

CENTRAL NEWS



Sobriety Foundation of a Whole New Life

Spring Walnuts Visalia, CA

The hardest thing for me to do when I first came into A.A. was to face myself; to be absolutely honest with myself. And I was in A.A. five months before I experienced any spiritual growth. Oh, I thought I had it all right after my first few meetings. Then after a couple of months I began to lose patience with those who said they just couldn't get the spiritual part of the program. I criticized the way they were going at it. The leaders too came in for some criticism.

I began to dream up a wonderful lead that I would use some time if called on to lead a group meeting. In this lead would be all the answers to the many problems others couldn't solve in their search for the spiritual part of the program.

More and more I would "buttonhole" one or two after or before a meeting and let drop a few words of wisdom on the right course to take if they would get the most from A.A.

Then it happened. I was invited to lead a meeting in a nearby town. This was what I'd been looking forward to; this was opportunity knocking . . . but so were my knees. I groped frantically for an "out." It suddenly

dawned on me that to face a quiet and attentive audience that would hang onto my every word was more than I could stand up to. But I had an "out." I was working nights. So I used that for an excuse to turn down the invitation to lead a group meeting. I was glad that I had, what I called, a legitimate excuse.

But I wasn't happy about it very long. It bothered me a great deal because when I came into the fellowship I knew it was my last chance to lick "Old John." I'd tried everything else in vain. My conscience gave me no rest. I had pulled a fast one and I knew it. I felt ashamed that I'd used a weak excuse to dodge a responsibility which in the long run would only hurt me. I was truly humiliated. I realized then I was following the same old pattern that I'd followed in my 35 years of hard drinking. I was a phony pure and simple . . . but more simple than pure. That was a bitter pill to take, but I took it.

From then on my thinking took a different slant. I think that was the beginning of my spiritual growth after five months in A.A. When I looked back on those five months in A.A. I discovered that, although I'd remained sober. I hadn't tried very hard to live up to

The precepts of The 12 Steps.

I knew, too, that I wouldn't be any great shakes as a speaker at a group meeting. But I made up my mind that if I was ever called on again I'd make some kind of lead if I got up before the group only to tell them how grateful I am for this wonderful A.A. fellowship.

So it came again. A friend who came into A.A. about the same time I did, and who was now secretary of his group in another nearby town, asked me to make a lead for his group. I accepted immediately and told him that I would do the best I could but not to expect too much from me. I'd made the plunge and now I was going to face up to my responsibility. I felt a great load lifted from my conscience and I was grateful that he had asked me. But then anxiety set in and for days prior to the meeting I was filled with apprehension and a sense of frustration.

I'd never addressed a group before and I really wanted to tell them how I felt about A.A. I'd written out some things as reminders but I got off the track and toward the end of the lead I was mumbling in my beard and most of those present couldn't hear what I was saying. I had an awful letdown feeling after I'd finished. But the secretary said something that put me at ease again. He said I'd mentioned something in my lead that he hadn't heard before in other leads. What he referred to was that I said sobriety, to me, was the foundation of this new life. I thought it kind of him to say that. On thinking it over the next day I came to the conclusion he'd said that merely to relieve my tension and not because he really thought it a new way to look at sobriety.

For four days following that lead I was in an awful state of frustration. I felt defeated. My twisted thinking was a direct route to the bottle and surely would have led me there if it hadn't been for one thing . . . I had resolved in the beginning that come what may, each morning, or at the start of each day, I would ask God's help in seeing me through the next 24 hours without a drink.

That's what held me up through those four trying days. The fourth day I took my fishing gear went down to the river and rented a boat and rowed out into the lake for a little fishing and meditation. I wanted to be free from any interruption for an hour or two. I was out there four hours. I don't even know whether I got a bite or not but I came back in with a new sense of values. The first group that had asked me to lead and which

I'd turned down, called on me again. We set a date and then I really took hold of myself and put my new sense of values to work. Before driving over to the meeting I went to my room and relaxed for 30 minutes and concentrated on that Power greater than myself. I prayed for guidance that I might present my lead humbly, simply and sincerely.

I was very pleasantly surprised to find myself completely at ease. I stated simply and honestly why I came into A.A. and what A.A. means to me today. That night when I went to bed I realized at last a full spiritual awakening. And it came merely by practicing the 12 Steps in my own way to the best of my ability. There were tears of gratitude in my eyes when I went to sleep . . . peaceful sleep.

I believe one of the best things that happened to me from my experiences in A.A. is the gaining of emotional stability. So, to me, sobriety is the foundation upon which I am building a new and better life. I am ten months old in A.A. And although sobriety is a small part of the program to me now I never lose sight of the fact it is the most important part.

In a nearby city, and near the center of town, is a huge well-constructed foundation made of large brownstone blocks. It has been there for years and to all appearances the plans for building on this foundation have been abandoned. Hundreds of people pass it daily and I'm sure very few give it more than a passing glance. It has neither utility nor beauty yet it has potentiality for both. And so it is with our sobriety. There are times when we happen upon bits of wisdom in our reading that stand out like glittering gems on a backdrop of black velvet. Such is the following by Andrew Preston Pea - body which to me exemplifies the 12 Steps in A.A.: "To live in the presence of great truths and eternal laws ... to be lead by permanent ideals. That is what keeps a man patient when the world ignores him, and calm and unspoiled when the world praises him."

Boots C. Port Clinton, Ohio
AA Grapevine February 1947

Step 6

"We're entirely ready to have God remove all these defects of character."

To discuss this step I would like to dissect the 4 meanings of defect the way I understand it and how Step 6 works with the removal process of defects. So here we go! I have heard the saying in our meetings from others stating, "I'm an ego maniac with an inferiority problem." Every time I hear that from someone I always smirk, nod or make some other non verbal big agreement gesture. I don't know about you but when it comes to my defects I will either beat myself up about them over and over again or be completely blinded to them because of my ego. Simply put, when defects are concerned my measuring stick just doesn't measure. I have found that God, my sponsor, meetings, AA and writing assignments are the keys to becoming aware and ready to work step 6.

All of our journeys are different with some commonalities so as I write my own experience take what you need and leave the rest behind. I don't hear that saying much in the meetings I attend now, but when I first became sober I heard that saying a lot. I really needed to hear that I should take only what I needed from a meeting-bringing me to one defect I struggle with. (The not becoming defect is what I'll call this one.) I used to get so mad, annoyed or impatient with another if they didn't see situations EXACTLY the way I saw them. I found it a personal attack that another with different backgrounds, experiences, gender etc. could see a situation different. How dare they!

My reactions could be equally as absurd as that thought. Although I don't think this defect has been removed from me I do know that I'm ready to have God remove this defect. When I think or react big I usually become embarrassed and calling my sponsor is fairly easy because I'm feeling low and need soothing. A writing assignment is typically given and soon all is going well and this defect is subsided. I definitely am entirely ready for this defect to be removed but that's fairly easy because let's admit it-the defect I just listed really isn't very becoming so I'm very inspired to have it removed.

How about the next defect? Number two will be called "the self serving defect". How ready am I to have

that removed? In early sobriety I listed defects as the "bad" ones like the previous one I listed. Recently I am discovering that defects can be self serving and not as easy to be ready to have removed. For example-living with a past of being hurt by another (as we all have one of those experiences) I have noticed that I build protective invisible layers or walls around me. These walls may not be becoming but they make me feel safe and functional. To be willing for God to remove these means that I will allow myself to become vulnerable and uncomfortable. Frankly I'm just not good with that. I'm not good with that.....but I am willing to be ready and through God, my sponsor and A.A. as a whole someday I will be entirely ready. In the meantime I get to make progressive steps towards that direction by praying, talking to my sponsor and hearing others in meetings share their experiences.

Number three: one of my least favorite defects the "defensive defect" or also called the "self-righteous defect". Ouch this one hurts my ego so much (whimper, whimper). Whenever I am faced with a situation that I am judge and jury on for being so right I literally feel my defensive gene (it's a gene right?) rise up ready to fight and BAM step 6 strikes back and says get to work and call your sponsor and find out how right you really are. My Step 6 willingness indicator is the action or non action of picking up the 500 pound phone and sharing my defect with another.

The last defect that I'm aware of will be called "the future defect." I know I have character filled with defects but I also understand that I don't know what I don't know- even when it comes to myself. So for my future defects all I need to do is continue suiting up and showing up and guess what so will they someday. I am armored with Step Six for each of these defects and I am grateful to be a work of progressive art. On my own it would be a painful journey but with my higher power that I call God, my sponsor and A.A. the depth of living is worth it.

If your head has the committee like my head and working step 6 gets too big just remember what Bill W. wrote in the 12 & 12 for step 6, "Only Step One, where we made the 100 percent admission we were powerless over alcohol, can be practiced with absolute perfection. The remaining eleven Steps state perfect ideals. They are goals toward which we look, and the measuring sticks by which we estimate our progress. Seen in this

light, Step Six is still difficult, but not at all impossible. The only urgent thing is that we make a beginning, and keep trying." I think I did that today writing this step. Thank you for reading and allowing me the privilege of staying sober another day. Good day and sober living to you all!

Sheri T.

Tradition 6

"An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose."

Our first Tradition states, "Our common welfare should come first; personal recovery depends upon A.A. unity." Tradition Twelve tells us that "Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities." So it seems somehow fitting that Tradition Six should fall right in the middle of these two ideas. Our unity grounded in the humility of anonymity should never be compromised by our desire to expand on our primary purpose.

It is surely no accident that the tradition that comes before this one gives us the definition of each group's primary purpose—"to carry its message to the alcoholic who still suffers." And how do we carry this message? We tell our stories about the recovery from alcoholism we obtained through taking the steps of Alcoholics Anonymous. We share what we were like, what happened and what we are like now. We share how the principles of our Twelve Steps delivered us from the misery produced by our conflicted and anxious personalities, the misery that repeatedly sent us seeking the relief provided by alcohol.

So we share principles here in AA. We are not moving products. The usual promotional tactics of business and marketing are not necessary for passing on what we have to offer. In fact, these tactics tend to dilute and pollute our message and divert us from our primary purpose.

When I was new to AA, I was in awe of our fellowship's absence of profit motive, hidden agendas, bait and switch marketing scams, or any religious or political

dogmas. There were no dues or fees. I found a group of alcoholics speaking openly and honestly about their experiences with alcohol and the AA program of recovery. All the media hype and public relations wizardry in the world could not have provided that for me. I want every drunk who wanders into AA to find the same relaxed and welcoming environment that I found when I arrived. Tradition Six helps me and my group do our part to provide that setting.

Tradition Six is just another one of our cherished Traditions, which were written to ensure our unity and to protect our principles and our primary purpose from the potentially corrosive tendencies of our personalities.

Allen L.
Exeter

The Joy of Working With Others ...Sometimes.

"Nothing will so much insure immunity from drinking as intensive work with other alcoholics..." This is one of many statements in our literature which stress the importance of the recovered members of Alcoholics Anonymous carrying the message to fellow alcoholics. It is our Twelfth Step. My own recovery started in 2010 with a Twelve Step call. It is likely the greatest gift I have ever, or will ever receive. (I say "likely" because I never underestimate God. More could be revealed.) Dr. Bob's story in the Big Book lists his four reasons for doing Twelfth Step work. I embrace them; with a qualification. The second reason is, "It is a pleasure." In my own experience, it is...sometimes. I have sponsored men in this program beginning when I had six months sober. It is truly humbling when a suffering alcoholic trusts me to take him through the Steps. It is even more humbling when he gets drunk before finishing Step Four. This happens with half of the men I work with. I use the term, "Three and out" to describe this pattern; that is, they do the first three Steps and then quit. Then, they receive the precise rewards produced by half-measures: nothing. If you have done a Fourth Step, you well know why one might want to quit at that point. Success rates in recovery cannot be reliably determined. A.A. conducts member surveys every three years to get a general sense of them. Statistics are subject to interpretation. The recovery rate in A.A. has likely never been the 75% claimed in the forward to

the Second Edition, or the 8% figure thrown around in rehabs. Archival research indicates 40% for people who complete the Steps and stay for a year. That seems pretty great to me. I suppose if only half of my Sponsees get drunk after Step Three, It's really OK. One might keep in mind too, that 21 of the first 100 who helped write the Big Book got drunk again. Despite accepting all of this, it hurts when I find out that a man I have worked with gets drunk. I know I am NOT GOD, and I do not get people sober, or keep them sober. He can, and does. I love my life in recovery and that is what I want for every alcoholic. What I want doesn't matter though; it's what they want. Willingness to entirely commit to our program is the key, and I can't give that to anyone. Yet, it still pains me when someone relapses. I do a 10th Step, use the Spiritual Axiom, let it go, and move on to someone else who wants help. Sharing this with my sponsor keeps me grounded as well. I stay in the work and remain happily sober. Change is good. Over the years I have changed the way I take people through the Steps. I used to give my best version of what my first sponsor showed me. This contained, intended or not, interpretation, opinions, and therefore, dilution of what was given to me. It lacked structure and clarity. Now I use a four week, Back to Basics format taken directly from our basic text. This provides focus, momentum and fast pain relief...if they stick around. The only failure in sponsoring people is not to do it. When asked, I say yes. If they stay sober, It's a gift to all. If they don't, we learn. There is value in all of it. As a footnote, the information on recovery rates is from A.A. source material, easily available online. There is a wonderful talk on YouTube titled, "A.A. Myths and Misconceptions" by Billy N. which addresses recovery rates. It's fun to go through this part of A.A. history. I would love to read other members experiences with the joys of sponsorship as well. Please send Louie your thoughts.

Mark G.
Visalia.

Upcoming Events

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

Stepping Stones Pt. 2

The Stepping Stones letter continued from May Central News about Bill and Lois Wilson's home "Stepping Stones" in New York...

Bill and Lois inquired to see if they could leave the home to A.A. or Al-Anon after their deaths, but due to the traditions it was not possible. The intention was for the property to remain available for visitors. Therefore, in 1979, Lois created the Stepping Stones Foundation, a tax-exempt 501c3. She was the first President of the Foundation and we continue the mission she set forth today.

As a standalone private foundation, Stepping Stones has operated and preserved the property since Lois' passing in 1988. In the Wilsons time here, Stepping Stones grew to 8.17 acres. The Foundation maintains the following:

- 15,000 objects – the furniture and personal belongings of the Wilsons from Brooklyn and VT
- Bill W.'s writing studio that Bill built with a friend and is nicknamed "Wit's End" (It is where the writing was done for articles, speeches, letters, and the books "12 Steps & 12 Traditions," "AA Comes of Age," "As Bill Sees It" - formerly named "The AA Way of Life" and more. It houses the desk that some Big Book chapters were written on in NJ.), The old one-car garage,
- The 1920 Dutch Colonial Revival home,
- Lois' flower garden,
- A community vegetable garden that used to be the vegetable garden of the Wilsons,
- The two-car garage that Bill built that now houses a Welcome Center with display,
- Another house that Lois built in 1984 to house the Foundation office and storage, and
- A water pump house that needs repair from tree damage and corrosion.

The Foundation also operates the Archives containing 150,000 items, including the personal papers, photographs, and recordings of Lois and Bill Wilson, including much of the seminal material of the start of A.A. and Al-Anon. With the help of hundreds of donors over the last eight years, all collections have been copied on to microfilm and digital media. Our next project will be to raise funds to create an online password-protected archive. We are seeking volunteers to help remotely with this project. Also, anyone

with a background in web design and development is welcome to contact us to help with our website redesign.

We offer tours by reservation-only from Mon. through Sat. at 1 p.m. with volunteer Docent tour guides and staff. We maintain the tradition of hosting the Annual Stepping Stones Lois Family Groups Picnic – a ticketed event usually held the first Sat. in June. This year will be the 67th. That event has AA, Alateen, and Al-Anon speakers. We also maintain the tradition of hosting the A.A. Delegates and Al-Anon Delegates every 2-3 years as they conclude their general service conferences.

Tax-deductible contributions help with operations, maintenance, and special preservation projects of the property, buildings, Archives, and objects (15,000 items that originally belonged to the Wilsons). Preservation must be done in keeping with the U.S. Secretary of Interior standards for National Historic Landmarks, so much work must be handled by paid experts and professional staff. Like most historic landmarks of this scale, the organization accepts donations, has a shop, engages volunteers, and has a professional staff (currently 2 full-time and 2 part-time temporary workers). The Board of Trustees is comprised of about 12 volunteers who have legal and fiduciary responsibility for the organization.

Kind regards,
Sally A. Corbett-Turco
Executive Director
Stepping Stones - Historic Home of Lois & Bill Wilson,
co-founders of Al-Anon & AA respectively
62 Oak Road
Katonah, NY 10536
info@steppingstones.org
Office Tel. 914.232.4822
Mobile Tel. for time-sensitive matters 678-428-9279
Website <http://www.steppingstones.org/>
Join us on Facebook

Due to the fact that there was an error with the Central Service Meeting Minutes in last month's Central News... we will be sharing the meeting minutes accurately for both April & May!!

Louie T.

Central Service Meeting

April 10, 2018

MEETING CALLED TO ORDER: 7:00
CENTRAL OFFICE BOARD MEMBERS PRESENT: Julie M., Bob H, Stella T., Louise G., and Sheri T.
BOARD MEMBER ABSENT: None
SERENITY PRAYER: Julie M.
12 TRADITIONS: Monica R.
SECRETARY REPORT: Minutes of the last meeting motion to approve by Louise G. and 2nd by Mike K.
BOARD OF DIRECTORS MEETING: Minutes of the board of directors meeting were read by Sheri T.
TREASURER REPORT/OFFICE REPORT: Bob H.- We had an income of \$2,617.16 and expenses of \$2,551.45 for a gain of \$65.71 for this accounting period. Group contributions were about average. Sales were normal. Expenses were our regular monthly expenses. We collected \$92.22 in sales from the Credit and Debit card sales in March at a cost of \$2.60. Don't forget to tell your groups we are now open 6 days a week. Monday thru Saturday, 9am to 1pm.
PI/CPC: Stella T. - Nothing to report.
WEBSITE REPORT: The website is still very active with 92 unique visitors per day. David - We are working on a new website that can transfer the Tulare County List that can transfer to a 12 step meeting app. This is a work in progress and we will keep you posted.
STEP FOR NEWSLETTER – VOLUNTEER
May Step 5 Keith A. Due to CentralintergroupNews@gmail.com 4/20/18
June Step 6 Sheri T. Due to CentralintergroupNews@gmail.com 5/20/18
TRADITION FOR NEWSLETTER-VOLUNTEER
May Tradition 5 Sheri T.. Due to CentralintergroupNews@gmail.com 4/20/18
June. Tradition 6 Allen L Due to CentralintergroupNews@gmail.com 5/20/18
H&I REPORT:-.Mike K. - Corcoran is being visited 4 times a month, turning point 3 times a month on the 1st, 3rd, and 4th Tuesday. Jail is being visited twice a month on Saturdays as well as pine being visited twice a month.
GSO LIAISON- Allen- Alternate DSM- Allen announced that District 47 hosted a pre conference service

fair one week prior to this meeting. There was great discussions and a fun event with good and great fellowship. It would be nice to see a bigger turnout for this worthwhile event next year. If you attend you won't regret it!

CSR REPORTS:

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

Louise G.-The Rainbow Group-Rainbow group meets Saturdays at 5:30pm in the Polar Bear Room at Kaweah Delta Rehab Center on Acres Road in Visalia. This is an open 1 1/2 hour meeting with topic and discussion that holds regular business meeting the 2nd Saturday of the month and celebrates annual birthdays the last Saturday of the month but gives out chips weekly. There's a good balance of old-timers and newcomers and average attendance is around 20.

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

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

David T. Tulare Unity Young Peoples— We are an open young people's AA meeting. The meeting is located at the Hillman House, 22 W. Tulare Ave. Tulare. We meet every Saturday night at 7:30 pm. We define young people's as anyone with room to grow. All ages welcome. Please join us.

Billy B. Bridge St Drunks Only Group: -This group has 20 meetings each week. The early morning group (closed) meets 7 days a week with approx. 20 in attendance. The noon meeting (closed) meets M-F and has open meetings Sat. & Sun. There's a women's meeting at 5:30 - 6:30 Monday evenings. Tuesday night at 7:00 is an open literature study currently reading "As Bill Sees It". Wed. At 6:00 PM is an open 12X12 study meeting. The Primary Purpose group meets on Thursday nights at 7:00. The meeting studies the Big Book and gives an opportunity for newcomers to be introduced to the program and find a sponsor. On Saturday evening at 7:00PM an open discussion meeting is held; and on Sunday evening 5:00PM there is a closed 10th Step workshop.

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

Trudy W. -Lindsay Fireside Fellowship- We meet Thursday 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 welcomes newcomers and card carriers equally, sharing sobriety old and new. We celebrate birthdays the last Thursday of the month. Come help us keep the lights on for this community with recovery needs.

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

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 with either a potluck or a restaurant gathering before the meeting. Cake is served following the birthday mtg.

Mike K. Sunday AM Serenity Seekers - We meet at the Alamo Club every Sunday from 10-11:30AM. 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.

OLD BUSINESS

1. Picnic--

a. Picnic committee met prior to the CSR meeting. The date of the picnic is June 9th.

NEW BUSINESS

1. None

SEVENTH TRADITION: \$19.00

Announcements: Monica R. Reported that the 6th Annual Central California roundup is 5/18-5/19. Zak reported that TUCYPAA will be joining efforts with Fresno.

MEETING ADJOURNED: 6:45 pm

Respectfully submitted,

Sheri T.

Central Service Meeting

May 8, 2018

MEETING CALLED TO ORDER: 7:00

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

BOARD MEMBER ABSENT: Louise G.

SERENITY PRAYER: Julie M.

12 TRADITIONS: Susan

SECRETARY REPORT: Minutes of the last meeting- there was an error for the April meeting minutes with the wrong date and an error in the newsletter with the meeting minutes. The April 10th meeting minutes will be submitted to the newsletter along with this months meeting minutes to record accurate events.

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

TREASURER REPORT/OFFICE REPORT: Bob H.- We had an income of \$2,993.77 and expenses of \$3,117.69 for a loss of \$123.92 for this accounting period. Group contributions were about average. Sales were normal. Expenses were about average. We collected \$184.46 in sales from 4 credit and debit card sales in April at a cost of \$5.88. Calls have been about average with a couple people calling for help with their drinking problem. The message of recovery is still being carried.

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

WEBSITE REPORT: The website is still very active with 90 unique visitors per day and Springville had 47. A unique occurrence happened on May 3rd and May 6th with zero activity. David - A demo will be added to the current website on May 9th to show members what the new website will look like.

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July Step 7 Keith A. Due to CentralintergroupNews@gmail.com 6/20/18

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GSO LIAISON- Allen- Alternate DSM- Allen shared that the Post Conference Assembly in Clovis is coming up the weekend of May 19th & 20th located at the Clark

intermediate school 902 5th street Clovis.

CSR REPORTS:

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

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Keith A. Springville Breakfast Speaker Meeting – The Springville Breakfast Speaker meeting meets on the 2nd Sunday of each month. This meeting is an open meeting. Breakfast is deliciously prepared by members, served from 8:30 to 10:00am followed by a 10 minute speaker, then a short break. The main speaker after the break for the month of May will be Christine L. From Bakersfield. Great fellowship, 50/50 raffle. Breakfast is \$5.00 held at the Veterans Memorial Building Springville.

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 welcomes newcomers and card carriers equally, sharing sobriety old and new. We celebrate annual birthdays the last Thursday of the month, and give chips for monthly progress every week. 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 at the corner of palm and D Streets. We are an open meeting welcoming newcomers and old timers alike. We celebrate birthdays the last Tuesday of the month. Please join our small town fellowship 7:30-8:30 p.m.

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 with either a potluck or a restaurant gathering before the meeting. Cake is served following the birthday mtg.

Mike K. Sunday AM Serenity Seekers - We meet at the Alamo Club every Sunday from 10-11:30AM. We have between 20-30- members attending regularly. We pass out chips every week and celebrate birthdays weekly. We regularly contribute to all AA entities. Court cards are accepted. All are welcome.

Diane Z. Exeter Sunday 2:30 Meeting - Every Sunday we have a different person chairing the meeting of their experience, strength and hope for 15 minutes. We celebrate birthdays at the end of the month. Chair person picks a subject and everyone talks about the subject or even more. Need support.

Melanie Moniz- Women's 12 X 12 Book Study - This is a women's closed 12X12 book study. Every week we read a step or a tradition and discuss it. At the end of the month we have an ask it basket meeting. We have 10-15 women in attendance. The meeting meets every Saturday at 9am at the Christ Lutheran Church in Visalia.

Susan M. 50/50 Group- This is a new open one hour meeting that was started February of this year. We read out of the Big Book the first 1/2 hour & then either discuss what we read or whatever a person needs to talk about for the next 1/2 hour. It is a small meeting that is growing each week. We meet on Thursday nights from 6:30 - 7:30 at the 1st Congregational church in Porterville. We recently were able to donate to Central Office & will have a basket at the picnic.

Erica E. Young & Restless- Young & Restless meets every Wednesday at 7pm. We define young people as any person who has room to grow. Our meeting is held at St. Pauls church 120 N. Hall St. Visalia CA 93291. We would love to see you there. This is a chip meeting. We play spin

the bottle. We have a chair person.

OLD BUSINESS

1. Picnic--

a. Picnic committee met prior to the CSR meeting. The date of the picnic is June 9th. See you there is should be great!

NEW BUSINESS

1. New Years- Discussed the dinner and asked CSR's to talk with their groups to see if they would bring a group side dish that Central Office would assign and we can discuss at next month's meeting.

2. Zak- Zak is helping the office on Saturday's and a lot of cleaning is being completed. Please come and stop by on Saturdays.

SEVENTH TRADITION: \$32.00

Announcements: Zak announced that Central office will be closed June 9th for the picnic.

MEETING ADJOURNED: 6:50 pm

Respectfully submitted,
Sheri T.

<i>Central Office Contacts</i>	
Answering Service Calls	1
AA Members	9
Court Ref/Info	6
Meeting Information	14
H & I	0
Alanon & Alateen Information	1
Info. re Recovery Homes	0
Schedules & Info-Mailed & Faxed	0
Bridging The Gap	0
Other 12 Step Programs	2
Visitors to Office	59
Literature Sales	16
Specialty Sales	24
Churches & Schools	0
General Information	5
Prospective Members	4
Twelve Step Calls	1
E-Mail Contacts	13
Spanish Contact	0
Total	155

June AA Birthdays

Financial Report

TULARE COUNTY CENTRAL OFFICE

Income & Expense Statement

3/21/2018 THROUGH 4/20/2018

Name	City	Years
Roger H.	Visalia	50
Beau B.	Visalia	43
Arlene K.	Visalia	39
Helen D.	Tulare	36
Gary M.	Visalia	35
Chris B.	Visalia	35
Shirley K.	Porterville	33
Ed A.	Visalia	32
Raneen T.	Visalia	32
Rick S.	Exeter	32
Steve L.	Visalia	32
Dave L.	Conifer, CO	32
Ione W.	Springville	31
Curtis H.	Visalia	30
Jack D.	Visalia	30
Danny S.	Visalia	30
Jess A.	Tulare	28
Janet K.	Visalia	27
Hal C.	Strathmore	26
Jim L.	Visalia	25
Brewster B.	Visalia	25
Tracy Earl D.	Visalia	25
Rae Ann B.	Corcoran	24
Bobbi J.	Porterville	21
Brenda S.	Porterville	19
Linnetta M.	Tulare	18
John H.	Visalia	15
Natalie D.	Visalia	14
Jimmy A.	Visalia	14
Gary B.	Porterville	12
Mike W.	Visalia	12
Tom S.	Visalia	11
Debbie J.	Visalia	7
Joyce R.	Visalia	5
Nic W.	Visalia	1

<u>INCOME</u>	<u>MONTH</u>	<u>YEAR TO DT.</u>
B.Day Club	121.00	304.00
CD & Tape Cont.	0.00	20.00
Group Cont.	2,081.94	9,310.83
Indiv Cont	58.78	4,196.04
Lit. Sales	476.16	2,453.01
Memorial Cont.	0.00	0.00
Misc.	0.00	0.00
Newsletter Cont.	20.00	31.00
S & H	0.00	0.00
Sales Tax	69.74	326.43
Spec. Events	0.00	5,893.58
Spec. Items	499.65	2,259.27

TOTAL	\$3,327.27	\$24,794.16

<u>EXPENSES</u>	<u>MONTH</u>	<u>YEAR TO DT.</u>
Ans. Serv.	40.00	200.00
Fees-Taxes	0.00	84.95
Insurance	0.00	550.00
Lit. Costs	0.00	2,106.68
PI-CPC Expense	0.00	0.00
Misc Expense	0.00	0.00
Newsletter Cost	0.00	0.00
Office Exp	671.58	1,379.37
Office Equip.& Maint	0.00	491.92
Phone & ISP	180.62	898.77
Postage	0.00	50.00
Employee Taxes	1,461.02	2,728.06
Rent	525.00	2,625.00
Salary	1,297.82	7,173.83
Sales Tax-Paid	0.00	0.00
Security System	0.00	148.35
Spec. Events	0.00	2,885.84
Spec. Items	294.00	1,170.90
Card Charge	6.36	25.02
Utilities	49.68	439.86
Website	0.00	65.38

TOTAL	\$4,526.08	23,023.93

TOTAL **\$4,526.08** **23,023.93**

Net Gain(Loss) **(\$1,198.81)** **\$1,770.23**

BEG. TOT. ACCT. BAL: **\$15,324.50**

END. TOT. ACCT BAL: **\$14,125.69**

Special Announcement

THE HILLMAN GROUP NEEDS SUPPORT!!!!

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

Speaker Meetings

Group Contributions

Porterville Recovery Club Speaker Meeting
 186 W. Walnut Ave.
 Friday June 1st, 2018 at 8:00 PM
 Speaker: - TBA

Friday Book Study Speaker Meeting
 1820 N. Gem St, Tulare
 Friday, June 8th, 2018 at 8:00 PM
 Speaker: - Rick D Visalia, CA

Sunday AM Breakfast Speaker Meeting
 Veterans Memorial Building
 36000 Hwy 190, Springville
 Sunday, June 10th, 2018 at 10:15 AM
 (Breakfast at 8:30 to 10:00 AM)
 Speaker: Anita B. - Lemoore, CA

The Valley Group, Speaker Meeting
 The Gallery @ The Creative Center
 410 E. Race Ave.
 Every Wednesday from 7-8 p.m.
June 6 Jason M. of Visalia- 1 Year +1 day!
June 13 Rita G. of Visalia - 1 Year + 3 days!
June 20 Henry C. of Hanford - 3 Years Today!
June 27 Joyce R. of Visalia - 5 Years + 23 days!

That's 10+ years of sober experience in AA in four simple one-hour sessions!

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 is 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.

2/21/18-3/20/18	Month	YTD
10th Ave Men's-Lemoore		43.56
50/50 Group	50.00	50.00
ABC Group	115.00	180.00
Alpha-Wed-Tulare		60.00
Attitude Modification-210	150.00	450.00
Breath of Fresh Air		0.00
Bridge St. "Drunks Only"	360.40	1,743.15
Central Calif. Roundup		0.00
Civic Center Grp.		75.00
Clodbusters-Tulare		587.00
Crossroads-Tulare		150.00
CSO Meeting	32.00	201.00
Dinuba Grp		0.00
District 47		400.00
Dr. Bob & Friends		65.00
Exeter-Quiet Trails		0.00
Exeter Sun Afternoon		150.00
Foundation Group		94.45
Freedom Fellowship	275.00	550.00
Fresno Village Group		350.00
Fri. Night Study Tulare	30.00	30.00
No. Cal H&I		0.00
Message of Hope		0.00
Monday Men's Mtg.		0.00
Monday Night Live		0.00
Mid Valley-Tulare		0.00
Mon Book Study-S'ville		0.00
Mon Lit Study-Visalia		0.00
Monday Meditation-Visalia		0.00
Mon Men's Book Study		0.00
Nooners Group-Visalia		0.00
Pine Recovery AA Mtg	12.00	30.00
Porterville Young People		0.00
Practicing The Pinciples		0.00
Rainbow Group		156.00
Rule 62-Visalia		0.00
Serenity Junction-Tulare		0.00
Serenity Seekers AM-Visalia		184.00
Soberfest Groups		0.00
Wed. Sobriety Celebration		0.00
Springville Gut Level		45.00
Sun Bkfst Spkr Mtg	467.00	467.00
Sun PM Serenity Seekers		120.00
Tulare Young People		45.57
Tulare Co. Young People		28.05
Tulare Fri. Book Study		20.00

Tulare 2nd Fri Spkr Mtg		300.00
Tulare Tuesday Night		200.00
Tulare Thurs. Noon		0.00
Tulare Sunday Night		0.00
Tues. Men's-P'ville		120.00
Three Rivers-Monday		0.00
Unity Thru Traditions	90.54	243.05
Valley Group		200.00
Valley Speaker Series	500.00	1,121.00
Wandering Couples		161.00
Wed. Acceptance, P'ville	200.00	600.00
Weekend Attitude Adj.		0.00
Women's Amity-Visalia		0.00
Women's Changes-P'ville		0.00
Women's Fri. Night-P'ville		0.00
Women's Sat AM 12x12		53.00
Young & Restless		28.00

Total **2,081.94** **9,310.83**

Service Meetings

AND ADDRESSES

Service Meetings
 GSR Meeting at Central Office
 449 E. Maple St., Exeter, CA
 Wednesday, June 6, 2018 at 7:00 PM

CSR Meeting at Central Office
 449 E. Maple St., Exeter, CA
 Tuesday, June 12, 2018 7:00 PM

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

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

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

CNIA Treasurer
 PO Box 161712
 Sacramento, CA 95816-1712

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

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.



Contributions

Birthday Club

Marcie M.	Porterville	30
Julie M.	Porterville	29
Steve M.	Porterville	29
Susan M.	Porterville	28
Joyce R.	Visalia	5

Individual Contributions

Anonymous
 Jim K.
 Bill H.
 Joyce R.

Newsletter Contributions

Glen B.
 Memorial Contribution
 None

Lighter Side of AA

WE ARE NOT A GLUM LOT

Desperate for work an old drunk answered a want ad for an experienced sea captain. He wore a peg leg, a hook, and an eye patch. "You certainly look the part," observed the interviewer, "but tell me-- how did you lose your leg?"

"Ahh, the leg," improvised our man, "a cannonball blew that away years ago, off Far Tortuga!"

"You don't say. And what about your hand?"

"Aye, laddie, that went in a swordfight, beating off pirates!"

"Amazing--and how did you lose your eye?"

Our hero hesitated here, then confessed a bit sheepishly, "To tell you the truth, I was watching the sky one day, and a dang old sea gull dropped dung into it!"

"And that put your eye out?"

"Aye," he admitted, "see, it was me first day with the hook!"

A week before a space launch an astronaut was trying to relax at an out-of-the-way pub.

But a boozed-up customer at the bar recognized him and said, "You NASA types think you're something, hitting the moon and bringing back all them shuttles and all.

We got a couple of local guys here, been building their own spaceship right out back!"

Reluctantly, the astronaut went outside to inspect the spaceship--a huge mess of beer kegs, cans and junk.

One drunk boasts, "Moon-Schpoon! We're going to the sun!"

The Astronaut warns them, "Boys, this thing will incinerate long before you get close to the sun."

"Don't you think we thought of that?" argued the second drunk.

"We got that all figured out... We're going at night!"

Have a Joke???? Submit it to:

centralintergroupnews@gmail.com

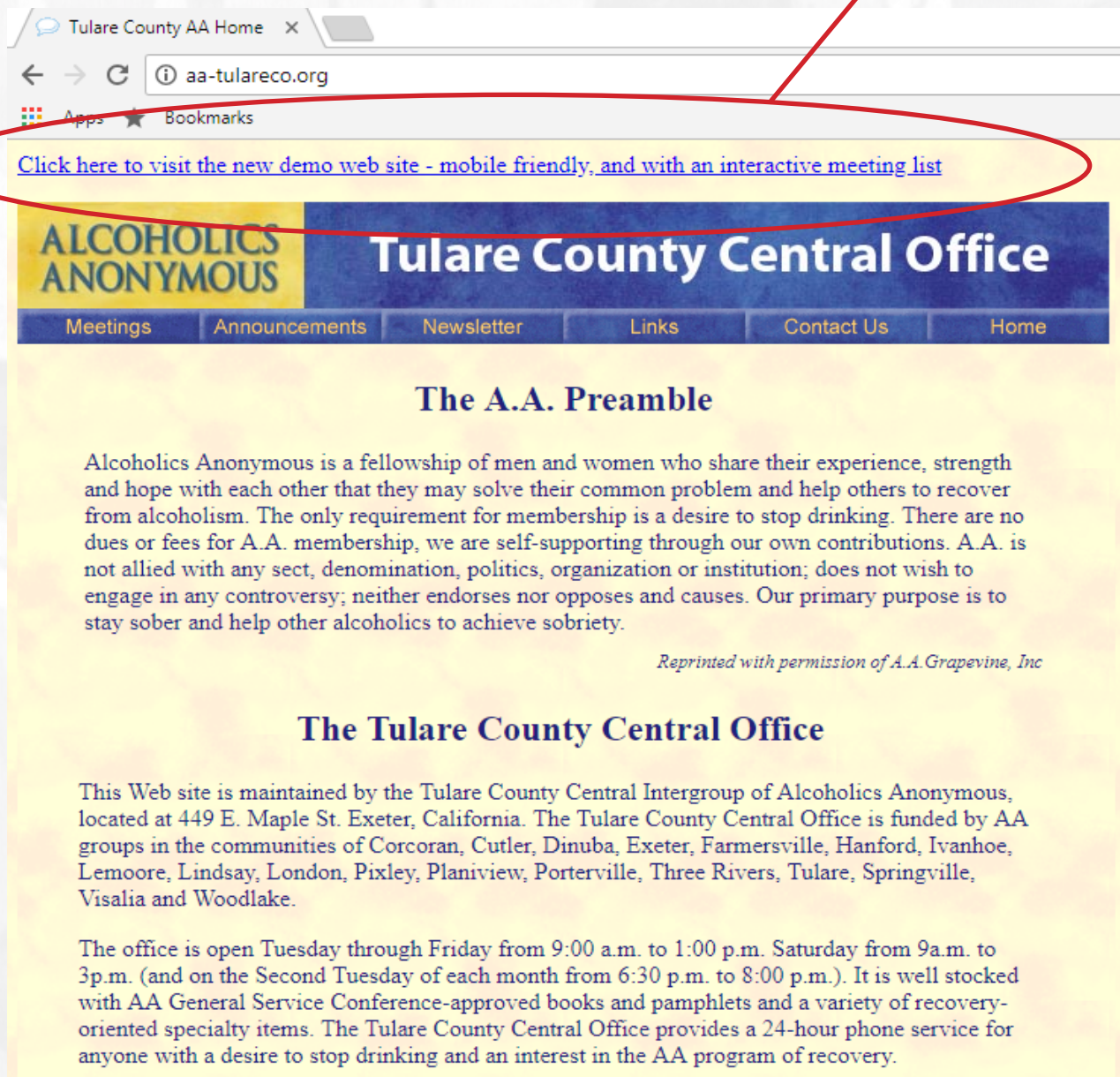


Check Out The New Website Demo Page!!

A new website for our district is currently under construction. It has some great new features that will make your online experience more user-friendly and enjoyable!!

Simply Navigate to the current website: www.aa-tulareco.org

Next Click on the link at the top of the page



The screenshot shows a web browser window with the address bar displaying "aa-tulareco.org". A red oval highlights a blue link at the top of the page that reads "Click here to visit the new demo web site - mobile friendly, and with an interactive meeting list". Below the link is a navigation bar with the "ALCOHOLICS ANONYMOUS" logo and the text "Tulare County Central Office". The navigation bar includes links for "Meetings", "Announcements", "Newsletter", "Links", "Contact Us", and "Home". The main content area features the heading "The A.A. Preamble" followed by a paragraph of text about Alcoholics Anonymous. Below this is the heading "The Tulare County Central Office" and two paragraphs of text describing the office's location and services.

[Click here to visit the new demo web site - mobile friendly, and with an interactive meeting list](#)

ALCOHOLICS ANONYMOUS Tulare County Central Office

Meetings Announcements Newsletter Links Contact Us Home

The A.A. Preamble

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership, we are self-supporting through our own contributions. A.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes and causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

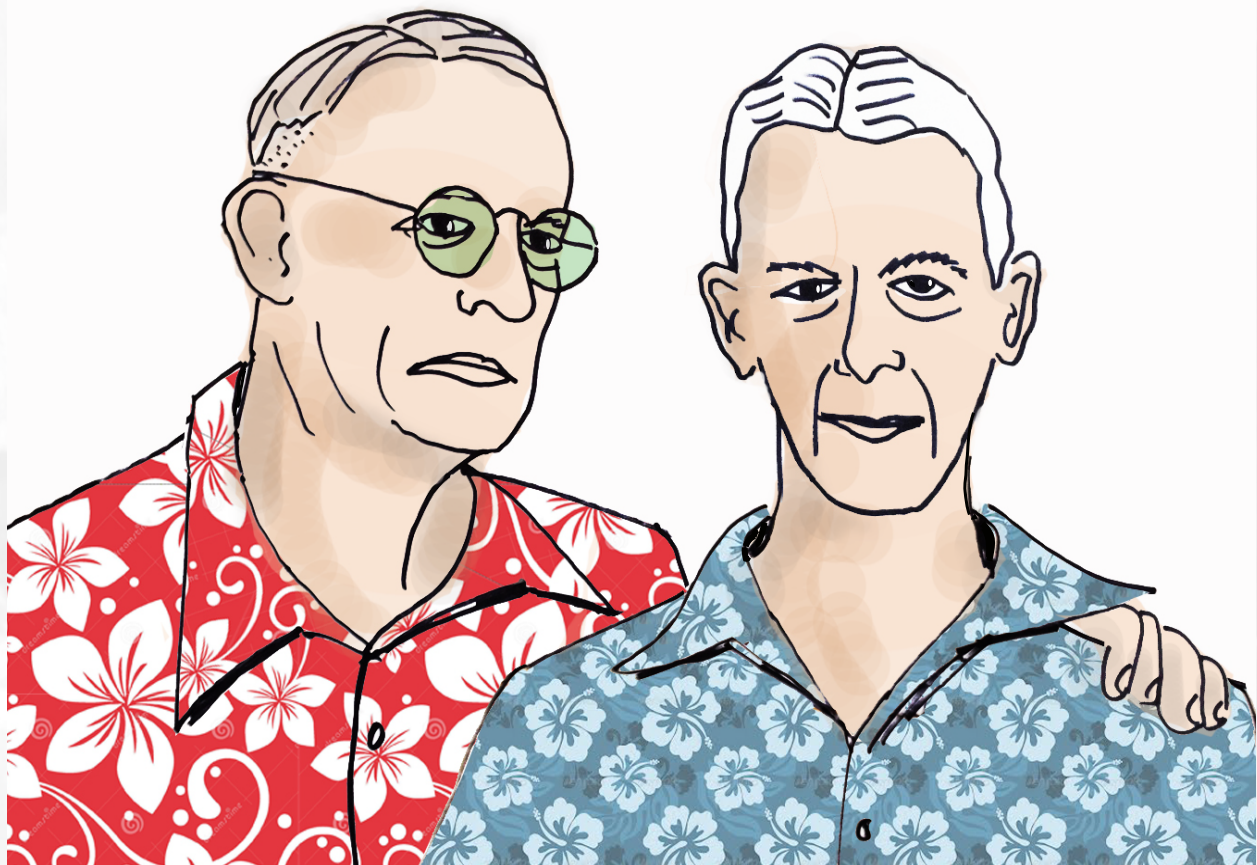
Reprinted with permission of A.A. Grapevine, Inc

The Tulare County Central Office

This Web site is maintained by the Tulare County Central Intergroup of Alcoholics Anonymous, located at 449 E. Maple St. Exeter, California. The Tulare County Central Office is funded by AA groups in the communities of Corcoran, Cutler, Dinuba, Exeter, Farmersville, Hanford, Ivanhoe, Lemoore, Lindsay, London, Pixley, Planiview, Porterville, Three Rivers, Tulare, Springville, Visalia and Woodlake.

The office is open Tuesday through Friday from 9:00 a.m. to 1:00 p.m. Saturday from 9a.m. to 3p.m. (and on the Second Tuesday of each month from 6:30 p.m. to 8:00 p.m.). It is well stocked with AA General Service Conference-approved books and pamphlets and a variety of recovery-oriented specialty items. The Tulare County Central Office provides a 24-hour phone service for anyone with a desire to stop drinking and an interest in the AA program of recovery.

Tulare County Central Office Founders Day Picnic



SATURDAY - JUNE 9, 2018
MOONEY GROVE PARK - VISALIA - ARBOR #9

SPEAKER: Dale A. FROM Canyon Country, Calif.
Lunch Served FROM 11 AM TO 12:30 PM
LUNCH: Adults: \$5.00 / Kids Under 12: \$1.00
Hamburgers, Hot Dogs, Side Dishes, Desserts & Free Coffee
Come Early for Setup at 8:00 AM - Picnic Starts at 9 AM - Speaker at 1 PM

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!!!

