



TULARE COUNTY CENTRAL OFFICE • 449 E. MAPLE STREET • EXETER, CALIFORNIA 93221 • 559-592-6999 • OCTOBER 2015 • VOLUME 31 • ISSUE 10

STEP TEN

“Continued to take personal inventory, and when we were wrong, promptly admitted it.”

Step Ten is often referred to as the first of the “Maintenance Steps”. By this, it is meant that this Step is to be practiced every day. The Big Book reminds us that “We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition.” (Page 85) Step Ten is part of this daily maintenance. Most of us spent a good deal of time and effort in writing the “searching and fearless moral inventory” of Step Four. I know of members who continue to do daily written inventories as part of Step Ten. I don’t. I write in a journal every morning, but it is more thoughts and feelings rather than an inventory. I have taken the guidance offered in the Twelve Steps and Twelve traditions book. It suggests that we can experience an “emotional hangover” as a result of excessive emotions such as anger, fear, jealousy, and the like. To avoid these and maintain our emotional sobriety, we should try to admit and correct errors as they happen. It suggests two types of inventories: A “spot check” inventory, taken at any time of the day, and one taken at the end of the day as a review. This seems practical advice. I can clean up negative feelings as they happen, and make a final check at the end of the day. If I stay on top of things, I can stay in emotional balance and at peace. There seems to be a catch however, and a big one: The Spiritual Axiom! This hummer says “that every time we are disturbed, no matter what the cause, there is something wrong *with us*. So the way this works is, if somebody offends me and I get angry, *I’m at fault!* This doesn’t seem right. I admit I am an alcoholic, I got drunk many times and behaved badly. But does that mean I’m at fault in everything, that I’m automatically guilty every time there’s a problem? As it turns out, it isn’t that bad. The way I use the axiom is inspired by Sandy B. All of my problems are problems because they bother me. (Ever have a problem that didn’t bother you? Me neither) So my chief goal is to stay unbothered when problems come up. I look for my part in the problem. If I took an action that is part of the problem, I can take a contrary action, and/or make an amends. Maybe I find out that my part of the problem is my reaction to it, or the way I see the situation. I can work on that. The work usually does not mean I try to fix the problem, or keep thinking about it. That might be

the worst thing for an alcoholic to do. What I try to do is just let it go. Almost all of my problems are in my head. I need to keep my reactions there too, and not let them come out of my mouth. (“nothing pays off like restraint of pen and tongue”. P.91 12x12.) I have read that the process of spiritual growth is one of subtraction, rather than addition. The less I say and do, perhaps the better. It seems that most of the time life is easier for me by not reacting, not responding, and quietly letting go. I don’t have to stay disturbed. I have tools in Step Ten and the spiritual axiom to help me let things go and return to emotional sobriety. Sometimes my biggest hurdle is to use them, and not indulge in righteous anger. (I like righteous anger.) There is a version of the Miranda warning I like and I think is relevant to Step Ten: “You have the right to remain silent. USE IT.” And so I will.

Mark G.
Visalia, Ca.

TRADITION TEN

Tradition Ten*

“Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.”

Never since it began has Alcoholics Anonymous been divided by a major controversial issue. Nor has our Fellowship ever publicly taken sides on any question in an embattled world. We do not enter into public controversy, because we know that our Society will perish if it does. We conceive the survival and spread of Alcoholics Anonymous to be something of far greater importance than the weight we could collectively throw back of any other cause. Since recovery from alcoholism is life itself to us, it is imperative that we preserve in full strength our means of survival.

My first Sponsor shared with me his experience about his effectiveness in helping alcoholics. One alcoholic trying to help another alcoholic, without our own personal religious/political opinions. He strongly suggested that I attend Big Book study groups and to apply not only the Spiritual principals of A.A., but also the Traditions to my life. I have to admit that in my early recovery this suggestion seemed odd to me, but as I matured and

continued to focus on recovery and not all the woes and outside concerns, even worthy ones, and by God's grace I found peace and focused on helping others and myself.

The cornerstone of Tradition Ten was laid from lessons learned from previous groups that were torn apart by permitting politicians and reformers, both alcoholic and nonalcoholic, to use their society for their own purposes. How could anyone get sober or stay sober in an outfit like that? Those lessons were not overlooked by Alcoholics Anonymous. Early A.A. members resolved to keep our Society out of public controversy. Thus our dedication to our sole aim in recovery from alcoholism.

Reyes ~~~ Two Spirits
Visalia

*contains A.A. General Service Conference approved literature information.

MEMBER SUBMISSION

My latest experience with Step 10
By Bill H. of Visalia

*Continue to **watch** for selfishness, dishonesty, resentment, and fear. When these crop up, we **ask** God at once to remove them. We **discuss** them with someone immediately and make **amends** quickly if we have harmed anyone. Then we resolutely **turn** our thoughts to someone we can help. Love and tolerance of others is our code.*

I've been writing about my latest journey through the 12 steps for a few reasons. Among them includes my desire to help remove some of the mystery about the mechanics of this work. My hope is that by sharing these experiences some that may have avoided or delayed their own journey may see how simple the process really is- and that they may see how they too can benefit from taking the 12 steps. Another reason for this writing is to help me remember my own experience.

As I began this work, I was asked why a Tenth Step is necessary? I believe a Tenth Step is necessary for me to minimize the chances that I will resort to the selfish, greedy, lustful, fearful and overindulgent behavior that seems to be natural or instinctive to me. With the help of my sponsor and the self examination found in the Tenth Step assignment, these instinctive tendencies get revealed to me (again and again) so that I don't regress into a state of living where I find taking a drink to be an acceptable solution to the circumstances of my life. Because he is not emotionally attached to my "issues", my sponsor (or a "tenth step buddy") can offer a more reasonable perspective and suggest entirely more beneficial responses to them. In the Tenth Step I'm directed to Watch for selfishness, dishonesty, resentment and fear. Without consciously looking for these, I'm convinced they don't exist in me. Looking recently, I

observed that I was reacting to fear at work. This started by looking at my email inbox. Among a growing number of emails being delivered where a few requests that I wasn't immediately sure how to respond to. When I am unsure about how to do something, my first instinct is often to avoid the challenge and look for something easy to do instead. One of these email was from a customer who was looking to buy more of our products. I was just boarding a plane when I saw it. I was concerned I wouldn't have ample time to prepare the proposal that day and I assumed the customer needed the proposal right away. So, I asked a colleague to do it for me. I didn't stop to consider some of the complexities of this project before assigning the task to a less experienced coworker. With the task assigned, I set out on my trip at ease. When the proposal was sent later, I made a point to look over my teammates work and found several errors. Feeling committed to doing a faultless job, I made a point to tell my friend about his errors and recommended a plan for him to correct them.

With the proposal fixed and the "fire drill" over, I tell myself all is well. Later, I find myself in a meeting where something said jarred me to consider how my behavior may have affected others. As I ponder the idea, I realize that I've left a coworker and customer in my wake. In fear and haste, I pushed the task unfairly to a new guy who is eager to earn praise. This makes it easy for me to push my work his way, and frankly sets the poor guy up to make mistakes. Mistakes I am quick to point out. Even when I do this kindly, it deflates him and leaves him even more desperate for some assurance of his contributions- and job security. This can be a vicious cycle for him-and me. Without examination of my behavior, I am blind to the way I harm him. Behaving this way also ultimately drives lower levels of customer satisfaction.

In retrospect, I can see several mistakes I made. First, I should not have panicked. It's nice to be responsive to my customers, but there needs to be some balance. Trading speed for accuracy has not historically been a wise exchange, and by the time the customer got the correct bid, I surely had time to do it myself. When I redirected the task to a junior peer, I was reacting in fear, worried that if we don't give the customer what he wants right away, he may go to a competitor. This was an unreasonable and exaggerated fear in this case. The trouble with this truth is that I don't see it.

Not without the help I find in the Tenth Step process.

Situations like this can occur almost daily, and the circumstances often change just enough that I don't recognize the pattern. The bitterness created from each of these poorly managed instances is tolerable, sometimes even imperceptible.

However, as these experiences accumulate into a pattern of repeating behavior, the bitter taste in my mouth can quickly result in an unquenchable thirst for quick relief (the kind I know I can find in a bottle).

Only knowledge comes from this watching. For the magic to happen,

I need to continue the Tenth Step process by Asking God to help me to stop acting on these defects. I'm still amazed at how quick and effective prayer can be. I'd be lying to you if I even

NOTICE

The newsletter will no longer be mailed via USPS starting with the January 2016 edition. Copies will be available at the Central Office. For additional information contact the Central Office at (559) 592-6999

hinted that I do this instinctively as my first resort. That's just not true, yet anyway. My sponsor is always reminding me about the unlimited power that's always available to me- and he encourages me that with lots of practice I will continue to realize improvement here.

After asking for help, the Big Book directs me to Discuss my behavior with someone. Usually this discussion happens with my sponsor, or one of the men In my sponsor family. I'm also directed to make Amends promptly if I've harmed anyone. This can be tricky too, as I often don't see how my behavior harms others. Others can be hurt as much by things I don't do as by the actions I take.

The next thing I've been taught to do is to Turn my attention to someone I can help. I find it really convenient that newcomers can be found at most of our meetings. I can't explain how, but even spending just a few minutes talking to someone ALWAYS fills me with hope, gratitude and a sense of purpose. I've also found that I don't have to provide this help to another AA member. If you're anything like me, there's always a family member, neighbor, friend or even coworker whose load I can lighten if I'm willing.

Turning back to my recent experience, here's how the Tenth Step assignment played out. After realizing how selfishness and fear had driven me to act, I asked God to help me to be a better steward with the talents, relationships and responsibilities He's entrusted me with, and to help me to make better decisions about completing and delegating tasks. Next I called one of the men I sponsor who I knew would relate and have a valuable perspective. As I told him about the episode, he shared with me how he would have taken the "helpful" criticism I offered my teammate- and it didn't sound very nice, or helpful when I heard it from another angle. He suggested the best way I could make things right would be to find the occasion to offer my coworker praise for work he does well- and of course to not burden him with tasks outside of his capabilities. In prayer and meditation the next day an idea occurred to me.

This isn't the first time I've treated my teammate this way and then committed to changing my ways. So, it seems I may need to take more aggressive measures to affect the change I seek. The idea of creating a penalty occurred to me, let's call it a "jerk tax", so every time I criticize him for not doing something perfectly I should send him some money. I didn't like this idea. I went to a book study that morning. Stuff like this shouldn't surprise me, but it still does. Can you believe we were studying pages 84 and 85 (that's "coincidentally" where Steps 10 and 11 are discussed). It seemed to fit, so I shared this story and my idea. I'm not sure if my participation helped anyone else, but one of my AA friends suggested that I should send my colleague a gift card and thank him for helping me while I was traveling. This struck me as a reasonable idea, so I did it before I could forget about it.

Talking about inventory, I heard Steve L once say that in the process of applying AA's 12 steps to my life I begin to realize that I don't quit making mistakes. Rather, I quit pretending that I don't make them- and when I make a mistake I begin to stand in front it, own it, correct it and try to move forward. Recognizing the truth in this statement, I will close by asking those of you who I cross paths with to please remain patient with me while I continue my quest for improvement. I'll do my best to return the favor, and I hope to see you often on the path ahead.

OCTOBER AA BIRTHDAYS

Name	City	Years
Carol J.	Woodlake	52
Linda D.	Visalia	43
Susan S.	Visalia	40
Oly S.	Visalia	36
Jerry D.	Tipton	34
Bill H.	Tulare	33
Richard W.	Tulare	33
Ruben F.	Corcoran	33
Albert M.	Tulare	31
Diane L.	Tulare	30
Jodi B.	Visalia	29
Terry C.	Strathmore	29
Andy C.	Exeter	28
Kay B.	Tulare	28
Marjorie Mc.	Visalia	28
Bill L-BBB	Dinuba	28
Mary C.	Three Rivers	27
Dorothy O.	Exeter	27
Nancy B.	Visalia	27
Ron B.	Visalia	27
Jerri T.	Visalia	27
David B.	Visalia	26
Gary H.	Visalia	26
Gil C.	Visalia	25
Jack H.	Visalia	25
LGK	Visalia	25
Caryl E.	Visalia	25
Sharon B.	Visalia	24
Elizabeth M.	Visalia	24
Tanya R.	Visalia	24
Greg M.	Tulare	23
Kathy H.	Visalia	22
Linda J.	Pixley	20
Marge M.	Woodlake	19

Editors Corner:

Hello fellow travelers. Welcome to the October issue of the newsletter. I would like to thank all those that have contributed to the newsletter. This month we have an additional article on a member's journey through the 10th step. Good reading on all of the articles! Again I would like to thank Allen L on the graphics, always a picture that represents the area we live in.

Due to the continued rise in cost of printing and mailing, the newsletter will be available online and via email only starting in January 2016.

Tim H

Name	City	Years
Debbie J.	Visalia	19
Eileen F.	Visalia	19
Emma T.	Visalia	17
Brian R.	Visalia	17
Melody F.	Exeter	16
Donna K.	Porterville	16
Jan P.	Visalia	14
Eddie J.	Porterville	11
John W.	Visalia	11
Shelly	Visalia	10
Teddy B.	Visalia	8
Lucretia D.	Porterville	7
Craig W.	Visalia	6
Tiffany J.	Porterville	5
Veronica H.	Springville	3
Christine C.	Springville	3



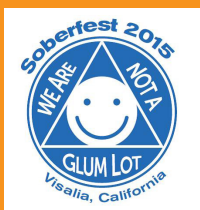
“No AA group or member should ever, in such a way as to implicate AA, express any opinion on outside controversial issues—particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters they can express no views whatever.”

Bill W - Grapevine, April 1946

“There seem to be some rules that we have to follow, but happiness and peace of mind are always here, open and free to anyone.”

Dr. Bob - Dr. Bob and the good oldtimers, Dec. 1980

UPCOMING EVENTS



Soberfest 2015
 October 17, 2015
 Christian Reformed Church
 1030 S. Linwood
 Visalia, Ca.

New Years Eve Celebration
 December 31, 2015
 Strathmore Memorial Building
 23124 Avenue 196
 Strathmore, CA, 93267

Your Event Here!

SPEAKER MEETINGS

Friday Book Study Speaker Meeting

Cross & Blackstone, Tulare
 Friday, October 9th, 2015 at 8:00 PM
Speaker: - TBA

Sunday AM Breakfast, Speaker Meeting

Veterans Memorial Building
 36000 Hwy 190, Springville
 Sunday, October 11th, 2015 at 10:15 AM
 (Breakfast at 8:30 to 10:00 AM)
Speaker: Max K. - Bakersfield, CA

The Valley Group, Speaker Meeting

The Gallery @ The Creative Center
 410 E. Race Ave.
 Every Wednesday from 7-8 p.m.

Speakers for October

Oct 7 Jose A. of Fresno – 37 Years!
Oct 14 Patti B. of Bakersfield- 38 Years!
Oct 21 Ericka R. of Fresno – 9 Years!
Oct 28 Jack H. of Visalia – 25 Years!
 That's 109 years of sobriety in one month!

Attn.. Speaker Group Secretaries: If you want your speaker listed in the Newsletter, please get the information to the Central Office (592-6999) by the 20th of the month preceding the month of the Newsletter.

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. *-Tim H*

GROUP CONTRIBUTIONS

8/21/15 - 9/20/15

Group	Month	YTD
ABC Group		0.00
Alpha-Wed-Tulare		240.00
Attitude Modification-210		632.77
Bills Friends		0.00
Back to the 40's		50.00
Breath of Fresh Air		538.50
Bridge St. "Drunks Only"	221.00	759.72
Civic Center Grp.		353.63
Clodbusters-Tulare		150.00
Crossroads-Tulare		120.00
CSO Meeting	28.00	455.82
Dinuba Grp	50.00	150.00
District 47		400.00
Dr. Bob & Friends		25.44
Exeter-Quiet Trails		484.85
Exeter Sun Afternoon		0.00
Farmersville AA		50.00
Freedom Fellowship	125.00	654.63
Fri. Night BB Study Grp.		20.00
Language of the Heart		192.00
Lemon Cove AA		55.00
Message of Hope		40.00
Monday Men's Mtg.	114.00	912.00
Monday Night Live		0.00
Mid Valley-Tulare		200.00
Mon Book Study-S'ville		37.00
Mon Lit Study-Visalia		0.00
Monday Meditation-Visalia		90.00
Mon Men's Book Study		50.00
Nooners Group-Visalia		0.00
Pine Recovery AA Mtg		107.28
Practicing the Principles		370.00
Rainbow Group	68.00	400.01
Rule 62-Visalia		100.00
Serenity Junction-Tulare	20.00	60.00
Serenity Seekers AM-Visalia		494.10
Springville Gut Level		638.00
Sun Bkfst Spkr Mtg	20.00	202.09
Sun PM Serenity Seekers		100.00
T.C. Young People		0.00
Tulare Fri. Book Study	40.00	40.00
Tulare 2nd Fri Spkr Mtg		150.00
Tulare Tuesday Night		0.00
Tulare Sunday Night		0.00
Tues. Men's-P'ville	60.00	435.00
Tues. Noon Rec. Club		188.00
Three Rivers-Monday	200.00	200.00
Valley Group		33.65
Valley Speaker Series		0.00
Wandering Couples		246.30
Wed. Acceptance, P'ville	50.00	235.00
Weekend Attitude Adj.		100.00
Women's Amity-Visalia		334.85
Women's Changes-P'ville		125.00
Women's Fri. Night-P'ville		100.00
Women's Sat AM 12x12	50.00	300.00
Total	1,046.00	11,620.64

Central Office Contacts

Answering Service Calls	2
AA Members	12
Court Ref/Info	14
Meeting Information	16
H & I	0
Alanon & Alateen Information	2
Info. re Recovery Homes	0
Schedules & Info-Mailed & Faxed	3
Bridging The Gap	1
Other 12 Step Programs	2
Visitors to Office	50
Literature Sales	17
Specialty Sales	20
Churches & Schools	0
General Information	14
Prospective Members	4
Twelve Step Calls	1
E-Mail Contacts	28
Spanish Contact	2

Total 188

DISTRICT 47 MEETING

MINUTES: SEPTEMBER 2, 2015

Meeting Called to Order: 7:00 p.m. by District Committee Member Josh F.

Present; **Josh F.** District Committee Member and GSR for the Bridge Street Drunks Group of Visalia; ; **Bob A.**, Acting Alternate DCM and GSR of the Monday Night Men's Stag Group of Visalia and the Sunday AM Serenity Seekers Group of Visalia; **Carolyn B.**, of Porterville Tuesday Night Women's Changes AA Group; **Pat J.**, District Registrar and GSR for the Springville Gut Level Group and the Springville Monday Book Study; **Martha M.**, of Porterville Friday Night Loose Women AA Group; **Cheryl H.**, Acting D-47 Recording Secretary and GSR for the 2nd Sunday Speaker Breakfast Group of Springville; The Serenity Prayer and the GSR Preamble were recited by all present. Treasurer Greg G. absent

Twelve Traditions: Carolyn B.

Twelve Concepts: Josh F.

Approval of Minutes: MSP for approval of minutes for the July and August D-47 meetings.

Treasurer's Report – **Greg G.** sent report that the District had a beginning balance of \$ 955.92. Income for the month was \$ 678.80 Expenses were \$ 85.00. The District's ending balance for the month was \$ 1,549.72. Prudent reserve is \$800.00.

CSO Report – **Bob A.** did not attend CSO meeting. New Year's Party to be held in Strathmore this year.

REGISTRAR – **Pat J;** All groups are registered.

PI/CPC- **Brent G.;** No Report

H&I Report – Sherri D. absent but sent report: 6 new women and 1 man volunteered for the jails. Panels go into Turning Point 1st and 3rd Tuesday of every month and Pine Recovery 1st and 3rd Saturday of each month. Contact Bill H 740-8613 if interested in getting involved in H&I.

DCM Report – Josh F. attended area committee meeting in Sacramento. There will be a Unity Day in Fresno on October 3. Judge Roper will be presenting as well as a writer’s work shop for submitting articles for new AA pamphlets and possibly the AA Grapevine. ACM discussed compensation for DCM’s whose groups might not be able to fund the trip to Sacramento for monthly meetings. Josh questions whether summer area committee meetings are viable as they are not particularly business heavy. Perhaps the elimination of one acm would be prudent.

OLD BUSINESS:

2016 Mini-PRAASA – No report

Potential Workshop Discussion Topics; 1. Gender and Sponsorship
2. Are Atheists and Agnostics Sufficiently Welcome in the Fellowship?
3. “Tag” Format Meetings: How It Works.

NEW BUSINESS:

Discussion of travel to area committee meetings for DCM.

GSR REPORTS: (Written reports will be included in minutes).

Sherri D. ‘Message of Hope Group of Visalia’ reports her group is an open meeting on Saturday Night, 7PM at the Carpenter’s Hall in Visalia. ‘We host our steering committee at 5:45pm. We have different lengths of sobriety and celebrate birthdays the last Saturday of each month. 10 – 15 regular members with approx. 30 to 40 members in attendance, We could always use support. Thank you for allowing me to be of service.’

Cheryl H. ‘Springville 2nd Sunday Breakfast Speaker Meeting’ August speaker was Vicki L from Yuba City. Our speakers have compelling stories, the coffee is always fresh and hot and a delicious breakfast is served.

Carolyn B. ‘Porterville Tuesday Night Women’s Changes AA Group’ On August 25th we celebrated 4 birthdays. Looking forward to celebrating more birthdays in September.

7th Tradition: \$ 15.85

The meeting closed with the Declaration of Unity and the Responsibility Declaration at 8:10 p.m.

Respectfully submitted...Cheryl H.

CENTRAL SERVICE MEETING

MINUTES: SEPTEMBER 8 2015

MEETING CALLED TO ORDER: 7:00

CENTRAL OFFICE BOARD MEMBERS PRESENT: Craig W., Bob H., Vicki B, Susan M & Doug H

BOARD MEMBER ABSENT:

SERENITY PRAYER: Led by Craig

12 TRADITIONS: Susan M

SECRETARY REPORT: Minutes of the last meeting were approved

BOARD OF DIRECTORS MEETING: Minutes of the board of directors meeting were read

TREASURER REPORT/OFFICE REPORT: Bob H.- We had an income of \$2,129.25 and expenses of \$5,225.93 for a loss of \$3,096.68 for this accounting period. Group contributions were way below normal. Individual contributions were very good and amounted to more than group contributions. Sales were also below average. Major expenses for this period were quarterly taxes. Also paid was our annual workers compensation and sales tax.

PI/CPC: Vicki B.- No Report

NEWSLETTER REPORT: There was a loss of \$67.98 and \$40 in contributions. It was discussed and voted on to no longer mail the Newsletter effective Jan. 1, 2016. There will still be copies available at Central Office.

WEBSITE REPORT: The website is still very active with 90 unique visitors a day over a 15 day period. The Visalia meeting page continues to be the most visited page on the website with 2682 page views in a 15 day period. Springville had 52 visitors in that same period.

STEP FOR NEWSLETTER – VOLUNTEER

Oct	Step 10	Mark G
Nov	Step 11	Carolyn W

TRADITION FOR NEWSLETTER-VOLUNTEER

Oct	Tradition 10	Reyes
Nov	Tradition 11	Mark G

H&I REPORT - No report

GSO LIAISON- Bob reported that there will be a Unity Day in Fresno on Oct 3 and that Dist. 47 was looking for ideas for a workshop for the Fall.

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 and we voted at our last business meeting to only have the birthday pot luck every 3 months. Our group has been able to contribute to Central Office. Caroline is our new secretary.

Reyes.-The Rainbow Group-This is an open gay AA meeting but everyone is welcome. We meet every Saturday from 5:30-7 pm. We meet in the Polar Bear Room in the Kaweah Delta Rehab Building at 840 S. Akers Street. We have a very good mix of Newcomer’s and Long Timers coming from Fresno, Kings & Tulare counties. We hand out Newcomer packets and AA Big Books free to Newcomers. Court/Program cards are signed. We hold our Business meeting on the 2nd Sat of the month. Each meeting is a chip meeting and we celebrate birthdays/anniversaries on the last Sat of the month with a delicious cake. We will be having our Eighth Potluck Anniversary on the 17th of October, starting at 5:00 pm. Please join us in fellowship. We close our meeting with the “Responsibility Statement”.

Mark G.-Valley Group-The Valley Group presents a speaker meeting each Wednesday night at the Creative Center in Visalia. This is located at Race & Santa Fe in Visalia, next to the Ice House Theater. This one hour, weekly meeting features a single speaker sharing his or her unique message of recovery. Speakers are from communities throughout the central valley. It is an open meeting with an average attendance of 150 people. Court cards are

accepted. It's a great place to meet friends, hear a great message and get ready for recovery.

Carolyn W.-Springville Speaker Breakfast-We meet on the 2nd Sunday of each month at the Veteran's Memorial Building in Springville. Breakfast is served between 8 and 10 am. and costs \$5.00. We usually serve around 85 breakfasts. The meeting starts at 10:15 with a 10 minute speaker. The main speaker starts around 11 am. Our Speaker for October is Max K from Bakersfield.. Good food and great fellowship. Come and join us! We need your support. We would also like to thank Leah for all her hard work these last months, she has done a great job. Marcie M announced that he and Don H would be cooking starting in November.

Julie M-Springville Gut Level Group-This is an open AA meeting on Thursday night at the Lighthouse Chapel in Springville from 7-8:30 pm. Attendance ranges from 15-25 per week. Good mix of older-timers and newcomers. We celebrate birthdays the last Thursday of the month.

Allen L-Sunday Morning Serenity Seekers -We meet at 10 am every Sunday morning at the Carpenters Union Hall at 319 N. Church in Visalia. We give chips out every week for various lengths of sobriety. We also celebrate AA anniversaries on the last Sunday of every month. We have a solid group of regular attendees and welcome all newcomers. Our average attendance is between 20-30 alcoholics. We regularly contribute to all AA entities. Business meeting held at 9:30 a.m. on the first Sunday of each month.

Alfonso P.-Bill and Friends-This is a closed AA book study that meets every Friday from 5:30 to 6:30 pm at the 210 restaurant on Center St. We offer books and literature. We have varying lengths of sobriety in attendance and we do sign court cards.

Alfonso P.-Dr. Bob and Friends-This is a closed AA book study that meets every Monday and Wednesday from 7-8 pm at 1804 N. Court St. in Visalia. We study the Big Book on Monday and the 12x12 on Wednesday. We welcome all newcomers and we sign program cards.

Alfonso P-The Forgiveness Group - this meeting is an Open topic meeting which meets at the Bethlehem Center, 11638 N. Dinuba Blvd in Visalia every Tuesday and Thursday from 1 - 2 pm..

Vicki B.(Alt CSR) - 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.

Sheri T-Tues Women's Amity Group-This is a closed women's AA meeting located at Trinity Christian Church, 6400 W. Walnut, Rm 10 in Visalia. We meet every Tues at 6:30 with a attendance range of 5 - 20 women. This meeting has been a staple in many long term recovered women but as we all know we all have just today. We discuss suggested topics related to alcoholism and the last Tues of every month is a AA birthday celebration.

Jack H-Message of Hope-Meets Sat evening from 7-8:30 pm @ Carpenter Hall corner of Church & School in Visalia. Speaker

participation meeting. Birthdays celebrated last Sat of each month. Business mtg 5:45 the 3rd Sat of each month. A mix of old timers and newcomers. All are welcome.

John W-Alpha Discussion Group/Crossroads & Fri Night Book Study-All three meetings meet at Hillman House @ First Congregational Church in Tulare. The Alpha Discussion Group (Wed) and the Crossroads Group are doing well with an attendance of 15 to 20 people on a regular basis. The Fri Night Book Study has been less in the number of attendees. The Secretary just recently got a job on Fri nights so we have a service position open now. Anyone wanting to be of service, please come by the Hillman House, 220 W. Tulare Ave. All of our meetings are open.

OLD BUSINESS

1. **Annual New Year's Celebration** -Still need volunteers for some of the committees. Baked Goods Auction Chairperson, Coffee Manager, 50/50 Raffle Manager, Service Manager & the Raffle Chairperson **Next planning meeting Oct 13 at 6:30 pm at Central Office.**

SEVENTH TRADITION: \$28

MEETING ADJOURNED: 7:45 pm

H&I REPORT

SEPTEMBER 12, 2015

1. I have literature! Anyone who needs it can call to get some. I also have Pink Cans for any groups that may need one.
2. The Tulare County Main Jail and the Men's Correctional Facility (MCF) are open to badged representatives. Main Jail is open at 7:30 PM every Thursday and MCF is open at 8 PM every Saturday.
3. MCF's Units A, B, C (RSAT), D and E are all eligible for our meetings.
 - a. Presently there are **15** Men "badged" to participate in this Inmate Program for AA. This is 3 more than last year. 4 of them speak Spanish! There are 8 AA women badged presently.
 - b. Jeff H continues to take a meeting to the Main Jail on Thursdays when available. Tim A is taking a panel in bi-weekly.
 - c. Jeff H and Rudy G have been taking a panel to Unit A on the 2nd Saturdays.
 - d. Ryan S, Patrick S, Carlos M and I are taking panels to Unit D on the 4th Saturdays.
 - e. The table below list illustrates all H&I

Opportunities **not** being met presently at MCF:

Facility/Unit	Day	Covered?
MCF/Unit A	1 st , 3 rd and 4 th Saturdays	No
MCF/Unit B	All Saturdays	No
MCF/Unit C (RSAT)	All Saturdays	No
MCF/Unit D	1 st , 2 nd , 3 rd Saturdays	No
MCF/Unit E	All Saturdays	No

- f. 1 new Application for the Men's Inmate Program was submitted since July.
 - g. Training for volunteers in 2015 will be held on Jan 24 (PM), Mar 14 (AM), May 16 (AM), July 11 (AM), and Sept 19 (AM) and Nov 14 (PM). AM Sessions run 8:30-Noon, PM sessions run 1-4:30 PM
 - h. Any men who wish to apply to be "badged" to enter these facilities can contact me for an application. An application is attached to this email in case you want one. Please be sure any completed applications are returned to me for processing. The minimum requirements include:
 - Must be off all parole or probation
 - A minimum of 3 years since any period of incarceration in any federal, state, county or city facility.
 - Must have at least 6 months sober to apply. There's a requirement to have 1 year sober before the Sheriff will issue a badge to enter these facilities (it usually takes more than 6 months to complete the application and background check process)
4. Rafael A (559-303-2583) was appointed in 2014 as the Facility Coordinator to the Spanish Speaking AA Community for the Tulare County Sherriff's Inmate Program. We hope this will result in many more Spanish speaking AA members getting involved in H&I work there!
 5. H&I Panels are taken into the Pine Recovery Facility at 10 AM (new time) on the 1st and 3rd Saturdays every month. There is no clearance required for Pine, so those interested in H&I work who can't yet get into the Jails can get started with carrying the message here. Contact the leader if you are interested.
 - a. Greg O (559-623-6343) leads the panel on the 1st Saturdays

- b. Mike K (559-647-7705) leads the panel on the 3rd Saturdays
6. H&I Panels at Turning Point were resumed on Tuesday, October 21, 2014. Panels are held in the Classroom from 7-8 PM on the 1st and 3rd Tuesdays each month. Attendees and Panelists must sign-up 24 hours before attending their first panel. Turning Point Management reserves the right to refuse access to their facility. Bill H (559-740-8613) for the Sign-Up form and access criteria if you are interested.
 7. As an H&I Rep to an AA group, I've been able to secure a position on the regular meeting agenda. This allows me to briefly discuss the H&I purpose and let members know how they can get involved at the end of every meeting. Contact Bill H (559-740-8613) if you're interested to learn more.
 8. The staff at SATF at Corcoran State Prison are interested to invite panelists to attend AA meetings there. This effort will not be a focus for the Tulare County H&I Committee as we do not presently have adequate resources to meet the H&I opportunities in Tulare County. If you're interested to learn more, contact Bill H (559-740-8613).
 9. Another opportunity to serve AA's H&I activities is through the GSO's Corrections Correspondence Program. This is not a function of the Tulare County H&I Committee. This program matches you with an Alcoholic inmate for correspondence. I started doing this in July 2008 and have had some pretty valuable experiences through more step work and writing, and recommend this service highly. This service opportunity does not have a minimum sobriety requirement. The Alano Club has agreed to let us direct mail through their address. If you're interested to learn more, contact Bill H (559-740-8613).
 10. Bridging The Gap is another service opportunity available to AA members who wish to be of service to newcomers. This is not a function of the Tulare County H&I Committee. This service is organized through the Tulare County Central Office and matches AA members to individuals who are preparing to depart recovery facilities. This service affords AA members to meet these newcomers and help them find their way in AA. If you are interested to get involved in this service, contact Bob H at the Tulare County Central Office at (559) 592-6999 or tccof@hotmail.com.

Contributions

Birthday Club

Becky L.	Porterville	33
Diane O.	Visalia	2

Individual Contributions

Anonymous
 Becky L.
 Bill & Susanne H.
 Jim K.
 Julie M.
 Mike S.

Newsletter Subscriptions

Dave L.

Memorial Contribution

None

TULARE COUNTY CENTRAL OFFICE

Income & Expense Statement

8/21/2015 THROUGH 9/20/2015

<u>INCOME</u>	<u>MONTH</u>	<u>YEAR TO DATE</u>
B.Day Club	35.00	484.52
CD & Tape Cont.	5.00	15.00
Group Cont.	1,046.00	11,620.64
Indiv Cont	192.00	4,782.87
Lit. Sales	414.00	4,030.46
Memorial Cont.	0.00	343.12
Misc.	0.00	21.50
Newsletter Subscription	20.00	124.00
S & H	0.00	7.50
Sales Tax	58.99	557.85
Spec. Events	0.00	10,341.32
Spec. Items	321.65	3,331.25
TOTAL	\$2,092.64	\$35,660.03

Service Meeting & Service Addresses

Service Meetings

GSR Meeting at Central Office
 449 E. Maple St., Exeter, CA
 Wednesday, October 7, 2015 at 7:00 PM

CSR Meeting at Central Office
 449 E. Maple St., Exeter, CA
 Tuesday, October 14, 2015 at 7:00 PM

H&I Meeting at Alano Club
 Visalia Alano Club, 1311 W. Murray
 Saturday, October 10, 2015 at 2:00 PM

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

<u>EXPENSES</u>	<u>MONTH</u>	<u>YEAR TO DATE</u>
Ans. Serv.	40.00	340.50
CD & Tape Cost	0.00	0.00
Fees-Taxes	21.00	46.00
Insurance	0.00	500.00
Lit. Costs	0.00	2,711.58
PI-CPC Expense	0.00	0.00
Misc Expense	0.00	0.00
Newsletter Cost	144.74	687.92
Office Exp	82.79	842.01
Office Equip.& Maint	147.06	492.23
Phone & ISP	173.91	1,551.88
Postage	2.54	157.30
Employee Taxes	156.34	3,660.26
Rent	525.00	4,725.00
Salary	1,357.82	12,214.92
Sales Tax-Paid	0.00	765.00
Security System	129.80	377.58
Spec. Events	0.00	4,672.24
Spec. Items	0.00	1,450.10
Utilities	34.41	592.96
Website	15.90	71.55
TOTAL	\$2,831.31	35,859.03
Net Gain(Loss)	(\$738.67)	(\$199.00)
<u>BEGINNING BALANCES:</u>		\$9,650.60
<u>ENDING BALANCES:</u>		\$8,911.93



October 17, 2015 (3rd Saturday)

at

Christian Reformed Church
1030 S. Linwood, Visalia

Tri-Tip & Spaghetti Dinner

Tickets \$12.00 in advance / \$15.00 at the door

Doors open 4:00 PM

Dinner at 5:00 PM

Speaker Meeting at 7:00 PM

FRANK V. from Lemoore

35 Years of Sobriety

50/50 Raffle!

Event T-shirts and Sweatshirts for sale!

Questions? Chuck H. 559-786-7077