

CENTRAL NEWS



SJV Sunset (Taken Atop Lewis Hill) Porterville, CA

Dr. Silkworth's RX for Sobriety

Anyone who tried to impress a drinking alcoholic with the approach, "You can't have your cake and eat it, too," would probably draw a scornful, "So what! Who wants any cake? Tony, make it a double this time."

The same idea expressed as, "You can't have your bottle and drink it, too," might get his attention because to a drinking alcoholic a fresh unopened bottle, brimming brightly with abundance, is a symbol of good things to come. He knows well enough, of course, that he can't drink it and still have it, but he blocks his mind to the inevitability of that horrible moment when the last bottle will be empty.

The untapped bottle remains a symbol to the non-drinking alcoholic, at least to the alcoholic who has dried up in A.A. So long as it stands unopened it represents drinks he has not taken, and the good things of life he has found by not drinking.

Yet now and then a persevering soul tries to have both the figurative and the liquid contents of the bottle. He tries to make an impossible compromise.

In the opinion of a man who has administered personally to at least 10,000 alcoholics, the attempt to make this kind of compromise is one of the most common causes of failure to get a safe hold on A.A.

Dr. W.D. Silkworth, genial and beloved little

patriarch at Towns Hospital, New York, for twelve years and now (1945) also in charge of the new A.A. ward at Knickerbocker, also New York, defines it as the "alcoholic double-cross."

"The majority who slip after periods of sobriety," says Dr. Silkworth, "having double-crossed themselves into thinking that somehow they can have the unopened bottle and drink it, too. Even though they have been in A.A. and going to meetings, and following parts of the program, they have accepted it with reservations somewhere. They actually have been one step ahead of a drink. Then they began playing around with the notion they can drink a little and still have the good things of A.A. The outcome is an inevitable as the bottle becoming empty once it has been opened by the alcoholic."

When Dr. Silkworth discusses A.A. "slips" his usually cheerful face becomes serious even a little grim. Through his long years of practice in the field, he has become increasingly sympathetic, but not case-hardened, to alcoholics. He understands what they experience. Having been one of the first in his profession to support A.A. and having guided scores of alcoholics into A.A., he also appreciates the fact that a "slip" for an A.A. involves an extra degree of remorse

and misery.

Dr. Silkworth is particularly emphatic on one point.

“Slips are not the fault of A.A. I have heard patients complain, when brought in for another drying out, that A.A. failed them. The truth, of course, is that they failed A.A.

But this mental maneuvering to transfer the blame is obviously another indication of fallacious thinking. It is another symptom of the disease.”

A quick way to get Dr. Silkworth’s appraisal of A.A. is to ask him how he thinks “slips” can be prevented.

“First,” he explains, “let’s remember the cause. The A.A. who “slips” has not accepted the A.A. program in its entirety. He has a reservation, or reservations. He’s tried to make a compromise. Frequently, of course, he will say he doesn’t know why he reverted to a drink. He means that sincerely and, as a matter of fact, he may not be aware of any reason. But if his thoughts can be probed deeply enough a reason can usually be found in the form of a reservation.”

“The preventive, therefore, is acceptance of the A.A. program and A.A. principles without any reservations. This brings us to what I call the moral issue and to what I have always believed from the first to be the essence of A.A.”

“Why does this moral issue and belief in a power greater than oneself appear to be the essential principle of A.A.? First, an important comparison is found in the fact that all other plans involving psychoanalysis, will-power, restraint and other ingenious ideas have failed in 95 per cent of the cases. A second is that all movements of reform minus a moral issue have passed into oblivion.”

“Whatever may be the opinions one professes in the matter of philosophy -whether one is a spiritualist or a scientific materialist - one should recognize the reciprocal influence which the moral and physical exert upon each other. Alcoholism is a mental and physical issue. Physically a man has developed an illness. He cannot use alcohol in moderation, at least not for a period of enduring length. If the alcoholic starts to drink, he sooner or later develops the phenomenon of craving.”

“Mentally, this same alcoholic develops an obsessive type of thinking which, in itself a neurosis, offers an unfavorable prognosis through former plans of treatment. Physically - science does not know why - a man cannot drink in moderation. But through moral psychology - a new interpretation of an old idea - A.A.

has been able to solve his former mental obsession. It is the vital principle of A.A., without which A.A. would have failed even as other forms of treatment have failed.”

“To be sure, A.A. offers a number of highly useful tools or props. Its group therapy is very effective. I have seen countless demonstrations of how well your ‘24-hour plan’ operates. The principle of working with other alcoholics has a sound psychological basis. All of these features of the program are extremely important.”

“But, in my opinion, the key principle which makes A.A. work where other plans have proved inadequate is the way of life it proposes based upon the belief of the individual in a Power greater than himself and the faith that this Power is all sufficient to destroy the obsession which possessed him and was destroying him mentally and physically.”

“For many years I faced this alcoholic problem being sure of one scientific fact - that detoxication by medical treatment must precede any psychiatric approach. I have tried many of these orthodox psychiatric approaches and invented some new ones of my own. With some patients I would be coldly analytical, if they were of the so-called ‘scientific’ type who is apt to have a superior attitude toward anything emotional or spiritual. With others, I would try the ‘scare’ method, telling them that if they continued to drink they would kill themselves. With still others, I would attempt the emotional appeal, working both the patient and myself into a lather. He might be moved to the point of shaking hands dramatically and telling me, with tears streaming down his face, that he was never going to take another drink. And I knew that the probability was he would be drunk again within two weeks or less.”

“Since I have been working with A.A. the comparative percentage of successful results has increased to an amazing extent.”

“The percentage of success that A.A. has scored leaves no doubt that it has something more than we as doctors can offer. It is, I am convinced, your second step. Once the A.A. alcoholic has grasped that, he will have no more “slips.”

Dr. William D. Silkworth June 1945

Step 1

Step One: "We admitted we were powerless over alcohol-that our lives had become unmanageable."

I was desperate upon entering the doors of A.A. I was sick and tired of being sick and tired. I knew I was powerless over alcohol and frankly I didn't want to stop I just wanted to stop feeling the way I did. If only I could manage my drinking then all would be fine. I also carried the attitude of "please, don't tell me what to do even if you see me heading towards a cliff I see the cliff too thank you very much". Step one was a thunderbolt for me. I was drinking less days in a row but every time I would take even just a little sip the end result was blackout confusion. I got to my knees and I just prayed to God whom I abandoned a long time ago, "God, I'm an alcoholic-and I don't want to stop drinking. Please help me". I said that sobbing and sincere. God brought me to A.A. I had a sponsor, a big book, a home meeting and a directory for more meetings. Meeting with my sponsor taught me the first word in step one- this is a WE program and I cannot stay sober on my own. Into my third month of A.A. I had a highly anticipated coffee meeting with my sponsor- I loved that she was supportive and non-judgmental and she had so much wisdom I felt wiser just sitting next to her. I kicked her off my self-made pedestal that meeting because we were covering step one. She asked what step I thought I was at. I responded that I was in step 3 and gave her great supporting evidence of work I had done to justify my graduating to that step. She chuckled a little and said, "Ummm, Sheri - I don't think you have entirely worked step 1 yet" "What!?" I was appalled and deeply angry but of course I wasn't ready to show that to her so I listened. She said, "I heard what you said about step one and you definitely admit that you are powerless over alcohol but there is more to that step. It also states that our lives had become unmanageable. I would like you to consider that second part of step one and we can discuss it further the next time we meet." I muttered an okay and couldn't get out of that terrible coffee place fast enough. Who did she think she was? That's it- I think I need a different sponsor one that can validate my work and understands when I explain that work so well. I got down on my knees again and asked God to help me understand what she meant by that absurd observation. By the end of the week I realized that I had library books overdue for ummm well... over 10 years. I'm not sure if I was at the time but

often I would drive with expired plates and it was just my terrible "luck" when I would get pulled over. When I was drinking I would miss appointments and feel self-righteous if my absence ever offended someone. As God revealed more about my life and my inability to manage it well I was made ready for our next coffee meeting at that wonderful coffee place that serves the best coffee with the cutest atmosphere. I couldn't wait to share with the world's once again wisest sponsor all that was revealed to me about step one. I believe I have grown since then but I know that my growth isn't because of me, it's because of WE. God, A.A., my sponsor, and my willingness. What is still baffling is at this point of life I'm still able to readily admit powerlessness- the "WE" is still a struggle and the hardest of all is the letting go of thinking I have it all under control. I'm so grateful that our program is a continuous program of growth, progress, and WE. The more willing I am to let my mind open up and work with my sponsor, listen at meetings for the solution and pray the less I have to control people, places and things hence giving me a manageable and joyful life. From this A.A. to you- happy, healthy NEW Year. May you step into areas that your higher power is calling you to do and may you not drink today!

Sheri T

Tradition 1

Our common welfare should come first, personal recovery depends upon AA unity.

The first line in the 12 x 12 for this step states: "The unity of Alcoholics Anonymous is the most cherished quality our Society has." So very true, and what a controversy this causes in some groups at times. So what is unity? Is it sitting by our friends in meetings? Is it going out afterward for coffee? Is it having parties for Christmas or NYear's Eve? That might be called more fellowship than unity of the group. We do spend a lot of time with these other activities it does seem. I think members sometimes get confused on the AA message, are we here to mingle, or are we here to get sober and try to change our flubbed up lives? Don't get me wrong, I LOVE all these other activities, but not in place of AA meetings, and carrying the message to the suffering alcoholic. This is kind of a strange time for me to be writing this Tradition. I am having a little bit of a hard time with

some decisions being made at groups. Are we united? Are we fighting amongst ourselves? Are we trying to be critical of other members? Are we using the old double standard technique? It is ok for one person to take a job commitment in the group, (actually almost got thrown the keys for the secretary position as they sped out of the parking lot), but when it is time for another person to take over, some personalities come into play, and it becomes a huge decision? I just have to remember that God is in charge, not me, or any other AA members. I am going to try to live by that principle the best that I can.

Personal recovery depends on our unity as a group, and AA as a whole. I cannot even count the times I have had to hold my tongue in a meeting, not caring what another person has shared, but I also respect the fact that everyone has an opinion, and they will share it at times. It does not have to be my opinion, but I can listen and weigh the depth of what they have to say. Sometimes it is something I have to think about for a while. Sometimes it is something I used to believe years ago, but don't necessarily feel the same way today. Every person in AA is my teacher, some teach me what I want, and some teach me what I don't want. I get to choose what works for me, that is if I stick around long enough, and maybe get used to some tough love at times.

I know how important the Traditions are, and if we cannot pay attention to those Traditions, we might as well call ourselves "Whatever the hell you want to do or say Anonymous". What is important for anyone to remember, new and old, is to find a meeting you feel comfortable in, and respect what is shared, and keep attending that meeting. Or better yet, take a coffee pot and start a new one. HA

I am forever grateful for those crusty old timers that helped me when I arrived here 28 years ago. They might have said and done some things that I did not particularly care for, but I stuck around just the same. Happy New Year.

Julie M.

Upcoming Events

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

January AA Birthdays

Name	City	Years
Eddie M.	Exeter	46
Janice M.	Exeter	45
Rosemary H.	Three Rivers	44
Ray C.	Corcoran	43
Wilma L.	Tulare	42
Phyllis Q.	Porterville	42
Margie M.	Visalia	40
Ray C.	Exeter	40
John S.	Ivanhoe	39
Lyna H.	Three Rivers	38
Neva H.	Visalia	38
Edith M.	Visalia	36
Gary P.	Visalia	36
Peggy F.	Dinuba	35
Paul P.	Farmersville	34
Ramon V.	Porterville	33
Avg. Dave	Visalia	32
Mike K.	Visalia	32
Mike S.	Visalia	32
Mike S.	Hanford	32
James R.	Visalia	31
Monte W.	Visalia	30
Karen B.	Visalia	30
Don W.	Tulare	29
Jim B.	Visalia	28
Jack R.	Visalia	28
Sandi M.	Porterville	28
Paul S.	Visalia	27
Raymond C.	Visalia	27
Dusty A.	Visalia	26
Scott O.	Visalia	26
Linda A.	Visalia	25
Raleigh A.	Visalia	25
Tim M.	Visalia	25
Dick	Visalia	25
Sandy W.	Woodlake	24
Gale D.	Visalia	23
Eric M.	Visalia	23
Bob Y.	Hanford	21
Stan B.	Terra Bella	20
Greg G.	Porterville	19
Santiago G.	Visalia	18
Martin	Dinuba	18
Catherine C.	Visalia	14
Bob M.	Visalia	13
Jim P.	Visalia	13
Elgin M.	Exeter	12
Linda I.	Visalia	12
Martha M.	Porterville	11
Miguel S.	Dinuba	10
Maria G.	Dinuba	10
Kim L.	Tulare	4
Vicki B.	Porterville	2

Central Service Meeting

Minutes December 12, 2017

MEETING CALLED TO ORDER: 7:00

CENTRAL OFFICE BOARD MEMBERS PRESENT:

Doug H, Bob H. & Sheri T.

BOARD MEMBER ABSENT: Mark G. & Stella T.

SERENITY PRAYER: Led by Doug H.

12 TRADITIONS: Jonathan

SECRETARY REPORT: Mike motioned, Jonathan 2nd and group approved

BOARD OF DIRECTORS MEETING: Sheri read minutes

TREASURER REPORT/OFFICE REPORT: We had an income of \$2,505.71 and expenses of \$5,089.01 for a loss of \$2,583.30 for this accounting period. Group contributions were good. Sales were about average. Expenses, we paid our quarterly employee taxes and the balance due for workers compensation for the amount of \$1,516.52. We also paid the deposit for the caterers for the New Year's Celebration. We had \$65.51 in sales from the Credit and Debit card sales from 3 transactions in November. We had 4 customers on Saturdays in November receiving \$72.19 total. The office has been operating normally. Submitted by: Bob H.

WEBSITE REPORT: Going well and had 152 unique visitors per day and 53 for Springville. We had 4,188 hits on page views for meeting directory in 2 weeks.

STEP FOR NEWSLETTER – VOLUNTEER

January Step 1 Sheri Due to
CentralinetergoupNews@gmail.com 12/20/17

February Step 2 Sheri T. Due to
CentralinetergoupNews@gmail.com 1/20/17

TRADITION FOR NEWSLETTER-VOLUNTEER

January Tradition 1 Julie
Due to CentralinetergoupNews@gmail.com 12/20/17

February Tradition 2 Allan L.
Due to CentralinetergoupNews@gmail.com 1/20/17

H&I REPORT – 3 volunteers signed up to go to Corcoran jail and 3 more will be trained. Volunteers also go to the Pine & Robinson House and turning point twice a month the 1st and 3rd Tuesday at 7 pm. Next H&I meeting will be on 1/13/18 at 9am. H&I meetings are held the 2nd Saturday of every odd calendar month at 9:00am at the Alano Club. Reported by Mike.

GSO LIAISON- Allen and Josh will be DCM and Greg is staying as treasurer. John W. will be recording secretary. Reported by Allen L.

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 at 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 Rainbow group is an open gay AA meeting which meets at 5:30 Saturday evenings in the Polar Bear Room at Kaweah Delta Rehab on Acres. Birthdays are celebrated on the last Saturday of the month. Attendance varies between 10-30 any given night. The meeting is a topic discussion and a timer is used so more people can share.

Julie M - Springville Gut Level Group-We meet every Thursday from 7:00 – 8:30 at the Lighthouse Chapel in Springville. This is an open meeting and all are welcome. We are having elections for a new secretary next business meeting. Lots of old and new sobriety.

Sheri T.-Tues Women's Amity Group- This is a closed women's meeting for 90 minutes every Tuesday. We meet at Trinity United Reformed Church 6400 W. Walnut Ave. from 6:30-8:00pm. Business meetings are held on the 3rd Tuesday after the regular meeting. We celebrate birthdays at the end of the month and give out chips weekly. We average 25-35 women with various lengths of sobriety. We also have many service positions.

Stella T - Women's Changes- This is an open women's meeting each Tuesday evening at 7 pm at the Church of the Nazarene, 2005 W Olive St. in the Hope Room. This is a 1 hour meeting. A chairperson reads from AA approved materials and shares from their personal experience as it relates to the reading. The meeting is then open for discussion. Our business meeting is held the 3rd Tuesday of the month during the final 15 min of the regular meeting. We celebrate AA birthdays on the last Tuesday of the month with either a potluck or a restaurant gathering before the meeting. Cake is served following the birthday mtg.

Rae Ann B.-Practicing the Principles AA Group- This is a closed group which meets every Monday from 7pm-8pm at Christ Lutheran Church 3830 W. Tulare Ave in Visalia. We read from the Big Book of Alcoholics Anonymous and then there is discussion time. On the last Monday, we read the Tradition for that month. We give out chips weekly and celebrate birthdays. Attendance ranges from 20-30 people with various lengths of sobriety. All are welcome.

Jonathan T – Tulare Unity Young People – We meet every Saturday evening at 7:30 located at 220 W. Tulare Ave. for a young people's AA meeting. It's an open meeting where everyone is welcome! Please come and join us! Chip meeting and great fellowship.

Jonathan T. –Monday Men's Stag Visalia – We meet every Monday night at PPAV Hall, Visalia at 7:30 pm. Business meeting 1st Monday of each month. We celebrate birthdays at the last Monday of each month. We give out chips for various lengths of sobriety. Lots of experience, strength & hope in this closed men's group.

Mike K-Sunday AM Serenity Seekers – We meet at the Alano Club every Sunday from 10-11:30 AM. We have between 20-30 members attending regularly. We pass out chips every week and have a birthday celebration on the last Sunday of each month. We regularly contribute to all AA entities. Court cards are accepted. All are welcome. Elections will be held in December.

Alfonso P. – Dr. Bob and Friends - This is a closed AA book study that meets every Wed and Thurs night from 7-8pm at 1804 N. Court St. in Visalia. We offer serious AA recovery.

Alfonso P. – Bill and Friends – This is a closed meeting. We meet every Friday from 12 to 1pm at the 210 Center St. Visalia CA.

Trudy W. – Lindsay Fireside Fellowship - We meet Thursday evenings 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 welcome 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. For most of this year we have been meeting from 7:00 – 8:30pm, but just voted to move the meeting time to 7:30 – 8:30p.m., which will begin January 2, 2018. We are an open meeting welcoming newcomers and old timers alike. We celebrate birthdays the last Tuesday of the month. Please join us for this small town fellowship.

Cody C. – Wednesday Spiritual Center of Living young people AA meeting – We meet on Wednesdays from 7-8pm. We celebrate birthdays and offer sponsorship towards the end of each meeting. There is great fellowship before and after the meeting. The ages are of a great variety. All are welcome! We had a great TUCYPAA event and thank everyone for their support!

Billy B. – Bridge Street Drunks Only – We have 20 meetings a week. 7am meetings closed to AA's only and have about 20 average in attendance. It is a meeting with good long-term sobriety and a good mix with newcomers. This meeting is 7 days a week. Noon meeting 7 days a week. About 20 average attendance. Mon-Fri are closed meetings. Sat & Sun are open meetings. Women's meeting is on Monday 5:30 pm with good attendance. Tuesday evening Literature study now in "As Bill Sees It" about 10 in attendance and is an open meeting. Wednesday evening 12 X 12 step study at 6pm. This is an open meeting and has about 10 in attendance. Thursday 7pm primary purpose meeting about 30 in attendance. Open meeting. Good place for newcomers to study the book. Easy to find a sponsor who will take you through the steps. Saturday

evenings 7 pm which is an open discussion meeting. Sunday evening 10th step meeting – discussing of AA inventory now moved to 5pm. Closed meeting for AA's only. Holiday meetings: Christmas Eve- Midnight to 1AM on Christmas. New Year's Eve – Midnight to 1AM New Year's day. Birthday meeting is the last Saturday of the month. Alternates between after 7pm meetings and noon meetings.

OLD BUSINESS

1. New Year's Celebration December 31, 2017 at the Lindsay Memorial Building: 775 Elmwood Ave.

a. We have volunteers allotted for the needed positions. The dinner is from 5-7pm. Classic rock will be played by a live band named Run Riot Rock.

2. Nominations and election for 2 Central Office Board Members –

a. Julie & Louie were nominated and voted in-congratulations.

NEW BUSINESS

1. Central Office Hours

a. Saturday hours are changed starting Jan. 2nd to 9:00am-1:00pm. Flyers were handed out for CSR's to bring to their meetings.

2. Central Office Substitute position – from time to time we may need volunteers for the Central Office. This conversation will be discussed for further thought and review at the board meeting.

SEVENTH TRADITION: \$20.00

ANNOUNCEMENTS: Julie announced a Christmas party at her house

MEETING ADJOURNED: 7:50 PM

Sheri T.

District 47 Meeting Minutes Minutes December 6, 2017

Meeting Called to Order: 7:00 p.m. by DCM Josh F.

Committee: Josh F. DCM/ Present Greg G., D-47 Treasurer Cheryl H., D-47 Recording Secretary/ and GSR for the 2nd Sunday Speaker Breakfast Group of Springville. Allen L., GSR for Visalia Serenity Seekers AM Group; Brook L. GSR for Bridge Street Drunks Group. John W., GSR for Tulare Alpha Group. Ed A., Alt GSR for Visalia Monday Men's Stag Group.

The Serenity Prayer and the GSR Preamble were recited by all present.

Approval of Minutes: MSP for approval of minutes for October and November D-47 meetings.

Speaker Meetings

Treasurer's Report – Beginning Balance \$ 1,789.09. contributions totaled \$ 94.61, CNIA Assembly expenses totaled \$200.00. DCM expenses \$200.00. Ending Balance \$ 1,483.70. Report on file.

CSO Report – No report

DCM Report – Election Assembly was held in Sacramento. DCM Josh and 4 GSRs attended. Michael K. is the new delegate for CNIA. CNIA Winter Assembly will be held in January 2018 in Roseville.

GSR Reports. Ed A. Visalia Monday Night Men's Stag Mtg. The group has a new GSR; Billy G. I am substituting for him tonight. We meet at PPAV Hall in Visalia. Rent for bldg. is \$200.00 per month. We still contribute to various AA entities although it has been greatly reduced. **Cheryl H. Springville 2nd Sun Breakfast Speaker Meeting.** We have Hot coffee and fabulous food capped by awesome speakers! \$5.00 for breakfast, we start serving about 8am. Speaker meeting starts at 10:15, we are out of there by noon.

John W. Tulare Alpha Group; We have between 8 and 12 members attending weekly. We are self-supporting and contribute to the 4 service entities when possible. We are an open participation meeting and welcome everyone. **Allen L. Visalia AM Serenity Seekers AA Group;** We meet Sunday mornings at the Visalia Alano Club at 10am. Good mix of old-timers and newcomers. We give out chips for various lengths of sobriety. Birthdays are celebrated at the end of each month with cake. 25 to 30 alcoholics are usually in attendance.

Written reports are included in the GSR Report section.

OLD BUSINESS:

1) District 47 Elections: The following are Officers for District 47: Josh F., DCM, Allen L., Alt DCM, Greg G. Treasurer, John W., Recording Secretary. Congratulations!

NEW BUSINESS:

At the January D-47 meeting, the committee will discuss drafting a Statement of Purpose/Mission.

7th Tradition: \$ 46.00

The meeting closed with the Declaration of Unity and the Responsibility Declaration at 8:00 pm.

Respectfully submitted, Cheryl H.

Thank You for allowing me to be of service.



Porterville Recovery Club Speaker Meeting

186 W. Walnut Ave.

Friday January 5th, 2018 at 8:00 PM

Speaker: - TBA

Friday Book Study Speaker Meeting

1820 N. Gem St, Tulare

Friday, January 12th, 2018 at 8:00 PM

Speaker: - Big Rick

Sunday AM Breakfast Speaker Meeting

Veterans Memorial Building

36000 Hwy 190, Springville

Sunday, December 3rd, 2017 at 10:15AM

(Breakfast at 8:30 to 10:00 AM)

Speaker: Jose A. - Fresno, CA

The Valley Group, Speaker Meeting

The Gallery @ The Creative Center

410 E. Race Ave.

Every Wednesday from 7-8 p.m.

Jan 3 - Sarah B. of Visalia (via Seattle)- 1+ Year!

Jan 10 - Brian F. of North Fork - 20 Years!

Jan 17 - Samee J. of Hanford- 39 Years!

Jan 24- Fred F. of Visalia - 23 Years!

Jan 31 - Carie T. of Fresno - 10 Years!

That's 93+ years of sobriety in five simple one-hour sessions!

Contributions

Birthday Club

Bob H.	Exeter	43
Becky L.	Porterville	36
Mike K.	Visalia	32
Hal W.	Lemon Cove	30
Diane O.	Porterville	4
Jonathan T.	Visalia	1

Anonymous

Individual Contributions

Anonymous

Jim K.

Newsletter Contributions

None

Memorial Contribution

None

Lighter Side of AA

WE ARE NOT A GLUM LOT

An alcoholic had a few too many at the bar and was heading home, when he was pulled over by a CHP Officer. The officer started his field sobriety test and the alcoholic couldn't walk a straight line any more than he could drive one. Just as he was about to slap the cuffs on the alcoholic, an accident happened in the opposite lane and the officer rushed to check on the people. The alcoholic figured this was his lucky day and the officer wasn't coming back to him, so drove home and went to bed.

He was awakened in the morning by a knock at the door. There stood two CHP officers. They asked, "Are you Mr. Johnson?" He admitted that he was. "Were you pulled over on Main Street last night for driving under the influence?" Again, the man admitted that was he. "And what did you do then," the officers asked." The man replied "Well I just drove home and went to bed." "Where is your car now?" the officer queried. The man answered, "Well it's in the garage". "May we see the car?" asked the officers. The man answered, "Sure." He opened the garage and inside sat a CHP cruiser. The alcoholic quickly said, "looks like we shop at the same dealership"

Have a Joke???? Submit it to:

centralintergroupnews@gmail.com

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.

Financial Report

TULARE COUNTY CENTRAL OFFICE

Income & Expense Statement

11/21/2017 THROUGH 12/20/2017

<u>INCOME</u>	<u>MONTH</u>	<u>YEAR TO DATE</u>
B.Day Club	165.94	815.94
CD & Tape Cont.	0.00	20.00
Group Cont.	986.08	22,784.57
Indiv Cont	549.00	5,948.21
Lit. Sales	425.40	6,104.41
Memorial Cont.	0.00	30.00
Misc.	0.00	0.00
Newsletter Cont.	30.00	30.00
S & H	0.00	14.62
Sales Tax	53.32	742.06
Spec. Events	0.00	6,836.00
Spec. Items	262.65	4,336.22

TOTAL **\$2,472.39** **\$47,662.03**

<u>EXPENSES</u>	<u>MONTH</u>	<u>YEAR TO DATE</u>
Ans. Serv.	40.00	440.00
Fees-Taxes	0.00	25.00
Insurance	0.00	550.00
Lit. Costs	0.00	5,155.00
PI-CPC Expense	0.00	0.00
Misc Expense	0.00	0.00
Newsletter Cost	0.00	0.00
Office Exp	7.00	1,072.22
Office Equip.& Maint	0.00	185.87
Phone & ISP	185.29	2,188.77
Postage	0.00	160.55
Employee Taxes	0.00	5,685.39
Rent	525.00	6,300.00
Salary	1,441.60	17,632.67
Sales Tax-Paid	0.00	720.00
Security System	148.35	582.02
Spec. Events	69.97	3,392.31
Spec. Items	177.80	2,460.75
Card Charge	4.12	93.60
Utilities	44.32	707.84
Website	226.93	344.32

TOTAL **\$2,870.38** **47,696.31**

Net Gain(Loss) **(\$397.99)** **(\$34.28)**

BEG. TOT. ACCT. BAL. **\$12,753.45**

END. TOT. ACCT. BAL. **\$12,355.46**

Group Contributions

11/21/17 Thru 12/20/17	Month	YTD
10th Ave Men's-Lemoore		22.79
ABC Group		0.00
Alpha-Wed-Tulare		160.00
Attitude Modification-210		990.00
Bills & Friends		0.00
Breath of Fresh Air		2,700.00
Bridge St. "Drunks Only"	193.08	3,666.27
Central Calif. Roundup		522.46
Civic Center Grp.		100.00
Clodbusters-Tulare		630.00
Crossroads-Tulare		320.00
CSO Meeting	20.00	711.00
Dinuba Grp		140.00
District 47		400.00
Dr. Bob & Friends		25.00
Exeter-Quiet Trails		60.00
Exeter Sun Afternoon		610.00
Foundation Group		101.75
Freedom Fellowship		641.90
Fri. Night Study Tulare		80.00
No. Cal H&I		287.25
Message of Hope		0.00
Monday Men's Mtg.		342.00
Monday Night Live		0.00
Mid Valley-Tulare		100.00
Mon Book Study-S'ville		243.00
Mon Lit Study-Visalia		0.00
Monday Meditation-Visalia		0.00
Mon Men's Book Study		0.00
Nooners Group-Visalia		150.00
Pine Recovery AA Mtg		137.75
Porterville Young People		20.00
Practicing The Pinciples		92.15
Rainbow Group		375.00
Rule 62-Visalia		375.00
Serenity Junction-Tulare		0.00
Serenity Seekers AM-Visalia		500.00
Soberfest Groups		0.00
Wed. Sobriety Celebration		170.00
Springville Gut Level	200.00	1,355.48
Sun Bkfst Spkr Mtg	300.00	1,620.00
Sun PM Serenity Seekers		210.00
Tulare Young People		10.00
Tulare Co. Young People	48.00	48.00
Tulare Fri. Book Study		0.00
Tulare 2nd Fri Spkr Mtg		0.00

Tulare Tuesday Night		100.00
Tulare Thurs. Noon		100.00
Tulare Sunday Night	100.00	300.00
Tues. Men's-P'ville		360.00
Three Rivers-Monday		258.00
Unity Thru Traditions		234.53
Valley Group	125.00	425.00
Valley Speaker Series		666.00
Wed. Acceptance, P'ville		700.00
Weekend Attitude Adj.		70.00
Women's Amity-Visalia		887.72
Women's Changes-P'ville		225.00
Women's Fri. Night-P'ville		87.00
Women's Sat AM 12x12		364.12
Young & Restless		90.00

Total	986.08	22,782.57

Central Office Contacts

Answering Service Calls	1
AA Members	9
Court Ref/Info	9
Meeting Information	15
H & I	0
Alanon & Alateen Information	3
Info. re Recovery Homes	0
Schedules & Info-Mailed & Faxed	0
Bridging The Gap	0
Other 12 Step Programs	2
Visitors to Office	46
Literature Sales	11
Specialty Sales	19
Churches & Schools	0
General Information	7
Prospective Members	3
Twelve Step Calls	0
E-Mail Contacts	13
Spanish Contact	3

Total	141

Service Meetings

AND ADDRESSES

GSR Meeting at Central Office

449 E. Maple St., Exeter, CA
Wednesday, December 6, 2017 at 7:00 PM

CSR Meeting at Central Office

449 E. Maple St., Exeter, CA
Tuesday, December 12, 2017 7:00 PM
New Year's Planning Meeting 6:30 P.M.

H&I Meeting at Alano Club

Visalia Alano Club, 1311 W. Murray
Saturday, January 13, 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



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. Louie T.

The Twelve Steps

OF ALCOHOLICS ANONYMOUS

- 1 WE ADMITTED WE WERE POWERLESS OVER ALCOHOL - THAT OUR LIVES HAD BECOME UNMANAGEABLE.
- 2 CAME TO BELIEVE THAT A POWER GREATER THAN OURSELVES COULD RESTORE US TO SANITY.
- 3 MADE A DECISION TO TURN OUR WILL AND OUR LIVES OVER TO THE CARE OF GOD AS WE UNDERSTOOD HIM..
- 4 MADE A SEARCHING AND FEARLESS MORAL INVENTORY OF OURSELVES.
- 5 ADMITTED TO GOD, TO OURSELVES, AND TO ANOTHER HUMAN BEING THE EXACT NATURE OF OUR WRONGS.
- 6 WERE ENTIRELY READY TO HAVE GOD REMOVE ALL THESE DEFECTS OF CHARACTER.
- 7 HUMBLY ASKED HIM TO REMOVE OUR SHORTCOMINGS.
- 8 MADE A LIST OF ALL PERSONS WE HAD HARMED, AND BECAME WILLING TO MAKE AMENDS TO THEM ALL.
- 9 MADE DIRECT AMENDS TO SUCH PEOPLE WHEREVER POSSIBLE, EXCEPT WHEN TO DO SO WOULD INJURE THEM OR OTHERS.
- 10 CONTINUED TO TAKE PERSONAL INVENTORY AND WHEN WE WERE WRONG PROMPTLY ADMITTED IT.
- 11 SOUGHT THROUGH PRAYER AND MEDITATION TO IMPROVE OUR CONSCIOUS CONTACT WITH GOD AS WE UNDERSTOOD HIM - PRAYING ONLY FOR KNOWLEDGE OF HIS WILL FOR US AND THE POWER TO CARRY THAT OUT.
- 12 HAVING HAD A SPIRITUAL AWAKENING AS THE RESULT OF THESE STEPS WE TRIED TO CARRY THIS MESSAGE TO ALCOHOLICS, AND TO PRACTICE THESE PRINCIPLES IN ALL OUR AFFAIRS.

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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

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

