

CENTRAL NEWS

September 2017



Old Harmony School Strathmore, CA

AA Historic Article of the Month

“Easy Does It”

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

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Step 9

One of my favorite A.A. speakers, Sandy B., describes the Twelve Steps as, "Twelve principles, spiritual in their nature...that we don't want to do." This was certainly true for me when I arrived at A.A. I was a daily drunk and had tried everything I could think of to stop-and failed. Alcoholics Anonymous was a last chance that I wasn't even sure I wanted.

The main reason I was willing to give it a try was that my daughter had called an A.A. member to "Twelve Step" me, and I wanted to honor that. She took a great risk in making that call, because I was not a nice person when drunk, and she didn't know what might happen. As it was, God gave me just enough willingness to get started in recovery, although I didn't realize it at the time. The ego deflating, soul-searching work of the Steps was difficult and unpleasant. I did not want to do it, but I didn't want to drink again either, so I struggled through. I had thought that the Fourth Step would be the worst of it, but then arrived at Step Nine. This was no theoretical work; I was going to have to make face-to-face amends to the people I had hurt the most in my drinking life, which spanned

38 years. Step Nine is logistical. I had my amends list from Step Eight. Now I had to decide priorities, places and times. With guidance, I broke things down to "now", "later" and "never". When I decided who came first, I then had to be specific about what I was making amends for, and what I was going to do differently. The "now" and "later" categories were based on geography. Since the amends were to be done in person, the closer they lived to me, the sooner I made the amends. If there was travel involved, I would do it as soon as practicable. There was one that had to be done by phone, since he lived across the country. I had to be careful of the "never" category. The wording in the Step, "whenever possible" and "except when to do so would injure them or others" can be excuses for not making an amends. There were only two people in my "never" category. One was dead; so I prayed on that. The other was an old girlfriend that I had no contact with for about thirty years. She had dumped me because I drank too much, too often. We parted on amicable terms, but our six-year relationship had been chaotic. There was no doubt that I had caused her much harm. But how would she feel if this drunk of an ex-boyfriend called her after all this time and suggested we meet for coffee so I could make an amends? I decided that it would be pretty creepy, (like a stalker) and decided not to do it. I did not want to disturb her peace just to check off an amends.

It took me eight months months to finish all of the amends on my list. While there was relief in this, my work was not done. Part of the amends process is for me to show those still in my life what I was going to do differently, so that I would not be a repeat offender. This "living amends" is one of the great joys of living in recovery. It lets me be the person I always wanted to be with those I love. In this way, many obstacles to a spiritual awakening are removed. Step Nine, for me, was also a big stride forward towards that seemingly elusive and sought-after quality- emotional sobriety.

Mark G.



Tradition 9

“A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.”

How do I write about a tradition that just doesn't make sense yet is beautifully orchestrated and sustained throughout the test of time in A.A. history? Think about it... tradition nine's main purpose is for people from diverse backgrounds working together to ensure that the still suffering alcoholic can get the A.A. message for their lives. It has been my experience to hear the reading of the short form traditions but I really like the last two sentences in the long form of the tradition which reads, “They derive no real authority from their titles; they do not govern. Universal respect is the key to their usefulness.” Who do we respect? We respect the still suffering alcoholic and the alcoholic who has transformed to living sober. Collectively as a group of people with wide ranges of differences we come together with a common bond- we are drunks who surprisingly left our suffering for sobriety and we deeply care for each person strapped to the insane life of alcoholic bondage. Recently I started to serve on an A.A. service board, Central Office, and I thoroughly enjoy it. Although, at first I had many jitters because my A.A. experience in California is belonging to a closed women's group where I feel safe and comfortable. My women's home group cycled from big to almost extinct to big again. Once we became bigger more experienced members felt we needed a C.S.R. and it was time for me to get out of my comfort. So I became the C.S.R. volunteer for our group. Walking in the Central Office door I was met with smiling, glowing people with different backgrounds or maybe I'm the one with the different background from them but you know what...it doesn't matter because we share the bonding similarity of wanting to help the still suffering alcoholic like we once were. Quickly I experienced that together came great respect for one another as we work with sincere hearts and common purpose. We want our Central Office to be a branch of communication to help anyone suffering. We also know by coming together and serving we receive the greatest gift for our own lives... another day in sobriety. I have learned by serving what tradition nine stands for: Tradition nine simply is a selfless tradition that still uplifts self.

Sheri T

September AA Birthdays

Name	City	Years
Joe F.	Porterville	39
Dick C.	Visalia	37
Margie C.	Exeter	36
Robert H.	Exeter	35
Rebecca M.	Lemoore	35
Gerald V.B.	Andover MN	32
Joan C.	Visalia	32
Tom P.	Dinuba	32
Ruth B.	Visalia	31
Cliff L.	Visalia	31
John W.	Tulare	31
Carolyn K.	Visalia	30
David H.	Visalia	30
Ken R.	Visalia	30
Warren G.	Visalia	30
Hal W.	Lemon Cove	30
Jerry”Bubba”W.	Tulare	29
Joan A.	Exeter	29
Kelley N.	Tulare	29
Linda P.	Visalia	29
Ty N.	Tulare	29
Cary K.	Visalia	27
Mike H.	Visalia	27
Kim A.	Tulare	26
Tom C.	Visalia	26
Noel	Mexico	26
Russell W.	Visalia	25
Elly Q.	Three Rivers	24
Ken F.	Visalia	24
Linda J.	Porterville	23
Cruz J.	Tulare	22
Cindy S.	Porterville	21
Anetta P.	Porterville	17
Mark H.	Exeter	15
Barbara W.	Quincy CA	13
Melanie M.	Visalia	13
Kim H.	Tulare	13
Vendy	Visalia	12
AL S.	Visalia	11
John	Dinuba	11
Jose G.	Dinuba	10
Joyce S.	Porterville	7
Diane O.	Visalia	4

Speaker Meetings

Porterville Recovery Club Speaker Meeting

186 W. Walnut Ave
Friday September 1st, 2017 at 8:00 PM
Speaker: - Jeanmarie S. Porterville, CA

Friday Book Study Speaker Meeting

TBD-- ***** WE NEED HELP*****

Our meeting location unfortunately suffered an extensive fire and is unable to accomodate us! We are looking for a new place to host the meeting until the current church can make repairs. If you have any suggestions or know of a place please reach out to Rick S. 559-300-8143

Friday, September 8th, 2017 at 8:00 PM
Speaker: - Sherri B.

Sunday AM Breakfast Speaker Meeting

Veterans Memorial Building
36000 Hwy 190, Springville
Sunday, September 10th, 2017 at 10:15 AM
(Breakfast at 8:30 to 10:00 AM)
Speaker: Catherine S. - Visalia, CA

The Valley Group, Speaker Meeting

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

Speakers for September

Sep 6- Kat H. of Fresno- 13 Years! The Valley Group Celebrates our completion of 8th year in service!

Sep 13 – Courtney R. of Tulare- 1 Year! The Valley Group Celebrates the beginning of our 9th year in service!

Sep 20 – Shanna H. of Visalia - 11 Years!

Sep 27 – Dan M. of Visalia– 3 Years!

That's 28 years of sobriety in four simple one-hour sessions!

Central Service Meeting

Minutes: August 8, 2017

MEETING CALLED TO ORDER: 7:00

CENTRAL OFFICE BOARD MEMBERS PRESENT:

Doug H , Mark G., Bob H.,Stella T., & Sheri T.

BOARD MEMBER ABSENT: None

SERENITY PRAYER: Led by Doug H.

12 TRADITIONS: Mark G.

SECRETARY REPORT: Approved

BOARD OF DIRECTORS MEETING:Read by Sheri T.

TREASURER REPORT/OFFICE REPORT: We had an income of \$2,843.20 and expenses of \$2,715.44 for a gain of \$127.76 for this accounting period. Group contributions were good. Literature Sales were good.

We collected \$298.40 from the Square card sales from 8 transactions in July. We had 11 customers on Saturdays in July receiving \$549.23 total. The office has been operating normally. Reported by Bob H.

WEBSITE REPORT: Going well with 119 unique visitors per day and 44 for Springville. 4,413 page views for meeting directory.

PUBLIC INFORMATION REPORT: Stella- nothing to report at this time

STEP FOR NEWSLETTER – VOLUNTEER

Sept.	Step 9	Mark G.
Due to CentralinetergoupNews@gmail.com 8/20/17		
October	Step 10	Mark G.
Due to CentralinetergoupNews@gmail.com 9/20/17		

TRADITION FOR NEWSLETTER-VOLUNTEER

Sept.	Tradition 9	Sheri T.
Due to CentralinetergoupNews@gmail.com 8/20/17		
October	Tradition 10	Cheryl
Due to CentralinetergoupNews@gmail.com 9/20/17		

H&I REPORT – Meets every other month no report this month.

GSO LIAISON- Cheryl- district 47 had a district committee meeting in August and they decided not to elect an alternate D.C.M. since voting is in November so they can ride it out until November. Many activities are happening and coming up is a discussion for safety cards to be distributed to groups on how to keep members safe at meeting. An event is happening Saturday, September 23rd. They also made a motion to approve DCM not to attend all committee meetings in Sacramento with the costs involved but to attend the

meetings with impact. \$200.00 was also approved for expenses.

TUCYPAA LIAISON- Nothing to report
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 meets from 5:30-7:00 Saturday evening at the Polar Bear Room at the Kaweah Delta Rehab Facility on Akers in Visalia. This is an open gay A.A. meeting but everyone is welcome with typically 20-30 in attendance. We hold business meetings the 2nd Saturday of the month and we end the regular meeting a few minutes before 7:00 for Treasurer's reports, GSR reports and announcements. There are many service commitments available (chip person, literature, coffee maker etc.) over and above the usual Secretary, Treasurer, GSR, CSR etc. allowing more people to become active participants in their sobriety.

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 and Santa Fe, 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 120 people. Court cards are accepted. It's a great place to meet friends, hear a great message and get ready for recovery.

Keith A.-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 65-80 breakfasts. The meeting starts at 10:15 with a 10 minute speaker. The main speaker starts around 11 am. July 9th our speaker is Hiro S. from Long Beach CA. Treasury position filled by Jessie. Good food and great fellowship. Come and join us!

Julie M - Springville Gut Level Group-We meet from 7 - 8:30 at the Lighthouse Chapel every Thursday night. This is an open meeting and all are welcome.

We do ask if you are not an alcoholic that you please do not share-you are more than welcome to listen. Birthdays are celebrated the last meeting of the month-we meet for dinner before and cake after. Great mix of old and new sobriety.

Rae Ann B.-Tues Women's Amity Group- We are a closed group who meet every Monday night in Visalia at Christ Lutheran Church from 6:30-8:00 p.m. We read a part out of the Big Book of Alcoholics Anonymous each week. On the last Monday we study the tradition for that month. We have a good mix of old timers and new comers. We celebrate birthdays and monthly chips weekly. Between 20-25 attend each week.

Stella T - Women's Changes- This is an open women's meeting each Tuesday evening at 7 pm at the Church of the Nazarene in Porterville, 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.

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 - We meet every Monday night at 7:30 for a closed AA men's meeting at the PPAV Hall 820 E. Main street in Visalia. We celebrate birthdays at the end of the month and have our business meeting on the first Monday of the month. 40-60 people in attendance. Please join us, newcomers welcome! Lots of experience, strength and hope shared.

Blake-Sunday Night Serenity Seekers - We meet on Sundays at 7:30 - 9:00 pm in the Spiritual Center on 117 Locust Street in Visalia. We have a speaker followed by open discussion. We don't celebrate birthdays or hand out chips. We have a good mix of old timers and newcomers. Between 20 and 25 attendees each week.

Mike K-Sunday AM Serenity Seekers - Our group meets every Sunday morning at the Visalia Alano Club from 10:00-11:30AM. It is an open meeting. We celebrate birthdays on the last Sunday of each month.

We have regularly 20-30 members attending. We have many long time members and always welcome new members graciously. Court cards are signed at the meetings. Business meetings are on the first Sunday of the month at 9:30 AM.

Zach D-The Young & Restless Meeting-We meet every Wed at 7 pm at 117 S. Locust St in Visalia. This meeting is a chair and participation meeting. The chairperson reads "Daily Reflections" at the start of the meeting. Chips are passed out every week, also birthdays are celebrated weekly. Chapter 5 & the 12 Traditions are read at the beginning of the meeting and it ends with A Vision for You. This is a meeting primarily for young people in AA but all are welcome to attend. We also play spin the bottle!

Monica-RSVP (Porterville Young People)- We meet every Friday from 6:30-7:30pm at the First Congregational Church located 4th & Mill. A chairperson reads from selected AA literature followed by any AA members celebrating a sobriety birthday in the week prior to the meeting. AA members are chosen to share using the popcorn (tag) method. The last Friday of the month, after the meeting, we celebrate monthly birthdays at a select restaurant. Monthly business meetings are held on the 3rd Friday of the month. This meeting is primarily for young people in AA but all are welcome to attend.

Alfonso P.-Bill and Friends-This is a closed AA book study that meets every Friday from 12 to 1 pm at the 210 restaurant on Center St in Visalia. We offer books and literature. We practice and live principles before personalities.

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

Alfonso P-The Forgiveness Group – This is a closed meeting. We meet on Tues & Thurs from 10am – 11am. We meet at the Bethlehem Center, 1603 Dinuba Blvd., the corner of Houston & Dinuba Blvd in Visalia. New time same days. We study the 12 & 12 and Big Book of A.A.

Ken I.-Bridge Street Drunks (Only) – Bridge Street Drunks is thriving. We have a newly remodeled club house and we often fill the seats. New AC to keep everybody nice & cool. Meeting Mon-Sunday. 7am and noon, check the schedule for evening meetings. Birthday meeting held after noon meeting on the last Saturday followed by business meeting.

Joe H.- Friday Foundation Group –Welcome one

and all every 2nd, 3rd and 4th Friday of the month for a closed "Big" book study meeting. We are located at the center for Spiritual Living on the corner of Locust and Acequia in Visalia. We open with the "Set aside prayer" and close with the "Responsibility Declaration". Entry is in the West rear door by the parking structure. The address is 117 South Locust St. It's an hour long book study. We sign court cards and hope to see you there.

Frances – Women's 12 X 12 Study Group - The Saturday morning Women's AA 12X12 meeting is a closed AA meeting that occurs Saturday morning at 9am – 10am. We meet at Christ Lutheran Church on Tulare Street and Demaree in Visalia. Each week we read a step or tradition for the 12X12 and then discuss it. We sign court cards and celebrate birthdays weekly. The last Saturday of the month we have an "Ask the Basket" meeting where we discuss questions about AA and recovery. We hold our business meeting at 10am on the last Saturday of the month. We donate to AA at all levels. This is a great opportunity to meet women in recovery and learn tools for sobriety and living life on life's terms.

Dan B. – Christ Lutheran Center Group - This is an open meeting that meets every Tuesday from 7:00 – 8:30pm. Chips are given every week. Birthdays are celebrated the last Tuesday of each month. 30 to 40 fellows attend each week. Lots of long time sobriety and newcomers. A great diverse group.

Matt H. – Friday Freedom Fellowship This is a closed meeting that starts at 7:00 PM located at 3830 W. Tulare Ave. Visalia. We regularly have a meeting attendance of about 60 people. We observe the 7th tradition and we make contributions to Central Office and New York. Court cards are accepted and signed. Our business meetings is the first Friday of each month. We celebrate sobriety birthdays for various lengths of sobriety with chips and cake on the last Friday of the month. We convene in prayer and adjourn with prayer.

OLD BUSINESS

1.New Year's Celebration

- a.We have a speaker
- b.Food options- Taco buffet \$10.00 per person or catered at slightly higher cost
- c.Suggested that Central Office create a caterer liaison
- d.Discussion on fund raiser activities:
 - i.Gift baskets

Service Meetings

AND ADDRESSES

- ii. Raffle – extra 50/50 tickets
- iii. Entry tickets
- Next month 6:30 New Year's planning meeting before CSR meeting

2. **Newsletter Editor:** Work in progress – e-mail your flyer to Central Office if you would like your meeting to be announced in newsletter

3. Central Office Inventory :

- a. 9-3 Saturday hours are a direct result of the Central Office Inventory
- b. We take credit cards now as a direct result of the Central Office Inventory
- c. More people are aware of the service Central Office is dedicated to
- d. Central Office has become slightly more profitable (can't say 100% if it's direct result of inventory)

NEW BUSINESS

1. **Central Office Hours-** still in conversation

SEVENTH TRADITION: \$95.00

ANNOUNCEMENTS

Annual Ice Cream Social 5550 Barstow in Fresno
Soberfest- lunch and dinner provided
Central Office is open from 9-3 spread the word to your home groups

MEETING ADJOURNED: 8:00 PM

Sheri T.

Upcoming Events

Have an Event?? Send an Email:

centralintergroupnews@gmail.com

Contributions

Birthday Club

John W.	Tulare	31
Albert G.	Visalia	28
Jim K.	Visalia	15

Individual Contributions

Anonymous
Jim K.
Mike S.
Patricia
Shannon S.

Newsletter Contributions

None

Memorial Contribution

Nooners Group in Memory of Chuck H.

Central Office Contacts

Answering Service Calls	1
AA Members	11
Court Ref/Info	8
Meeting Information	12
H & I	0
Alanon & Alateen Information	1
Info. re Recovery Homes	0
Schedules & Info-Mailed & Faxed	1
Bridging The Gap	0
Other 12 Step Programs	2
Visitors to Office	52
Literature Sales	23
Specialty Sales	26
Churches & Schools	0
General Information	18
Prospective Members	0
Twelve Step Calls	2
E-Mail Contacts	18
Spanish Contact	1
Total	176

Lighter Side of AA

Financial Report

TULARE COUNTY CENTRAL OFFICE

Income & Expense Statement

7/21/2017 THROUGH 8/20/2017

WE ARE NOT A GLUM LOT

A scientist runs into an AA meeting and exclaims "we did it! We found a medical cure for alcoholism! All you have to do is take this one pill daily and you are cured." Slowly a hand raises in the back and a man says "what happens if you take two?"

Did you know the game show JEOPARDY was invented by a newcomer? Who else would start with all of the answers and none of the questions?

A drunk staggers into a Catholic Church, enters a confessional booth, sits down, but says nothing. The Priest coughs a few times to get his attention, but the drunk continues to sit there. Finally, the Priest pounds three times on the wall. The drunk mumbles, 'Ain't no use knockin, there's no paper on this side either.'

Have a Joke???? Submit it to:

centralintergroupnews@gmail.com

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.

<u>INCOME</u>	<u>MONTH</u>	<u>YEAR TO DATE</u>
B.Day Club	74.00	528.00
CD & Tape Cont.	0.00	0.00
Group Cont.	2,224.53	16,942.82
Indiv Cont	442.09	4,896.66
Lit. Sales	656.80	4,328.11
Memorial Cont.	0.00	0.00
Misc.	0.00	0.00
Newsletter Cont.	0.00	0.00
S & H	0.00	12.50
Sales Tax	77.20	512.89
Spec. Events	0.00	6,836.00
Spec. Items	389.25	3,121.70

TOTAL \$3,863.87 \$37,178.68

<u>EXPENSES</u>	<u>MONTH</u>	<u>YEAR TO DATE</u>
Ans. Serv.	40.00	320.00
Fees-Taxes	0.00	25.00
Insurance	0.00	550.00
Lit. Costs	108.10	3,983.21
PI-CPC Expense	0.00	0.00
Misc Expense	0.00	0.00
Newsletter Cost	0.00	0.00
Office Exp	0.00	915.47
Office Equip.& Maint	0.00	0.00
Phone & ISP	184.76	1,447.73
Postage	0.00	108.55
Employee Taxes	1,617.72	4,168.87
Rent	525.00	4,200.00
Salary	1,441.60	11,830.34
Sales Tax-Paid	720.00	720.00
Security System	0.00	285.32
Spec. Events	0.00	2,172.34
Spec. Items	207.90	1,640.48
Card Charge	4.47	56.26
Utilities	34.44	553.22
Website	81.69	117.39

TOTAL \$4,965.68 33,094.18
Net Gain(Loss) (\$1,101.81) \$4,084.50

BEG. TOT. ACCT. BAL. \$17,576.05

END. TOT. ACCT. BAL. \$16,474.24

Group Contributions

7/21/17 Thru 8/20/17	Month	YTD
10th Ave Men's-Lemoore		22.79
ABC Group		0.00
Alpha-Wed-Tulare		100.00
Attitude Modification-210		540.00
Bills & Friends		0.00
Breath of Fresh Air	500.00	2,700.00
Bridge St. "Drunks Only"	394.32	2,501.98
Central Calif. Roundup	522.46	522.46
Civic Center Grp.		50.00
Clodbusters-Tulare	210.00	630.00
Crossroads-Tulare	200.00	
CSO Meeting	95.00	527.00
Dinuba Grp		40.00
District 47		400.00
Dr. Bob & Friends		25.00
Exeter-Quiet Trails		0.00
Exeter Sun Afternoon		410.00
Foundation Group	15.75	101.75
Freedom Fellowship		491.90
Fri. Night Study Tulare		50.00
No. Cal H&I		287.25
Message of Hope		0.00
Monday Men's Mtg.		228.00
Monday Night Live		0.00
Mid Valley-Tulare		0.00
Mon Book Study-S'ville		93.00
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		84.75
Porterville Young People		20.00
Practicing The Pinciples		92.15
Rainbow Group		236.00
Rule 62-Visalia	50.00	350.00
Serenity Junction-Tulare		0.00
Serenity Seekers AM-Visalia		400.00
Soberfest Groups		0.00
Wed. Sobriety Celebration		170.00
Springville Gut Level	100.00	865.48
Sun Bkfst Spkr Mtg		820.00
Sun PM Serenity Seekers		90.00
Tulare Young People		10.00
Tulare Fri. Book Study		0.00
Tulare 2nd Fri Spkr Mtg		0.00
Tulare Tuesday Night		0.00

Tulare Sunday Night		200.00
Tues. Men's-P'ville	60.00	240.00
Tues. Noon Rec. Club		0.00
Three Rivers-Monday		90.00
Unity Thru Traditions	77.00	185.43
Valley Group		175.00
Valley Speaker Series		666.00
Wed. Acceptance, P'ville	200.00	700.00
Weekend Attitude Adj.		70.00
Women's Amity-Visalia		631.28
Women's Changes-P'ville		225.00
Women's Fri. Night-P'ville		87.00
Women's Sat AM 12x12		238.60
Young & Restless		90.00

Total	2,224.53	16,942.82

Editor's Corner

Hello All! It's officially my third month as the new editor and I really appreciate the opportunity to be of service! I would like to redouble my efforts to bring in more content to the newsletter...so PLEASE help me out!! I am interested in content about unique meetings in our area like the "Traditions Meeting." Also, more content about central office like the "Birthday Club". Please help me out! Feel free to send any questions, comments, or content to:

centralintergroupnews@gmail.com

Thank you for letting me be of service!

Louie T

TUCYPAA

TULARE COUNTY YOUNG PEOPLE OF AA

Mission Statement: We, the members of Tulare County Young People in Alcoholics Anonymous, have adopted A.A.'s primary purpose: to stay sober and help other alcoholics to achieve sobriety. TUCYPAA is an A.A. committee comprised of A.A. members, directly responsible to the young alcoholics of Tulare County. All alcoholics are welcome to participate. When anyone, anywhere, reaches out for help, we want the hand of A.A. to be there. And for that, we are responsible.

Come be of service!
Every 1st & 3rd Sunday @ 3:00pm
First Jesus Name Church of Cameron Creek
29076 Road 164
Visalia, CA

Have questions? Feel free to reach out!
L 559-972-3210
Henry 559-977-4360
Amy 559-280-2679
Charles 559-909-7348

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District 47 is hosting
Lunch with Our CNIA Delegate

Come hear our Delegate
report on the 67th Annual
General Service Conference.



Delegate's Report presented by Vikki R,
the Delegate representing the California Northern Interior Area.

Saturday, September 23, 2017

Center for Spiritual Living • 117 S. Locust St., Visalia, CA

Lunch Provided by District 47, 12:30 to 1:30pm

Delegate's Presentation, 1:30 to 2:30pm



**SOBERFEST
2017**

An opportunity for fellowship, food, fun, and education.

**@ Christ Lutheran Church
3830 W. Tulare Ave.**

Visalia, CA.

For info, please call:

Barbara V. at [559-303-5761](tel:559-303-5761)

Elgin M. at [559-553-5736](tel:559-553-5736)

Mark G. at [559-827-3720](tel:559-827-3720)

Bill H. at [559-740-8613](tel:559-740-8613)



**SATURDAY
SEPTEMBER 30TH 2017**

**VALLEY SPEAKER SERIES
ANNUAL FALL EVENT**

**FEATURING GUEST SPEAKER
*Jerry M.
Of Los Angeles***

Event Schedule:

1:00pm-5:00pm Step Study Workshop <*new comers who attend all step study classes will be given complimentary dinner tickets*>

5:30-6:30pm Tri-Tip Dinner is served. Tickets are \$15.00 and should be purchased in advance.

7:00pm Speaker Meeting Featuring Guest Speaker Jerry M. (Open Meeting)

-The End-

**GOD GRANT ME THE SERENITY TO ACCEPT
THE THINGS I CANNOT CHANGE THE
POWER TO CHANGE THE THINGS I CAN AND
THE WISDOM TO KNOW THE DIFFERENCE**

Seniors in Sobriety International Conference

“REDISCOVERING LIFE”

By Alcoholics Anonymous with Al-Anon Participation

September 14-17 2017



Airtel Plaza Hotel Van Nuys California

Room Rates \$109.00 (Traditional) \$139.00 (Preferred)
Airtel Movie Site Memorabilia: Marilyn Monroe, Casablanca, Amelia Earhart, and more!
Reservations: 800-224-7835 or www.airtelplaza.com
Please Use Group Code SIS2017
Please reserve your room before August 24, 2017



Program Features

The SIS Conference is a focus on challenges, outreach and recovery of senior alcoholics with participation from members of all ages around the world.

- Panel Topics “Never Too Late”, “At the Turning Point”, “Redefining Ourselves”, “Senior Veterans” and more
- Workshop Discussions “Senior Outreach SIS, CEC, GSO”, “Seniors, Sobriety & Technology” and more
- Speakers Friday AA/Al-Anon Luncheon, Saturday Banquet, Sunday Spiritual Breakfast
- Presentations from Medical Professionals
- Thursday Opening Meeting, AA Meetings & Al-Anon Meetings
- Getty Center Visit with Private Tour (limited space)

REGISTRATION FORM

REGISTER EARLY! • MAIL IN REGISTRATION MUST BE RECEIVED BY SEPT.3, 2017

(Registration is \$40.00 after August 15, 2017)

Fill out form below and mail to: SIS 2017, P. O. Box 17, Agoura Hills, CA. 91367

Name: _____ AA Al-Anon Other
 Name on Badge: _____ I wish to volunteer
 Group Name: _____ Group City _____

Name: _____ AA Al-Anon Other
 Name on Badge: _____ I wish to volunteer
 Group Name: _____ Group City _____
 Street Address: _____ Unit/Apart. _____
 City _____ State _____ County _____
 Email: _____ Phone (____) _____

Quantity [] Early Registration(s) at \$35.00 ea.= \$ _____
 Quantity [] Friday AA/Al-Anon Lunch(s) at \$36.00 = \$ _____
 Quantity [] Saturday Night Banquet(s) at \$55.00ea. = \$ _____
 [] Chicken, [] Fish, [] Beef, [] Vegetarian
 Quantity [] Sunday Morning Breakfast(s) at \$24.00 ea.= \$ _____
 Quantity [] Saturday Getty Center 9am-2pm at \$25.00 ea = \$ _____ (via coach)
 \$ _____ **TOTAL**

Credit Card **Debit Card**
 Visa Mastercard
 Name on Card: _____
 Card Number _____
 Expiration: MO __ YR __ 3 DIGIT CODE _____

Check
 Please make check payable to:
2017 SIS COMMITTEE
 Mail to: SIS 2017, P. O. Box 17
 Agoura Hills, CA. 91367

If you have security concerns about mailing your payment information please call the number below.

SeniorsInSobriety.com • Information: Michael K. (818) 823-7008

You may email SIS at: sisregistrar2017@gmail.com

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!!!

