW 6th St, Room 107, Grants Pass, OR
Zoom® Meeting Meeting ID: 872 296 10
Password:

Roundup 2021 Mar 11 @ 7:30 PM
Board Meeting Apr 8 @ 7:30 PM
Monthly Board Meetings on Zoom®
Visit www.rogueroundup.com for more info
2021 Roundup – May 7-8, 2021 - on Zoom®

A·A· Grapevine® and La Viña® – 2021 Carry The Message Project

Want To Help Another Alcoholic? Oh, yeah!!

AA GRAPEVINE + LA VIÑA

Grapevine® and *La Viña*® are Great Twelfth Step Tools!

Give a gift subscription to an alcoholic who needs it. Great for sponsees, newcomers, detox facilities, doctors' offices, jails/prisons.

Get your A.A. group or friends to join in. It's easy!

Visit www.aagrapevine.org/carry-the-message to get started and watch the new Carry the Message video at www.youtube.com/AAGrapevine.

Tradition Five states, "Each group has but one primary purpose—to carry its message to the alcoholic who still suffers." Alcoholics Anonymous World Services. 1981. *Twelve Steps and Twelve Traditions*, p. 150

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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
Howard P	March 3, 1973	48	David C	March 17, 2010	11
Jim K	March 16, 1974	47	Marilyn M	March 11, 2011	10
Ed K	March 10, 1980	41	Chris W	March 13, 2011	10
Bob A	March 12, 1980	41	Maureen M	March 13, 2012	9
Sue J	March 28, 1983	38	JoEllen N	March 1, 2013	8
Mark S	March 24, 1986	35	Tammy K	March 10, 2013	8
Phil H	March 17, 1988	33	Eric C	March 12, 2013	8
Carol M	March 19, 1990	31	Devon D	March 23, 2013	8
Paula M	March 1, 1991	30	Ben D	March 26, 2013	8
Nanc H	March 27, 1992	29	Kris	March 30, 2015	6
Kathleen W	March 11, 1994	27	Marion	March 11, 2016	5
Kermit R	March 5, 1995	26	Cherina A	March 15, 2016	5
Bev L	March 13, 1995	26	Kim D	March 1, 2017	4
Wayne K	March 17, 1997	24	Kim W	March 23, 2017	4
Sheila F	March 24, 1999	22	Kathy	March 1, 2018	3
Dusti C	March 8, 2005	16	Rachel B	March 2, 2018	3
Linda F	March 9, 2005	16	Kelly K	March 3, 2018	3
Steve H	March 4, 2008	13	Mike R	March 3, 2018	3
Irene J	March 7, 2010	11			

Next month, in Aprils' edition of Keeping It Simple, we will cover ***Step Four, Tradition Four****, and* ***World Service Concept IV*** *plus the* ***Fourth Step Prayer and Principle****·*

"Fearless" in Step Four implies ***COURAGE****· 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 spite of our fear· Our "searching" inventory necessitates full* ***HONESTY****, and we take this Step in the hopes of achieving long-term recovery· Faith then inspires courage, allowing us to push through the fear that sometimes causes us to procrastinate and once we engage in this process, we have to be honest if we wish true recovery·*

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.