

April 2018

# CENTRAL NEWS



## *Easy Does It*

Woodlake Afternoon, Allen L

One of the most useful of the sayings that have been adopted in A.A. is that which advises, “Easy Does It.” So universally workable is this good advice that it qualifies as the expression of one of the fundamental steps in personal rehabilitation.

If this particular saying is applied sincerely and intelligently, it will greatly ease the path of the newcomer in A.A., avert “slips” and further the development of a mature life both inside and outside A.A.

Axioms are only words in themselves, of course, and the phraseology has become trite in many cases. Pseudo-intellectuals are especially scornful of old sayings, and even less snobbish observers may overlook the worth to be found in the meaning behind the words.

For example, “Easy Does It,” means - relax! Don’t fret and worry and stew and struggle! Take it easy! Relax! Everyone who has an intimate knowledge of the alcoholic will agree that one of the first things he needs to do is to relax, not only in the early stages of A.A. but forever after and a day. “Easy Does It” applies no

matter how long one has been in A.A. and, in fact, it is essential to continue progress in A.A. and to a return to more normal living outside.

Physical realization has long been identified as a characteristic of great athletes. The DiMaggios and the Williams have an easy swing that belies yet accounts for much of the power of their bats. The fastest of swimmers relax with each stroke. In football, the relaxed player is less prone to fumbles and injuries. The great runners have a relaxed stride even when they are driving the hardest.

Relaxation frees the intellectual, the emotional and even the spiritual functioning of the personality no less than it loosens the muscles of the body.

“Easy Does It” for the newcomer during those first early days of confusion, fear and doubt. If, instead of worrying and “tensing up” because he does not grasp the whole A.A. program in the first sitting - if he will relax, he will find that the emotional understanding as well as the intellectual understanding of the A.A. philosophy will come along much more readily.

Fortunately, this is a saying which can be tested easily. It does not have to be accepted on faith alone. Anyone can find out for himself whether it works simply by trying it himself.

Suppose a problem has arisen. Suppose it is the old urge to reach for the bottle. Or suppose the problem is one of those by-products of alcoholism which continue to come up long after the urge to drink has gone. The reaction of the alcoholic, and of more than a few non-alcoholics, is to fight the problem, to worry about it, to get into a stew. The tension begins to mount. Emotion runs wild. Self control is slipping rapidly.

That's the usual sequence. It can be broken if in the midst of it; the victim sits way back, physically and mentally, and relaxes. First he must relax his muscles, because that's the easiest to do. Then he must relax his mind, by directing his thoughts to pleasant subjects, to a reminder that others have succeeded and so can he, to mental pictures of peace and success. If he will but direct his mind away from the problem, he will find a new source of strength rising up within him.

At least that is the way it has worked and still works for others. The individual who has learned how to relax has already advanced a long way towards happiness and success.

Relax and enjoy A.A. Relax and enjoy life. "Easy Does It." If you don't believe it, try it.

J.M.D. AA Grapevine July, 1948

**Step 4** *Made a searching and fearless moral inventory of ourselves.*

I can remember being in a doctor's office with my mother when I was a small child. The doctor was about to give me a shot. I didn't know what a vaccination was, but I knew I was afraid of that needle. My mother also knew I was afraid, and in an attempt to ease my fear, keep me comfortable, or maybe just to keep me quiet, she did something that made a big impression on my young mind that day. She took me into her arms and wrapped me up in a loving, safe embrace. I still have a vivid memory of closing my eyes and burying myself deep in that peaceful, euphoric security hug. For a brief moment I was safely removed from the terror of that doctor's office, and in that same brief moment

the doctor gave me the shot. It was over before I knew it. And it was painless! For me, there seemed to be a profound lesson in what my mother had done for me that day. By providing a pleasant distraction, she had enabled me to receive that dreaded vaccination without actually experiencing it. It seemed like pure genius to me!

I don't know if that visit to the doctor's office helped shape my thinking, or if it was a previously established pattern of thinking that made that event seem so profound. Either way, it soon became very important for me to find other distractions to help me avoid life's challenges and uncertainties. On my own, almost instinctually, I devised many defense mechanisms or "coping skills" that helped me move through life without actually experiencing much of it. I had rebellion to protect me from failure, resentment to protect me from facing my own wrongs, rationalization to justify my bad behavior, and denial to pretend problems didn't exist—just to name a few. These distractions seemed to do the job, but they kept me conflicted and stressed nearly all the time. Eventually, however, I found the warm, euphoric embrace of alcohol, which seemed to be the best distraction of all. It didn't require so much dishonesty or brain power like the others. It was the magic elixir! I just drank it and it made me feel good! It pulled a shade down over my living problems, and reduced the stress and conflict created by my desperate and dishonest attempt to control my world.

Unfortunately, my best medicine became my poison. Trouble brought me to AA, where I learned about the disease of alcoholism. I soon understood why my continuing to drink would be a death sentence, and I became willing to take the steps of Alcoholics Anonymous. Steps 1, 2 and 3 made sense to me. I had no problem seeing the powerlessness, the insanity, and the need for help from a Higher Power. The purpose for doing the Fourth Step was not so obvious. It has taken several Fourth Step inventories of my own and hearing the inventories of the men I've sponsored to understand what Step 4 really has to offer. I can now see that throughout my life, I have developed patterns of thinking that have robbed me of the ability to see and accept myself as I am. My dishonesty with myself grew to dishonesty with others and made it impossible to form any kind of authentic relationships with the people around me. Over the years, I have developed a

shame that masquerades as grandiosity, arrogance and self-pity. This shame prevents my finding serenity and further alienates me from the people in my life. To put it simply, living with this kind of mind is exhausting and stressful, and if it goes unchecked, it eventually requires relief. That needed relief was the reason I always reached out for a drink, and, of course, one drink was never enough.

Step 4 has truly been a fact finding excursion for me. It has given me an accounting of my bad behavior, but it has also introduced me to the defects of character that continue to surface and make my life such a chore. Step 4 has made me aware of these patterns of thinking, patterns rooted in fear, shame and selfishness. These patterns of thought were created to shield me from truths I was sure were too painful to face—truths about my petty corruption and my selfish and fearful motives that grew more ominous and overwhelming with each day spent clinging to denial and rebellion. The awareness gained through making a fearless and thorough Step 4 inventory is truly an awesome gift. With this new awareness comes humility. Humility brings me closer to my Higher Power and allows me to move on through the remaining steps.

Step 4 is not an end. It is a beginning. The remaining steps bring the relief and provide a design for living that can keep me free from the kind of thinking that poisons my soul and eventually always requires the chemical relief that alcohol once provided.

Allen L. Exeter

**Tradition 4** "Each group should be autonomous except in matters affecting other groups or A.A. as a whole".

With respect to its own affairs, each A.A. group exclusively to its own conscience. But when its plans concern the welfare of other groups, those groups ought to be consulted. No group, regional committee or individual should take any action which could affect A.A. as a whole without consulting with the trustees of the Alcoholic Foundation.

On such issues our common welfare is paramount.

Tradition 4 is a specific application of general principles already outlined in Traditions 1 and 2.

In Tradition 1. "Each member of A.A. is but

a small part of a great whole. A.A. must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward."

In Tradition 2. "For our group purpose there is but one ultimate authority - a loving God as he may express himself in our group conscience."

Considering these concepts we look again at Tradition 4. The first sentence of this tradition gives each group local autonomy. I respect to its own affairs makes decisions, adopts attitudes to fit its purpose. No outside authority should challenge this primary privilege. This should be so even if a group acts with indifference to our tradition.

Each group has the right to be or do wrong. Our experience shows that such wrongs will direct a group back to the traditions without any necessary outside influence. Their experience, other A.A. members' opinions, plus God's prompting in their group conscience will prove sufficient. Hence we confidently say to each group, "You should be responsible to no other authority than your conscience." We should note, this liberty applies to each groups own affairs. Tradition 4 goes on record to say, when a groups plans would have an effect on other groups those groups to be affected should be consulted. When group plans affect A.A. as a whole, the Trustees of A.A. should be consulted. To do this would not be liberty, it would be sheer license, this would not be democracy it would be anarchy. So we utilize the principle of consultation in all matters affecting other groups or A.A. We consult the groups, intergroup committees, or the A.A trustees before taking action. This principle is summarized in the last sentence of tradition 4. "On such issues our common welfare is paramount"

Bill W. - The A.A Grapevine. March, 1948

## Upcoming Events

**Have an Event?? Send an Email:  
centralintergroupnews@gmail.com**

# God As We Understand Him

The Dilemma of No Faith The Language of the Heart -  
Bill W's Grapevine Articles

“Though three hundred thousand did recover in the last twenty-five years, maybe half a million more have walked into our midst, and then out again. No doubt some were too sick to make even a start. Others couldn't or wouldn't admit their alcoholism. Still others couldn't face up to their underlying personality defects. Numbers departed for still other reasons.

“Yet we can't well content ourselves with the view that all these recovery failures were entirely the fault of the newcomers themselves. Perhaps a great many didn't receive the kind and amount of sponsorship they so sorely needed. We didn't communicate when we might have done so. So we AAs failed them. Perhaps more often than we think, we still make no contact at depth with those suffering the dilemma of no faith.”

Bill W., April 1961 Contributed By Jolene E.

## *A Spiritual Experience*

I had an awesome spiritual experience this last week. I was headed to work from my home in Porterville on Olive/Ave. 152 headed out to Hwy 99. I had just passed Poplar when a Jeep came up on my bumper. I was doing around 65 MPH (this stretch of road is CHP heaven) so I didn't get a ticket and I suppose that was not a sufficient pace in the Jeep drivers mind.

I felt the resentment and anger building like I was a Jack-in-the-box and they were winding me up, was close to popping out of the top to say HELLO!!. All of a sudden I FELT the serenity prayer, and I said it aloud “God grant me the serenity to ACCEPT the things I cannot change” and a sudden relief washed over me, “the courage to change the things I can” the thought popped into my mind pull off and let them pass, “and the wisdom to know the difference” I used my blinker, pulled off to the side and they passed me.

Now the best part!!! To this point, there was NO TRAFFIC (which is rare) and the Jeep could have easily passed but didn't. All of a sudden two SSL-LOOWW semi trucks (hauling FULL fresh & steamy

loads of manure from a dairy) pull out in front of the Jeep. A steady stream of oncoming traffic appears and the Jeep is stuck now riding the semi's bumper. For 10 miles I giggled as little chunks cow poop flew all over his windshield and hood, as he frantically looked every 30 seconds to see if it's clear to pass, it never was... epic comedy!

MY God/Higher Power is AWESOME, instead of allowing me to become upset and have a terrible day because of something as trivial as a tailgater, he supplied me with a program that teaches me a design for living and provided a set of spiritual tools that I use on a daily basis to make my life and the lives of those around me better Have a great month everyone!

Louie T.

## *Central Service Meeting* Minutes March 27, 2018

**MEETING CALLED TO ORDER:** 7:00

**CENTRAL OFFICE BOARD MEMBERS PRESENT:** Julie M., Bob H, and Sheri T.

**BOARD MEMBER ABSENT:** Stella T. & Louise G.

**SERENITY PRAYER:** Julie M.

**12 TRADITIONS:** Monica

**SECRETARY REPORT:** Minutes of the last meeting with the following edit of spelling correction with Allen's name under GSO Liaison. Allen moved and with 2nd by Sheri.

**BOARD OF DIRECTORS MEETING:** Minutes of the board of directors meeting were read by Sheri T.

**TREASURER REPORT/OFFICE REPORT:** Bob H.- We had an income of \$3,172.29 and expenses of \$6,626.02 for a loss of \$3,453.73 for this accounting period. Group contributions were great. Sales were about average.

Expenses include a large literature order and our quarterly taxes from the last quarter of 2017 plus our normal expenses. We had \$363.35 in net sales from the Credit and Debit card sales from 8 transactions in January.

**PI/CPC:** Stella T. - Nothing to report.

**WEBSITE REPORT:** The website is still very active with 106 unique visitors per day. The website is updated with meeting changes. There were 72 views for Springville.

### **STEP FOR NEWSLETTER - VOLUNTEER**

April Step 4 Allen L. Due to  
CentralintergroupNews@gmail.com 3/20/18

May Step 5 Keith A. Due to  
CentralintergroupNews@gmail.com 4/20/18

### **TRADITION FOR NEWSLETTER-VOLUNTEER**

April Tradition 4 Julie M. Due to  
CentralintergroupNews@gmail.com 3/20/18

May Tradition 5 Sheri T.. Due to

CentralintergroupNews@gmail.com 4/20/18

**H&I REPORT:-**Bob read an e-mail from H&I and they are now taking online contributions. Website: www.handinorcal.org/contribute.

**GSO LIAISON-** Allen- Alternate DSM- Allen announced event that will be March 31st- see flyer for District 47.

**CSR REPORTS:**

**Doug H.-Acceptance Group-**This is an open, Gay AA meeting in Porterville but everyone is welcome. We meet at the First Congregational Church on Fourth & Mill. This is a 1 hr meeting from 6-7 pm every Wednesday. The meeting has been growing, there have 20 - 25 people in attendance recently. We discuss what is going on in your sobriety today. Birthdays are celebrated on the last Wednesday of the month. Our group has been able to contribute to Central Office.

**Louise G.-The Rainbow Group-**The Visalia Rainbow meeting (Saturday evenings 5:30 - 7:00 PM) is an open discussion meeting which meets in the Polar Bear Room at Kaweah Delta Rehab on Acres. This is a topic discussion meeting with lots of good participation-facilitated by the use of a timer holding participants' shares to 5 minutes. Business meetings are held the 2nd Saturday of each month, chips are given at every meeting but birthdays are celebrated on the last Saturday of the month.

**Doug H.. -Springville Gut Level Group-** This meeting meets every Thursday from 7:00-8:30 at the Lighthouse Chapel in Springville. This is an open meeting and all are welcome. Lots of old and new sobriety.

**Monica R.- Women's Amity Group-** We are a closed women's group located at 6400 W. Walnut Ave in Visalia. We meet every Tuesday from 6:30-8PM. We celebrate 1 year birthdays weekly and all other birthdays the last Tuesday of the month. We give chips weekly and have about 30 women attend regularly.

**Keith A. -Springville Breakfast Speaker Meeting-**The Springville Breakfast Speaker meeting meets the 2nd Sunday each month. The meeting is located at the Veterans memorial building in Springville. Breakfast is from 8-10am. The meeting starts at 10:15 with a 10 minute warm up speaker, a break 10-15 minutes and then the main speaker to 11:30. Great food, fellowship! 50/50 raffle. Come join us! The April speaker is Rae Ann from Corcoran.

**David T. Tulare Unity Young Peoples-** We meet every Saturday night at 7:30 PM for an open young people's AA meeting. All ages welcome.

**Billy B. Bridge St Drunks Only Group:** -This group has 20 meetings each week. The early morning group (closed) meets 7 days a week with approx. 20 in attendance. The noon meeting (closed) meets M-F and has open meetings Sat. & Sun. There's a women's meeting at 5:30 - 6:30 Monday evenings. Tuesday night at 7:00 is an open literature study currently reading "As Bill Sees It". Wed. At 6:00 PM is an open 12X12 study meeting. The Primary

Purpose group meets on Thursday nights at 7:00. The meeting studies the Big Book and gives an opportunity for newcomers to be introduced to the program and find a sponsor. On Saturday evening at 7:00PM an open discussion meeting is held; and on Sunday evening 5:00PM there is a closed 10th Step workshop.

**Jonathan T. Mens Stag** - We meet at 7:30 at 820 east main street in Visalia every Monday night for a closed Mens meeting. Tons of sobriety in the group. We celebrate birthdays on the last Monday of the month. Lots of experience, strength and hope! Please join us.

**Trudy W. -Lindsay Fireside Fellowship-** We meet Thursday evening from 7:30-8:30 in the Fireside Room of Lindsay United Methodist Church (corner of Honolulu & Gale Hill due east of post office and city hall.). We are an open meeting; a small number of regulars welcomes newcomers and card carriers equally, sharing sobriety old and new. We celebrate birthdays the last Thursday of the month. Come help us keep the lights on for this community with recovery needs.

**Trudy W. Exeter Quiet Trails Group** - We meet every Tuesday evening in the Exeter Methodist Church fellowship room (behind the sanctuary) at the corner of Palm and D Streets. We are an open meeting welcoming newcomers and old timers alike. We celebrate birthdays the last Tuesday of the month. Please join our small town fellowship at our NEW TIME: 7:30-8:30 p.m.

#### OLD BUSINESS

1. New Year's Celebration--
- a. Preference Forms- discussed

#### NEW BUSINESS

1. Picnic: Julie asked for a committee lead- Keith stated he would chair and Sheri said she would help. The first meeting is next month at 6PM before the CSR meeting.

**SEVENTH TRADITION:** \$45.00

Announcements: Sister B's retreat is coming up.

**MEETING ADJOURNED:** 6:35 pm

Respectfully submitted,  
Sheri T.

## *Special Announcement*

**THE HILLMAN GROUP NEEDS SUPPORT!!!!**

**IF YOU ARE AVAILABLE WE MEET EVERY THURSDAY AT NOON. AT ST. RITA'S IN TULARE 954 S. "O" ST. WE ARE HAPPY TO HAVE YOU!!**

# April AA Birthdays

Name	City	Years
Jolene E.	Visalia	44
Bill M.	Visalia	41
Mike W.	Visalia	39
Cheryl H.	Springville	38
Sammy	Tulare	38
Wanda B.	Lindsay	38
Helen Z.	Visalia	37
Robin F.	Ivanhoe	36
Rocky R.	Dinuba	35
Rick D.	Visalia	34
Rick W.	Visalia	32
Janet T.	Visalia	32
Patty P.	Visalia	32
Clayton F.	Tulare	31
Charlie M.	Visalia	30
Julio Q.	Porterville	30
Neil N.	Exeter	30
Roger G.	Visalia	30
Sheila W.	Visalia	30
Brent G.	Springville	29
Kolene L.	Visalia	29
Kathy R.	Visalia	29
Danny	Porterville	29
Rick R.	Porterville	29
Albert G.	Visalia	29
Jim W.	Three Rivers	28
Shirley A.	Tulare	28
Karen L.	Sacramento	28
Sue H.	Visalia	28
T.O. A.	Lindsay	27
JC E.	Visalia	26
Joe S.	Porterville	26
John B.	Visalia	25
Mike R. Jr.	Woodlake	25
Maria W.	Porterville	25
Lindsay D.	Springville	25
Pat R.	Visalia	25
Nancy S.	Tulare	24
Catherine S.	Visalia	23
Marvin A.	Tulare	23
Bill E.	Tulare	21
Kathy E.	Exeter	18
Jeff H.	Porterville	16
Sean M.	Visalia	14
John H. Jr.	Visalia	14
Ricky G.	Dinuba	14
Bill H.	Visalia	13
Carson T.	Exeter	10
Debbie	Visalia	10
Rick R.	Visalia	10
Lucinda A.	Visalia	9
Frank S.	Visalia	8
Sheryl E.	Springville	5
Alice S.	Tulare	2

# Financial Report

TULARE COUNTY CENTRAL OFFICE

Income & Expense Statement

2/21/2018 THROUGH 3/20/2018

<u>INCOME</u>	<u>MONTH</u>	<u>YEAR TO DT.</u>
B.Day Club	46.00	128.00
CD & Tape Cont.	10.00	20.00
Group Cont.	1,173.42	5,534.27
Indiv Cont	484.89	3,622.26
Lit. Sales	469.45	1,602.60
Memorial Cont.	0.00	0.00
Misc.	0.00	0.00
Newsletter Cont.	11.00	11.00
S & H	0.00	0.00
Sales Tax	59.68	204.09
Spec. Events	0.00	5,893.58
Spec. Items	362.72	1,457.32

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**TOTAL**                      **\$2,617.16**              **\$18,473.12**

<u>EXPENSES</u>	<u>MONTH</u>	<u>YEAR TO DT.</u>
Ans. Serv.	40.00	120.00
Fees-Taxes	64.95	84.95
Insurance	0.00	550.00
Lit. Costs	0.00	1,862.60
PI-CPC Expense	0.00	0.00
Misc Expense	0.00	0.00
Newsletter Cost	0.00	0.00
Office Exp	150.00	486.95
Office Equip.& Maint	14.97	307.23
Phone & ISP	180.33	537.38
Postage	0.00	50.00
Employee Taxes	0.00	1,267.04
Rent	525.00	1,575.00
Salary	1,297.82	4,578.19
Sales Tax-Paid	0.00	0.00
Security System	148.35	148.35
Spec. Events	0.00	2,885.84
Spec. Items	15.00	551.65
Card Charge	8.47	16.48
Utilities	106.56	293.12
Website	0.00	65.38

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**TOTAL**                      **\$2,551.45**              **15,380.16**

**Net Gain(Loss)**              **\$65.71**              **\$3,092.96**

**BEG. TOT. ACCT. BAL:**              **\$15,382.71**

**END. TOT. ACCT BAL:**              **\$15,448.42**

# Speaker Meetings

# Group Contributions

**Porterville Recovery Club Speaker Meeting**  
**186 W. Walnut Ave.**  
**Friday April 6th, 2018 at 8:00 PM**  
**Speaker: - TBA**

**Friday Book Study Speaker Meeting**  
 1820 N. Gem St, Tulare  
**Friday, April 13th, 2018 at 8:00 PM**  
**Speaker: - Albert G Visalia, CA**

**Sunday AM Breakfast Speaker Meeting**  
 Veterans Memorial Building  
 36000 Hwy 190, Springville  
 Sunday, April 8th, 2018 at 10:15 AM  
 (Breakfast at 8:30 to 10:00 AM)  
**Speaker: Rae Ann B. - Corcoran, CA**

**The Valley Group, Speaker Meeting**  
 The Gallery @ The Creative Center  
 410 E. Race Ave.  
 Every Wednesday from 7-8 p.m.  
**Apr 4 – Robin W. of Visalia – 14 Years!**  
**Apr 11 – Wanda B. of Lindsay and Bill H. of Visalia – 38 and 13 Years Tonight!**  
**Apr 18 – Brian P. of Visalia – 1 Year!**  
**Apr 25 – Bill E. of Tulare – 21 Years Tonight!**  
**That's 87 years of sobriety in four simple one-hour sessions!**

## CENTRAL NEWS

### Editorial Policy

Central News is a monthly newsletter of the Tulare County Central Office of Alcoholics Anonymous located at 449 E. Maple, Exeter, Ca. 93221. It is about, by and for the members of the AA Fellowship. Opinions expressed herein are not to be attributed to the AA organization as a whole, nor does publication of information imply any endorsement by either AA or the Tulare County Central Office. Exception: Quotations and artwork from AA books or pamphlets are reprinted with permission from AA World Services, Inc., or AA Grapevine, Inc. Contributions from AA members are encouraged and welcomed! These will be reprinted as space permits. Send contributions to [centralintergroupnews@gmail.com](mailto:centralintergroupnews@gmail.com).

Louie T.

	Month	YTD
2/21/18-3/20/18		
10th Ave Men's-Lemoore		43.56
ABC Group		35.00
Alpha-Wed-Tulare	60.00	60.00
Attitude Modification-210	150.00	300.00
Breath of Fresh Air		0.00
Bridge St. "Drunks Only"	219.85	1,021.13
Central Calif. Roundup		0.00
Civic Center Grp.		0.00
Clodbusters-Tulare		362.00
Crossroads-Tulare	150.00	150.00
CSO Meeting	45.00	150.00
Dinuba Grp		0.00
District 47		400.00
Dr. Bob & Friends		40.00
Exeter-Quiet Trails		0.00
Exeter Sun Afternoon		150.00
Foundation Group	60.00	94.45
Freedom Fellowship		275.00
Fresno Village Group		350.00
Fri. Night Study Tulare		0.00
No. Cal H&I		0.00
Message of Hope		0.00
Monday Men's Mtg.		0.00
Monday Night Live		0.00
Mid Valley-Tulare		0.00
Mon Book Study-S'ville		0.00
Mon Lit Study-Visalia		0.00
Monday Meditation-Visalia		0.00
Mon Men's Book Study		0.00
Nooners Group-Visalia		0.00
Pine Recovery AA Mtg	18.00	18.00
Porterville Young People		0.00
Practicing The Pinciples		0.00
Rainbow Group	96.00	156.00
Rule 62-Visalia		0.00
Serenity Junction-Tulare		0.00
Serenity Seekers AM-Visalia		100.00
Soberfest Groups		0.00
Wed. Sobriety Celebration		0.00
Springville Gut Level		0.00
Sun Bkfst Spkr Mtg		0.00
Sun PM Serenity Seekers	120.00	120.00
Tulare Young People	45.57	45.57
Tulare Co. Young People		28.05
Tulare Fri. Book Study	20.00	20.00
Tulare 2nd Fri Spkr Mtg		0.00

Tulare Tuesday Night		100.00
Tulare Thurs. Noon		0.00
Tulare Sunday Night		0.00
Tues. Men's-P'ville		0.00
Three Rivers-Monday		0.00
Unity Thru Traditions		152.51
Valley Group		100.00
Valley Speaker Series		621.00
Wandering Couples	161.00	161.00
Wed. Acceptance, P'ville		400.00
Weekend Attitude Adj.		0.00
Women's Amity-Visalia		0.00
Women's Changes-P'ville		0.00
Women's Fri. Night-P'ville		0.00
Women's Sat AM 12x12		53.00
Young & Restless	28.00	28.00
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Total	1,173.42	5,534.27

## Editor's Corner

A new year is upon us... it seems like the older I get the faster the time goes!! I am here today to wish you all well. If your recovery could use a little pep, why not get involved in some service work, make coffee, greet a newcomer, or perhaps...write an article, personal story, or some experience, hey even a joke!!! Being involved with the production of this newsletter has really been an unforeseen source of serenity! Thank you for letting me be of service. Have a 2018 that is happy joyous, and free!!

**centralintergroupnews@gmail.com**

**Louie T.**



## Central Office Contacts

Answering Service Calls	2
AA Members	8
Court Ref/Info	4
Meeting Information	8
H & I	0
Alanon & Alateen Information	2
Info. re Recovery Homes	1
Schedules & Info-Mailed & Faxed	0
Bridging The Gap	0
Other 12 Step Programs	2
Visitors to Office	56
Literature Sales	20
Specialty Sales	22
Churches & Schools	1
General Information	11
Prospective Members	1
Twelve Step Calls	1
E-Mail Contacts	16
Spanish Contact	1
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Total	156

## Contributions

### Birthday Club

Jolene E.	Visalia	44
Kenneth B.	Porterville	2

### Individual Contributions

Anonymous  
Elgin M.  
Jim B.  
Jim K.  
Julie M.  
Mike S.  
Shannon S.

### Newsletter Contributions

Jolene E.

### Memorial Contribution

None



# Lighter Side of AA Service Meetings

## WE ARE NOT A GLUM LOT

Johnny B. is struggling with recovery and, as luck would have it, he is pulled over by a policeman the one time he slips up.

“Sir, I smell alcohol on your breath. Have you been drinking today?”

“Well, officer, you’d be drinking too if you’d just killed your wife.”

“WHAT!?! Are you confessing to murder?”

“The handgun is hidden under the seat. In the glove box, I stashed the heroin and a syringe I used to knock her out. Her body, bless her soul, is wrapped in a sheet in the trunk of the car.”

The officer, stunned, handcuffs Johnny B. and calls for his sergeant. The sergeant arrives, takes the car keys and opens the trunk.

There’s no body in here,” he says to the patrolman. “I thought you said there was a homicide?”

The sergeant then looks in the glove box.

There isn’t any heroin and there’s no syringe,” he says. He then searches under the seat. “And no gun either.”

The sergeant turns to Johnny B. for an explanation.

“Well, looks like he’s been drinking too.”

Have a Joke???? Submit it to:

**centralintergroupnews@gmail.com**

## AND ADDRESSES

### Service Meetings

GSR Meeting at Central Office  
449 E. Maple St., Exeter, CA  
Wednesday, April 4, 2018 at 7:00 PM

CSR Meeting at Central Office  
449 E. Maple St., Exeter, CA  
Tuesday, April 10, 2018 7:00 PM

H&I Meeting at Alano Club  
Visalia Alano Club, 1311 W. Murray  
Saturday, May 12, 2018 at 9:00 am  
2nd Saturday of odd months.

### SERVICE ADDRESSES

Tulare County Central Office  
449 E. Maple St..  
Exeter, CA 93221

District 47, C.N.I.A.  
P.O. Box 273  
Exeter, CA 93221

CNIA Treasurer  
PO Box 161712  
Sacramento, CA 95816-1712

General Service Office  
PO Box 459, Grand Central Station  
New York, NY 10163



# SIXTH ANNUAL CENTRAL CALIFORNIA COUNCIL ROUNDUP



## *AA: A Solution for All Generations*

**Newcomers Welcome!**

Roundup is Organized by  
10+ Central Valley AA Groups

**May 18 & 19, 2018**

Hope Lutheran Church: 364 E. Barstow Ave, Fresno, CA 93710

**ADMISSION \$20 per person**

Saturday Night Dinner (5:30 pm) & Saturday Night Comedy Show (9:15 pm)  
Registration Raffle and 50/50 Raffle

**FREE EVENTS**

Friday Night Speaker Meeting (7:30 pm), Saturday Speaker Meeting (7:00 pm),  
and Marathon Meetings

**GOLF TOURNAMENT**

April 29, 2018, Riverside Golf Tournament

**Register Online for Conference & Golf Tournament at [www.3c2a.org](http://www.3c2a.org)**

**Last day to register is May 10th. No sales at the door.**

**HOTELS**

Registration Code 3C2A

Courtyard by Marriott: 140 E. Shaw Ave, Fresno, (855) 479-0732

Country Inn & Suites: 6065 N. Thesta St, Fresno, (559) 435-5838



"Breath of Fresh Air" presents...

# The Ritchie Barn Experience

## 29<sup>th</sup> Annual BBQ, Auction & Dance

Saturday, April 28, 2018

Guest Speaker:  
Georgia B. of Los Angeles, California

**Tickets**  
\$12.50 in advance / \$15.00 at the door

BBQ Tri-Tip Dinner	5:00 – 6:30 p.m.
Baked Goods Auction	6:00 p.m.
Meeting	7:00 p.m.
Speaker	7:30 p.m.
50/50 Drawing After Speaker	
Music and Dancing with Live Western Music	9:00 p.m. - ?????

### Come join the fun, food and fellowship!

Ritchie Barn - 16338 Avenue 308, Visalia, California



Directions: Take CA 198 East. Take Lovers Lane exit.  
Turn left on Lovers Lane. Turn right on Houston Avenue.  
Follow Houston Avenue to Road 160.  
Turn right on Avenue 308.



**JOIN US!!!**



# **TUCYPAA**

**Tulare County Young People in Alcoholics  
Anonymous**

**Unity. Service. Recovery.**



**For more info contact:**

**“L”**

**559-972-3210**

**Henry**

**559-977-4360**

**Amy**

**559-280-2679**

**Every 1st and 3rd Sunday at:**

**First Jesus Name Church of Cameron**

**Creek**

**29076 Road 164**

**Visalia, CA**

**OUR MISSION:**

**Support young alcoholics in their recovery through the 12 steps**

**Promote unity among alcoholics of all ages**

**Encourage young members of A.A to participate in A.A.'s general service structure**

# *Your Content Here!!!*

Have an event????

New group starting up?????

Have a story to share???

Take some amazing photos around our district???

Want to be of service????

All this can be accommodated-we are available to help! Simply reach out to us here at Central News and we will do all we can to get the word out!!!

Carrying the message to the Alcoholic who still suffer is our primary purpose. What better way to do it then to get involved!!!!

Send your content to:

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

... and we will help you communicate to district 47!!!

