

July 2018

CENTRAL NEWS

The Seven Freedoms of the New Way of Life Yokohl Valley Sunrise, Exeter, CA

The New Way of Life is a life of freedom. The alcoholic seldom realizes what a slave he is. Temporary confinement in jails, hospitals and rest homes are the least important of the curtailment of his freedom. He is a slave not only to drink but to his defective self as well. The New Way of Life gives back to the A.A. member his freedom if he follows it faithfully. Having lost his freedom, he can now properly appreciate it. What freedoms does he gain or regain?

1. Freedom from hate. The alcoholic usually becomes a bundle of resentments. Through the New Way of Life, he comes to understand that his fellow man is beset with difficulties, too. He learns human sympathy and tolerance. He comes to realize that it is the lot of our common humanity to be weak, that this frailty calls for help, not hatred. He learns that it is more fun to create than to destroy. He learns that many of his resentments were inspired by the unworthy motive of debasing others to his own unenviable level.

2. Freedom from guilt. A guilty conscience goes hand in hand with drinking. A clear conscience may not cure alcoholism but it helps. Our recovery can start only after we have made amends to those we

have wronged or proved our willingness to do so. We must be able to live with ourselves before we are good company to others. The A.A. Program, literally followed, frees us from a sense of guilt.

3. Freedom from want. Most A.A. members find themselves more prosperous than they ever were when they were drinking. The typical alcoholic is a person with considerable talent and he can turn his aptitudes into good pay checks when he has been sober long enough to regain the confidence of his associates. When he "dries out," however, it is necessary, for his permanent recovery, to begin paying back the sums he probably borrowed in his drinking days. It's next to impossible to dodge creditors and whisky at the same time. Therefore, for a time the new A.A. member may not enjoy this reacquired earning capacity fully. For a time, he may have to economize to pay back old debts, but the results will be richly rewarding. By and large, however, the New Way of Life will provide a freedom from want never known before.

4: Freedom from fear. Most alcoholics suffer from one or more of a variety of anxieties. To escape from these fears has been an aim consciously or

unconsciously of much drinking. Sometimes these have been compulsive fears. Sometimes they have been bafflement at the unknown. Sometimes they have been vague general fears of what the future holds in store. Sometimes specific ones. The New Way of Life may not provide complete freedom from fear. It certainly will not do it all at once. But in placing our lives in the hands of God as we understand Him, we find that our anxieties are reduced, that we have the necessary courage to cope with them. They become manageable. We come to see that the big thing, our escape from certain insanity, or death, makes our fears seem small by comparison. New courage comes with the New Way of Life.

5. Freedom from self. When sober, the alcoholic often displays many commendable traits of altruism. When drinking, his personality becomes entirely egocentric. He pushes aside and does not consider the wellbeing of his family, the good will of his friends, or his own good name. Two things only matter to him, his ego and his alcohol. They, more and more, become one so that in truly chronic alcoholism, the alcoholic feels that his drink is essential to the support of his ego, almost to life itself.

It is perhaps in the disciplining of the ego that the New Way of Life has scored its most spectacular success.

By iterating and reiterating the idea of service to others, it draws alcoholic's thoughts away from self. By providing him with a way to support his thoughts with action, it enables him to build up new behavior patterns of unselfishness, he learns what is at the center and core of nearly all the great religions; namely, that the human personality is inviolable, has dignity, is worthwhile, and must be respected. In learning to respect others, he learns a genuine respect for himself. In serving others, he serves himself.

6. Freedom from frustrations. In this area, progress will be slowest and least encouraging. Nevertheless, I am convinced that if the A.A. program is to succeed over a considerable period of time, the alcoholic must learn to resolve his conflicts. We must frankly and fearlessly face the fact that we are neurotic, which is only another way of saying that in one way or another we are frustrated. Alcoholism is one of the ways of neurotic behavior, one of the out-croppings of frustration. Impatience is another when carried to an extreme. A.A. provides two ready-made answers which are very helpful in combating frustrations. "Easy does it" and "first things first." Frustrations are stubborn things to fight. It is for this reason more than any other

that the alcoholic is only reprieved, never pardoned. He must follow the New Way of Life and continue to follow it. The New Way of Life may not free the alcoholic of all his frustrations but they will become manageable. From the source of all strength will come strength and wisdom adequate for his needs.

7. Freedom from despair. The New Way of Life offers hope. The alcoholic begins to be happy again, and to enjoy life. These are indicative of hopefulness and are good. It is good, too, for the A.A. member to march forward again to new accomplishments through his regained self confidence. The New Way of Life offers a spiritual freedom from despair which is greatest of all. One is freed from the death in life which is living without purpose. He is freed from his faith in nothing. He is freed from the cynicism that nothing has meaning, and that death is a complete and final defeat. The New Way of Life affirms that life is worth the struggle, that happiness is worth the effort, and that God is good. In our prayers, we have often said, "Thank God, I'm sober." Let us add, "Thank God, I'm free!"

Bill M Mobile, Alabama, AA Grapevine November 1947

Step 7 *Humbly asked him to remove our shortcomings.*

As a newcomer, when I began to recite the steps at meetings or hear them being read, one question always seemed to come to mind. What's the difference between character defects and shortcomings? I've read that my character defects are in my thinking, and my shortcomings are in my actions. Since my actions are often times overreacting to given situations, I will go with the simpler explanation.

In the big book of AA there is a Seventh Step prayer: "My creator, I am now willing that you should have all of me, good and bad. I pray that you now I remove from me every single defect of character which stands in the way of my usefulness to you and my fellows..."

What comes to mind is something I've heard, and overtime I have come to identify with: an alcoholic especially is an egomaniac with an inferiority complex. So basically, the alcoholic is overly boastful about his accomplishments and overly whiny about his failures. The whole idea seems to be to achieve a degree of

humility by at least putting effort into minimizing the chief defects or shortcomings that simply are not useful, the ones that created a lot of discomfort to friends, family, employers, etc.

I want to stay sober and happy. One example of a shortcoming would be my high expectations of others, high expectations which I often fall short of myself. When I became willing to look at these defects, became willing to discuss them openly and regularly and became willing to seek God's guidance, I began to experience some peace of mind.

Kieth A. Visalia

Tradition 7 *"Every A.A. group ought to be fully self-supporting, declining outside contributions."*

Writing this tradition for the second year in a row challenges me to re-visit this tradition in a new perspective. As I'm paging through my 12 & 12 I notice that the first printing of my book was April 1953. That was 65 years ago not to mention A.A. being founded in 1935 (83 years ago) and here we are- still self-sufficient-still helping new alcoholics and still in fellowship working together keeping each of us sober one day at a time.

I happen to have some experience in business and a common phrase is to discuss a business cycle. The peaks and lows of goods and services as well as the natural dissolving of an entity. Our founders had such insight and thanks to our higher power that A.A. is as strong today as it was in the beginning. We have never relied on outside contributions and staying true to this tradition we never will. Together we share an understanding that valuing our sobriety means supporting our A.A. group, Central Office and General Service Office among other sub groups that carries the message of A.A. If you are like me, the transformation of sobriety in my life is very precious and giving of my time and treasure is a no brainer because I treasure my time of sobriety and selfishly want it for the rest of my days on earth. It is also important to acknowledge that not everyone is in the position to give of their treasure and this tradition is not a tradition to look at others- it is a mirror tradition. One that reflects what "I" can do not the other person. And listen to this good news written in the 12 & 12 on tradition 7 page 165, "Then our trustees wrote a bright page of A.A. history.

They declared for the principle that A.A. must always stay poor. Bare running expenses plus a prudent reserve would henceforth be the Foundation's financial policy." So this isn't a tradition to burden anyone- it is a heartfelt tradition giving freely without burden as freely as sobriety was given to us.

And for our A.A. future? Well listen to what Bill writes on page 207 from the book "As Bill Sees it". Titled The Fellowship's Future. "It seems proved that A.A. can stand on its own feet anywhere and under any conditions. It has outgrown any dependence it might once have had upon the personalities or efforts of a few of the older members like me. New, able, and vigorous people keep coming to the surface, turning up where they are needed. Besides, A.A. has reached enough spiritual maturity to know that its final dependence is upon God." In a world of cycles and uncertainty isn't it refreshing to be part of A.A. where we work together perfectly in every way including being a self-sufficient entity that brings true peace individually and collectively!

Sheri T.

It could be worse...

As members of the fellowship of Alcoholics Anonymous, we freely admit our malady in the introduction,"my name is (your name here) and I am an alcoholic." I only do this at A.A. meetings. At work or social gatherings, I omit the alcoholic part. I am not ashamed to be an alcoholic, but there is still a public stigma attached to the disease of alcoholism. Some think we are degenerate, weak-willed, or irresponsible. Despite much public information over the years, alcoholism is not recognized by the general public as a "real" disease. Reading the newspapers this May, I have seen many stories about school graduations. It's a wonderful time of year, and a graduation is reason to celebrate. Many of the stories concern the struggles of selected graduates. Some have had to overcome disabilities, traumatic injuries, illnesses and serious diseases to attain a diploma. It is right and proper that these achievements in the face of adversity be recognized and celebrated. But what of the struggles of the alcoholic graduate? These are never acclaimed at commencement time. I myself was a practicing alcoholic during my college days, and it was no picnic. I know many of my fellow A.A.'s will be able to relate.

We stumbled to class late; drunk or hungover. Maybe our clothes smelled and we had puke on the shoes, but we tried our best. If we had to drink between classes to survive, by gosh, we did it, and trudged onward. The average student doesn't know what's its like to take a final, or write a term paper and not remember it. And keep in mind, if we managed to get a degree, we did it with maybe half of the classroom attendance of a "normal" student. Overcoming such immense obstacles is not recognized or celebrated in any commencement speech I've heard. There is no respect. Perhaps things will change. I was having dinner recently with my 86 year-old, non-alcoholic mother. She is delighted that three of her sons are sober members of A.A. Mom watches a lot of television; I do not. One of her favorite new shows is called, "Mom". It is about a mother and daughter who are both recovering alcoholics. (I haven't seen it, but that is what the Google search said) My mother loves the show, and told me, "They sit around, drink coffee, and talk about their sponsors just like you guys. It's really funny." The show is popular, from what I understand. This is all to the good. Perhaps it will improve the public image of alcoholics. We really are just a bunch of fun people that sit around drinking coffee and talking about our sponsors. People should like us, but not too much. We don't want non-drinkers posing as alcoholics and crashing our meetings just to get in on the fun. We have trouble enough as it is with the "other issues" people. However, if we have our image shined up enough, perhaps some day, the struggles of the alcoholic college student will be given long-overdue recognition. Then again....

Mark G.
Visalia

Editor's Corner

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

centralintergroupnews@gmail.com

Louie T.

July AA Birthdays

Name	City	Years
Bobby	Visalia	47
Jim K.	Visalia	41
Judy C.	Porterville	39
Sandy F.	Visalia	38
Jim B.	Springville	37
John R.	Tulare	35
Margaret D.	Woodlake	32
Mike P.	Exeter	32
Hank P.	Dinuba	31
Danette L.	Visalia	30
Colin M.	Three Rivers	29
Marilyn N.	Visalia	29
Michael H.	Visalia	29
Mike H.	Visalia	28
Sharon S.	Visalia	28
Ken W.	Porterville	28
Jim M.	Visalia	27
Ginger G.	Visalia	26
Walt N.	Porterville	26
Terry S.	Visalia	25
Chris H.	Visalia	25
Bob C.	Visalia	25
Manuel M.	Tulare	23
Rafael C.	Carlsbad CA	23
Sue J.	Henderson NV	22
Gary H.	Porterville	21
Jan F.	Squim WA.	20
George C.	Visalia	19
Jim K.	Visalia	16
Cynthia S.	Tulare	16
Tammy C.	Tulare	15
Michaele	Visalia	15
Bettelu	Visalia	15
Sherry B.	Visalia	9
Chris H.	Visalia	9
Leah T.	Porterville	5

Upcoming Events

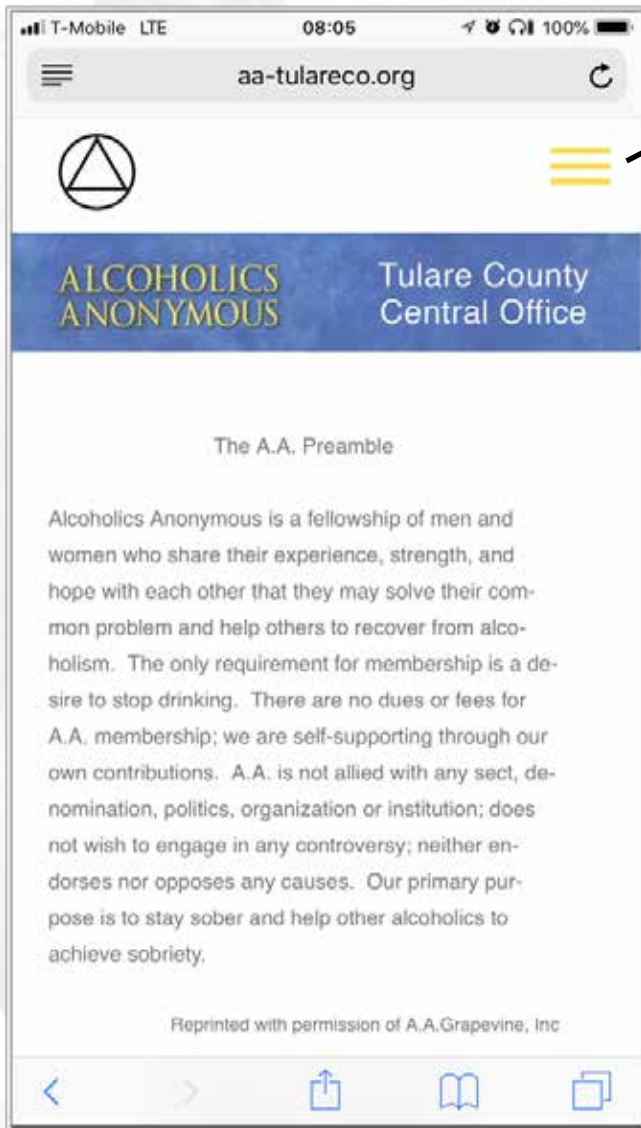
**Have an Event?? Send an Email:
centralintergroupnews@gmail.com**

Tulare County Central Office has a new web site. We got a few new things in the new design; I will talk about them here. The first thing to note is that it's design is "responsive" - meaning it shows you the pieces of the web site based on the device you are coming from. The page shown on a PC looks different than the page on a mobile phone or tablet. It squeezes things into the page in a sensible way for the smaller screen.

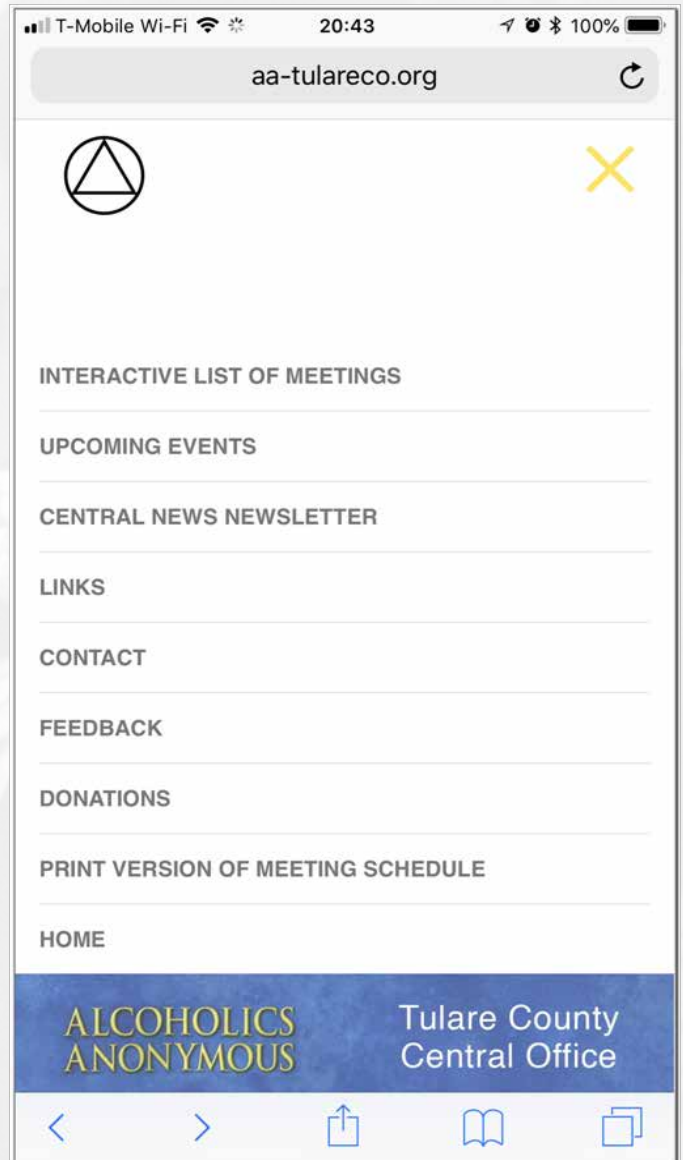
Here is what the home page looks like, when you visit <https://aa-tulareco.org> from a PC:

The screenshot shows the homepage of the AA Tulare County Central Office website. At the top left is the AA logo (a triangle with a circle inside). A horizontal navigation bar contains the following links: INTERACTIVE LIST OF MEETINGS, UPCOMING EVENTS, CENTRAL NEWS NEWSLETTER, LINKS, CONTACT, FEEDBACK, and DONATIONS. Below this is a secondary navigation bar with PRINT VERSION OF MEETING SCHEDULE and HOME (which is underlined). The main header is a blue banner with 'ALCOHOLICS ANONYMOUS' in large yellow letters on the left and 'Tulare County Central Office' in white letters on the right. The content area is divided into two columns. The left column has a section titled 'The A.A. Preamble' with a paragraph of text and a small note: 'Reprinted with permission of A.A.Grapevine, Inc'. Below this is a section titled 'The Tulare County Central Office' with a paragraph of text. The right column has a section titled 'FIND US' with contact information: Address (449 East Maple Street, Exeter, CA 93221), Hours (Monday-Saturday: 9:00AM-1:00PM, Also, 2nd Tuesday of each month: 6:30PM-8:00PM), Phone: (559) 592-6999, Fax: (559) 592-4829, and Email: tccof@hotmail.com. Below this is a 'SEARCH' section with a search box and a magnifying glass icon. At the bottom of the right column is a 'JOIN OUR MAILING LIST' section with the text 'We have a monthly newsletter: Central News', a 'Name' field, an 'Email *' field, and a 'Subscribe' button. At the bottom left of the page, there is a small copyright notice: '© 2011 AA Grapevine, Inc. All rights reserved.'

Here is what the home page looks like, on a smartphone:



Notice that big yellow button in the upper right? It's called a hamburger menu, because it looks kind of like two buns with a hamburger patty in between. But because the screen on a smartphone is smaller, that main menu is collapsed. When you click on the button, it redraws the page with the menu:

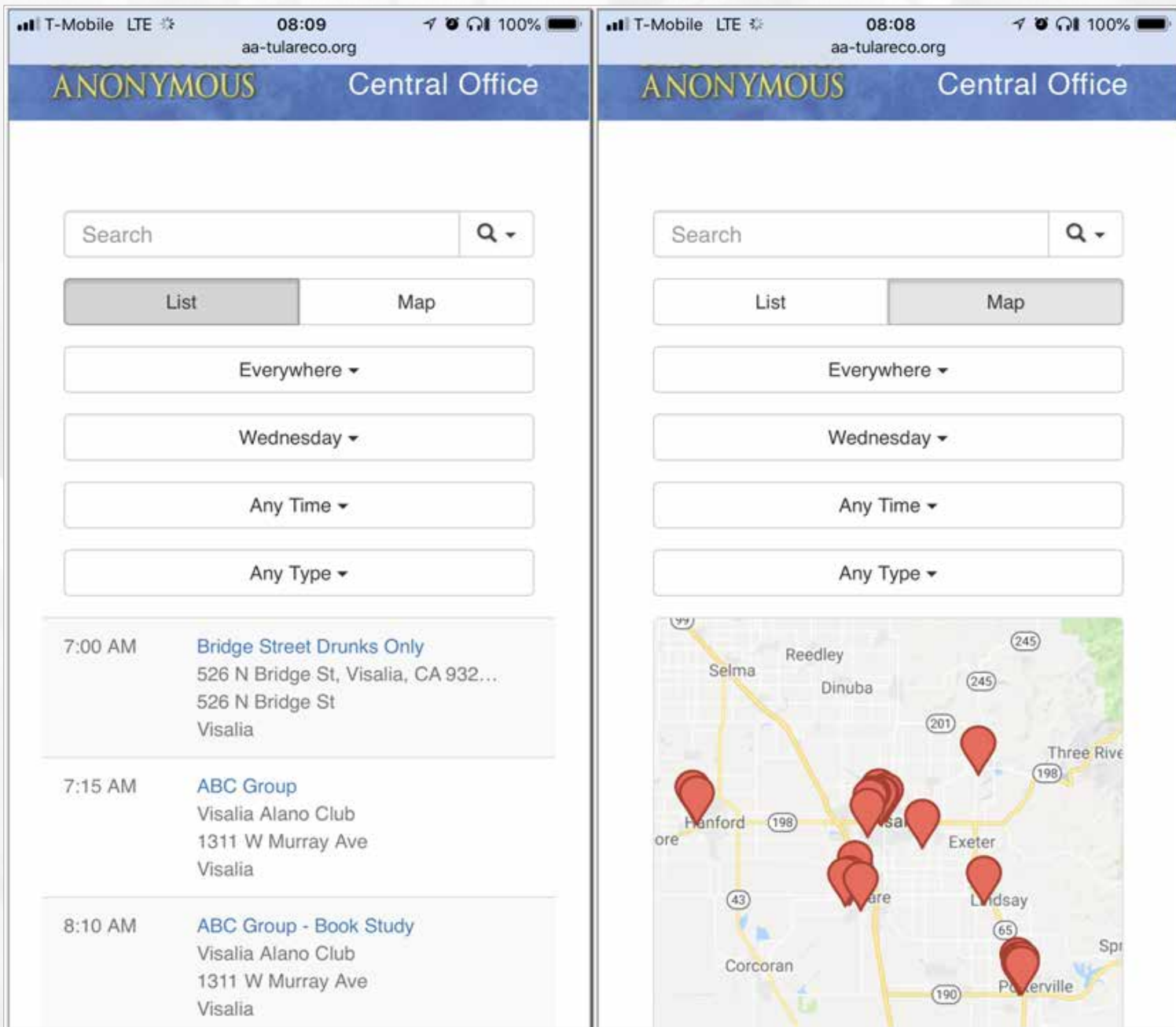


As you can see, it's the same set of menu options as seen on a PC. The difference is that they are rendered in a list on the left.

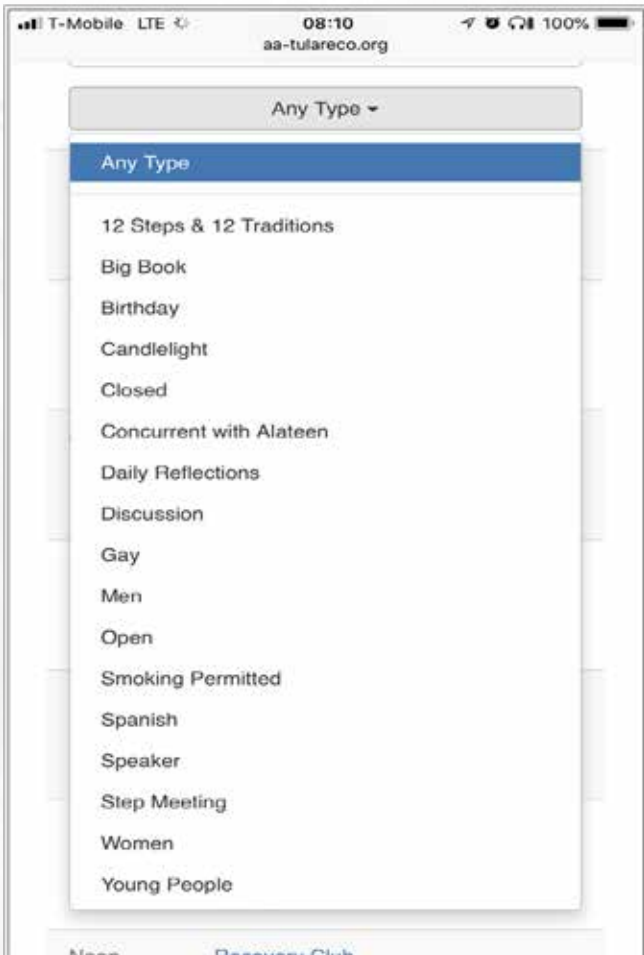
Now, on to the new features:



The interactive list of meetings is a way to find meetings in an area, or on a day, or of a certain type. Here is what it looks like on a smartphone:



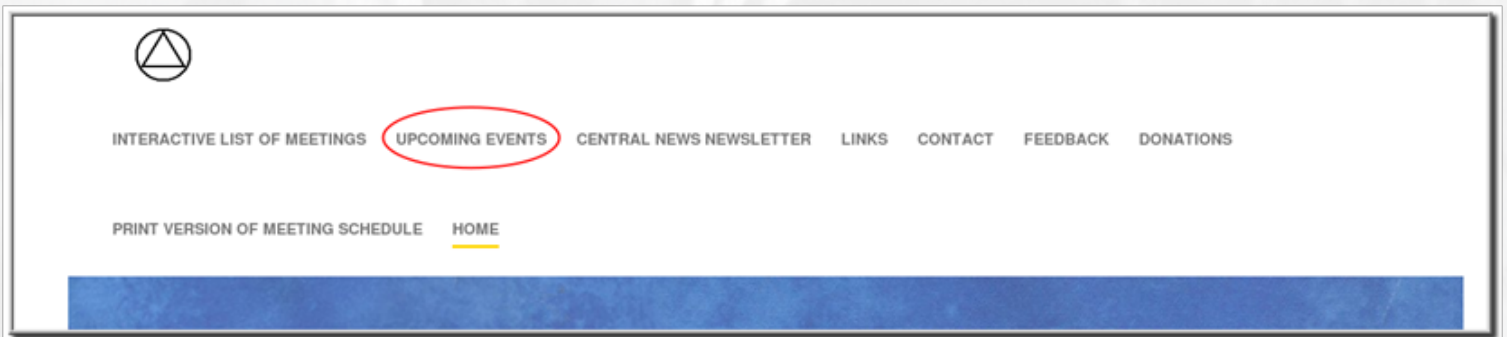
The buttons in the middle let you pick what you are looking for. The “Everywhere” button brings up a list of cities; picking one will filter the list to show only the meetings in that city. The day and time buttons function similarly. Lastly, the “Any Type” button filters by type of meeting:



All this is neat, but what about the classic printable version of the meeting list? We have you covered:



Another feature of the new web site, similar to what we had before, is the “Upcoming Events” page:



The new upcoming events page has a few different modes: agenda versus calendar.

Here's the agenda mode:

Upcoming Events

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Categories ▾

< JULY - AUGUST 2018 > Collapse All Expand All **Agenda ▾**

- JUL 4** Wed
District 47 General Service Meeting @ Tulare County Central Office
Jul 4 @ 7:00 PM - 8:30 PM
- JUL 6** Fri
Porterville Recovery Club Speaker Meeting @ Recovery Club
Jul 6 @ 8:00 PM - 9:30 PM
- JUL 7** Sat
1st Annual Homemade Ice Cream Contest @ Porterville 12 Step Recovery Club
Jul 7 @ 1:30 PM - 5:00 PM
- JUL**
Springville Speaker Meeting - second Sunday breakfast @ Springville Veterans Memorial Building

And here's the calendar:

Upcoming Events

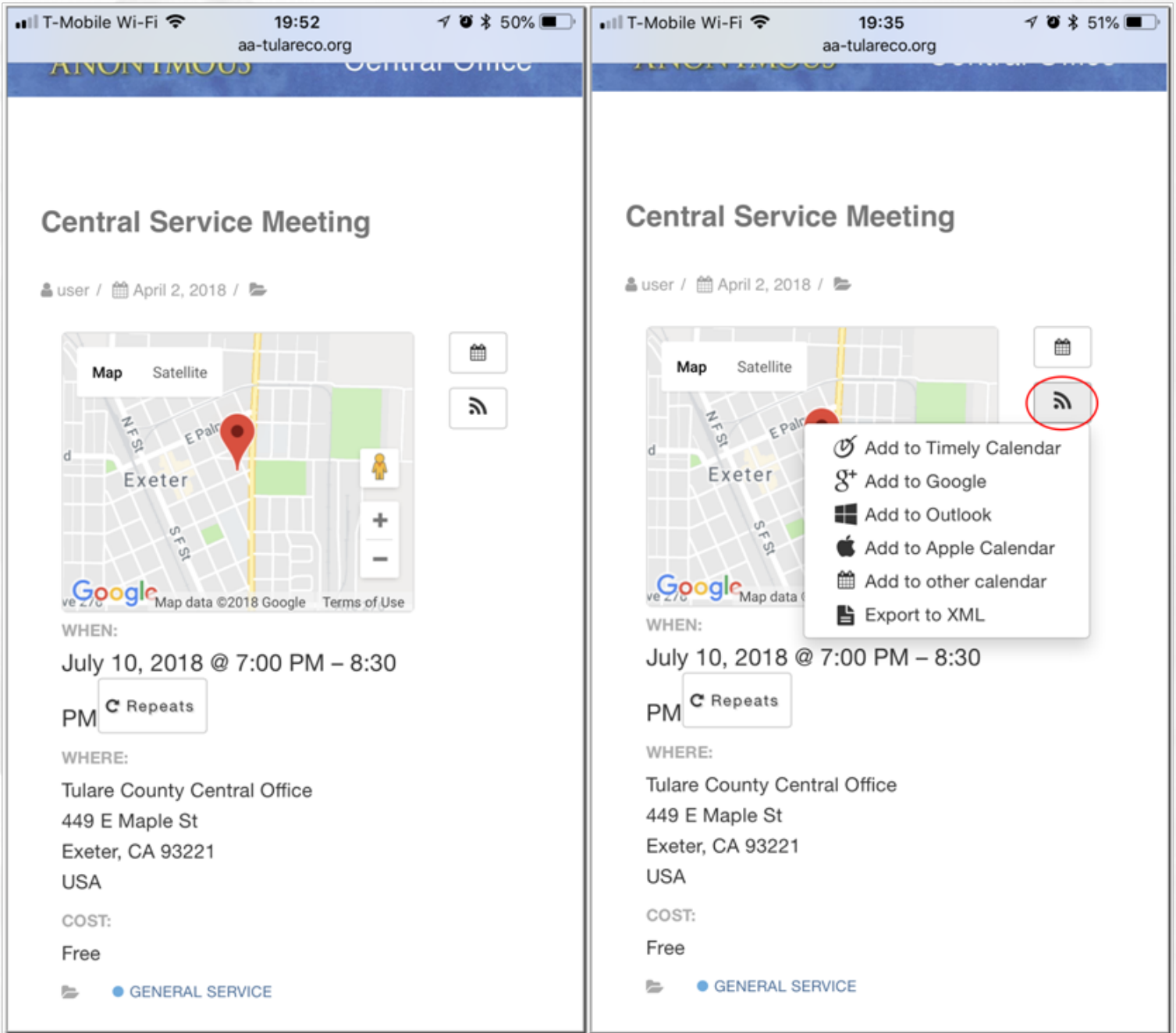
CONTENTS

Categories ▾

<< 2017 < JUN **JULY 2018** AUG > 2019 >> **Month ▾**

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4 District 47 General S	5	6 Porterville Recovery	7 1st Annual Homema
8 Springville Speaker	9	10 Central Service Mee	11 Soberfest Planning f	12	13 Tulare Friday Speak	14 Tulare/Kings Counti
15	16	17	18	19	20	21 Women in Unity AA
22	23	24	25	26	27	28
29	30	31				

Let's take a look at the CSR Meeting event (2nd Tuesday of the Month):



The little “subscribe” button to the right will pop up a menu of calendars you can subscribe to. This works for all the events in the Upcoming Events list.

Next month, I'll show the integration between our new meetings list and the Meeting Guide app for your smart-phone. Hint: you can get it via the Links page on our website. ;-)



Thank You

Just wanted to thank everyone for participating in the Founder's Day Picnic this year at Mooney's Grove. It was a beautiful day, and a great turnout.

I want to first say that we had plenty of hamburgers this year, and I apologize for running short last June. Lots of comments going around about that, also some written comments to Central Office that the picnic last year "was a joke", so my sincere apologies to everyone that did not enjoy the event last year, and looking forward to future successful events hosted by our Central Office. I am making lots of notes to tuck away in the folder for next year, we can always do better, and will continue to correct issues as they present themselves.

Some of the people/groups I would like to single out and thank are the Men's Stag meeting in Porterville. They have consistently brought the BBQ to us, and had some great guys cooking all morning. Thank you Eddie, and the Men's Stag for always being there when we call. Thank you to everyone who came to set up at 8am, Marcie, James, Susan, Carolyn, Melissa, Cindy, Kenneth, Duffy, Sheri and the twins, and I know I am forgetting someone, but thank you. Thank you Mark G. for bringing all the wonderful sound equipment, setting it up, taking it all down afterward, lot of work, and it does not go un-noticed. Thank you Zach for getting our speaker, he was wonderful. And also thanks to Zach and Doug for delivering the sodas and ice, and Stella and Bobbi for selling them throughout the day. Thank you to all the groups for donating baskets for the raffle. I love to see the great ideas that the groups come up with every year for a basket. Even though Susan won two, and I did not get anything, I am holding no resentment at ALL..... HA Thank you Melissa and Rose for selling raffle tickets, and thank you Marcie and Brian for selling 50/50. The hat was priceless. We could see you guys coming a mile away. HA Thank you Bob for always being there to sell tickets, and keeping track of all the expenses/income for the day. You do such a great job inside and outside of the office. I had several people just show up and ask if I needed any help throughout the day, thank you all for that, it makes me feel great when people are so willing to pitch in. And lastly thank you Sheri for co-chairing the event with me. Only bad part Sheri, is

when you do an excellent job volunteering, you usually get asked to do it again....yahoo.

If you have not had a chance to attend a Central Office meeting, please come by the second Tuesday of the month at 7pm in Exeter. Group representatives let us know how their groups are doing, upcoming events, etc. We have a board of directors, there are five in total. We discuss issues with the office, operating hours, expenses etc. Bob has been our Central Office Manager for many years now, and has such a knowledge of AA. Drop in anytime to see him Monday through Friday from 9-1, or we have our office open on Saturdays now, you can see Zach there from 9-1 also. We have a new website being designed by David G, should be up and ready to go soon. So many hours taken to design and manage the website, thank you David for all your assistance.

I have had the privilege of being on the board off and on for many years now. I have learned so much, met so many people, that I would probably not of known if it were not for the meetings there. I don't get out to other meetings as often as I would like, so it is great knowing everyone. We would love any and all attendance/suggestions/volunteers to come to our monthly meetings. We have our annual New Year's Celebration coming up, and will start having planning meetings for that event also. Will keep you posted, since I know you all want to be there with your volunteer hats on.....

Thanks

Julie M.

Contributions

Birthday Club

Shirley K.	Porterville	33
Ed A.	Visalia	33
Rick S.	Exeter	32
Tom S.	Visalia	11
David G.	Visalia	1
Kyle S.	Visalia	1

Individual Contributions

Anonymous
Bill E.
Jim K.
Julie M.
Shannon S.

Newsletter Contributions

Ed A.

Central Service Meeting

June 12, 2018

MEETING CALLED TO ORDER: 7:00

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

BOARD MEMBER ABSENT: Stella T.

SERENITY PRAYER: Julie M.

12 TRADITIONS: Susan M.

SECRETARY REPORT: Read by Sheri T. Approved by Susan and Monica 2nd

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

TREASURER REPORT/OFFICE REPORT: Bob H.- We had an income of \$3,327.27 and expenses of \$4,526.08 for a loss of \$1,198.81 for this accounting period. Group contributions were good. Sales were about average.

Expenses that mostly accounted for the loss were quarterly taxes and office expenses- about \$1,400.00. We collected \$17.24 in sales from 1 Credit and Debit card sale in May at a cost of \$.47. We received large literature order from GSO. I want to thank the people that donated time, money and service to make the annual founders day picnic a success.

PI/CPC: Stella T. - N/A

WEBSITE REPORT: Bob- The website is still very active with 90 unique visitors per day. David - We are ready to do the switch and add article to next newsletter discussing app. We may be up and running as soon as next week.

STEP FOR NEWSLETTER - VOLUNTEER

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

August Step 8 Susan Due to CentralintergroupNews@gmail.com 7/20/18

TRADITION FOR NEWSLETTER-VOLUNTEER

July Tradition 7 Sheri T.. Due to centralintergroupNews@gmail.com 6/20/18

August Tradition 8 Sheri T. Due to centralintergroupNews@gmail.com 7/20/18

H&I REPORT:-Doug - Women's Correction Facility is doing well with Joyce leading 6 women to be badged. Corcoran is being visited 4 times a month, turning point 3 times a month on the 1st, 3rd, and 4th Tuesday. Turning point is being visited 3 times a month. Jail is being visited twice a month on Saturdays as well as pine being visited twice a month. There is \$11,000.00 in treasury and it was discussed if H&I should have a page on the website. H&I bi-monthly meeting is happening this Saturday.

GSO LIAISON- Allen- Alternate DSM- Allen shared the District 47 will host their Service Fair on August 4th and Mike K. will have recording technology for this event.

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.

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

Monica R.- Women's Amity Group- We are a closed women's group located at 6400 W. Walnut Ave in Visalia. We meet every Tuesday from 6:30-8PM. We celebrate 1 year birthdays weekly and all other birthdays the last Tuesday of the month. We give chips weekly and have about 30 women attend regularly. This meeting has a designated person to open the meeting with their experience, strength and hope then she picks up a topic and its open for sharing.

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 June will be Mark C. From Lancaster. 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.

Louise G. - Rainbow - The Rainbow group is an open discussion meeting on Saturdays at 5:30p.m. in the Polar Bear Room of Kaweah Delta Surgery Center on Akers and Visalia. There is a good mix of old-time sobriety and newcomers. A timer is set to 5 minutes so that as many can share as possible. Business meetings are held on the 2nd Saturday of each month. Birthdays on the last Saturday. This month (June) the business meeting will be

postponed until June 23rd because elections for all commitment positions are coming up.

Susan M. Half & Half Group- The meeting is going very well and is an intimate small meeting. We are on the 12 X 12 now, having finished the first 164 pages of the Big Book. We read for 1/2 an hour and then have 30 minutes for discussion of what we read or whatever is on your mind. We have been able to donate to Central Office and also donated a basket for the founders day picnic. We meet from 6:30 to 7:30 on Thursday night at the 1st congregational church in Porterville on 4th and Mill.

Erica E. Young & Restless- Young & Restless is a great meeting for all ages and people. We play spin the bottle. We have a chair person to share every Wednesday at 7pm and meetings end at 8pm. The meeting is held at a beautiful church at 120 N. Hall Visalia CA 93291. There will be service positions opening up and our business meetings are held the last Wednesday of the month.

OLD BUSINESS

1. Picnic--

a. Picnic- We have 1 outstanding check about \$60.00 with an estimate of a net profit of \$1,000.00 with 120 people in attendance.

2. New yearsa.

Last meeting we asked CSR's to talk with their groups about brining a group side dish. We received feedback that they were not in favor of this idea.

NEW BUSINESS

1. New Years- Julie has Wayne as our speaker for this event.

2. Website- We will switch to the new website within several weeks if not sooner.

SEVENTH TRADITION: \$35.00

Announcements:

MEETING ADJOURNED: 7:50 pm

Respectfully submitted,
Sheri T.

Last month I made an error and did not include the District 47 Meeting Minutes... My bad I thought I had, but I just spaced it!! This month I will be including the Minutes for the May meeting, the person preparing the minutes for June had an accident and broke his collarbone, so those minutes are not yet available!!
Thanks, Louie T,

District 47 Meeting Minutes

May 2, 2018

*A copy of each month's minutes with written reports are in the District 47 binder housed at Central Office.

Meeting Called to Order: 7:02 p.m. by District Committee Member Josh F.

Committee: Josh F. DCM/ Allen L., Alt. DCM and GSR for Visalia AM Sunday Serenity Seekers AA Group Greg G., District Treasurer/ John W., D-47 Recording Secretary and GSR for the Tulare Alpha Group. Martha M., GSR Porterville Tues. PM Women's Changes. Don H. GSR -Springville Breakfast Speaker Meeting: Kenneth B.-GSR for Springville Gut Level; Boo M.-GSR for Tues. pm Women's Amity Group; David G.-GSR for Sunday Serenity Seekers PM; Danette L. GSR for the Saturday 12 x 12, Visalia. The Serenity Prayer and the GSR Preamble were recited by all present.

Twelve Traditions: Kenneth B

Twelve Concepts: Concept 5; Josh F.

Approval of Minutes: MSP for approval of minutes, with corrections, for the April 4, 2018 D-47 meeting as read. Motioned by Josh to approve, seconded by John W.

Treasurer's Report – Greg reported of a balance forward of \$1,333.25 Income of \$295.40. Expenses of \$0.00 for a current balance of \$1,428.65. Greg is making a request from contributing groups sending in donations that they note on the envelope or check identifying which group the check is from. A mystery check came in last month without any group identification attached. Greg G. is not a mind reader.
CSO Report – Alan L.-Central Service Office (CSO) Liaison reported that the Annual Picnic will be June 9th at Mooney Grove, Arbor #9. The committee is asking the groups to consider donating a themed gift basket that will be auctioned off. David G. is currently working on the website to make more cell phone user friendly.

DCM Report – Josh reported that the District got a nice thank you card in the mail from Young People's Committee with regards to our letter of support that Josh drafted backing the Committee's bid for the annual ACYPAA convention. More information to come.

GSR Reports – No reports available

OLD BUSINESS: Pre-Conference Assembly-Members who did attend the Assembly reported on their group

conscience back to the Delegate (one of the most important job of a GSR). Well attended by District 47. It was a good turnout for our District to carry our message.

NEW BUSINESS: Josh brought up the topic of our next workshop/service fair which will be held in Porterville the focus of the topic will be the Internet and Anonymity. We are going to invite the delegate to give his report on the General Service Conference at the workshop also. The group discussed the date and it was decided to schedule the event for August 4 at the recovery club in Porterville. Bridging the Gap is currently using Bob at the Central Office as the contact person for initial contact for persons just being released from prison. The group was queried on status of this arrangement and no change in this set up seemed necessary.

7th Tradition: \$ 30.00

The meeting closed with the Declaration of Unity and the Responsibility Declaration at 7:39 pm.

Respectfully submitted, John W,

Central Office Contacts

Answering Service Calls	1
AA Members	6
Court Ref/Info	5
Meeting Information	8
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	3
Visitors to Office	51
Literature Sales	10
Specialty Sales	22
Churches & Schools	0
General Information	6
Prospective Members	2
Twelve Step Calls	0
E-Mail Contacts	12
Spanish Contact	2
Total	129

Financial Report

TULARE COUNTY CENTRAL OFFICE

Income & Expense Statement

5/21/2018 THROUGH 6/20/2018

<u>INCOME</u>	<u>MONTH</u>	<u>YEAR TO DT.</u>
B.Day Club	100.00	404.00
CD & Tape Cont.	10.00	30.00
Group Cont.	1,079.99	10,390.82
Indiv Cont	464.76	4,660.80
Lit. Sales	385.45	2,838.46
Memorial Cont.	0.00	0.00
Misc.	0.00	0.00
Newsletter Cont.	17.00	48.00
S & H	0.00	0.00
Sales Tax	49.12	375.55
Spec. Events	1,852.50	7,746.08
Spec. Items	249.85	2,509.12

TOTAL **\$4,208.67** **\$29,002.83**

<u>EXPENSES</u>	<u>MONTH</u>	<u>YEAR TO DT.</u>
Ans. Serv.	40.00	240.00
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	50.00	1,429.37
Office Equip.& Maint	216.24	708.16
Phone & ISP	180.40	1,079.17
Postage	50.00	100.00
Employee Taxes	0.00	2,728.06
Rent	525.00	3,150.00
Salary	1,297.82	8,471.65
Sales Tax-Paid	0.00	0.00
Security System	148.35	296.70
Spec. Events	533.82	3,419.66
Spec. Items	0.00	1,170.90
Card Charge	6.67	31.69
Utilities	41.99	481.85
Website	0.00	65.38

TOTAL **\$3,090.29** **26,114.22**

Net Gain(Loss) **\$1,118.38** **\$2,888.61**

BEG. TOT. ACCT. BAL: **\$14,125.69**
END. TOT. ACCT BAL: **\$15,244.07**

Group Contributions

2/21/18-3/20/18	Month	YTD
10th Ave Men's-Lemoore		43.56
50/50 Group		50.00
ABC Group		180.00
Alpha-Wed-Tulare		60.00
Attitude Modification-210	150.00	600.00
Breath of Fresh Air		0.00
Bridge St. "Drunks Only"	234.12	1,977.27
Central Calif. Roundup		0.00
Civic Center Grp.		75.00
Clodbusters-Tulare		587.00
Crossroads-Tulare		150.00
CSO Meeting	35.00	236.00
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	50.00	144.45
Freedom Fellowship		550.00
Fresno Village Group		350.00
Fri. Night Study Tulare		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		30.00
Porterville Young People		0.00
Practicing The Pinciples		0.00
Rainbow Group	130.00	286.00
Rule 62-Visalia		0.00
Serenity Junction-Tulare		0.00
Serenity Seekers AM-Visalia	163.03	347.03
Soberfest Groups		0.00
Wed. Sobriety Celebration		0.00
Springville Gut Level		45.00
Sun Bkfst Spkr Mtg		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		243.05
Valley Group	100.00	300.00
Valley Speaker Series		1,121.00
Wandering Couples		161.00
Wed. Acceptance, P'ville		600.00
Weekend Attitude Adj.		0.00
Women's Amity-Visalia	244.31	244.31
Women's Changes-P'ville		0.00
Women's Fri. Night-P'ville		0.00
Women's Sat AM 12x12	228.76	281.76
Young & Restless		28.00
<hr/>		
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, July 4, 2018 at 7:00 PM

CSR Meeting at Central Office

449 E. Maple St., Exeter, CA
Tuesday, July 10th, 2018 7:00 PM

H&I Meeting at Alano Club

Visalia Alano Club, 1311 W. Murray
Saturday, July 14, 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

Lighter Side of AA

WE ARE NOT A GLUM LOT

Due to increasing products liability litigation, beer manufacturers have accepted the FDA's suggestion that the following warning labels be placed immediately on all beer containers:

WARNING: Consumption of alcohol may make you think you are whispering when you are not.

WARNING: Consumption of alcohol is a major factor in dancing like an asshole.

WARNING: Consumption of alcohol may cause you to tell the same boring story over and over again until your friends want to SMASH YOUR HEAD IN.

WARNING: Consumption of alcohol may cause you to thay shings like thish.

WARNING: Consumption of alcohol may lead you to believe that ex-lovers are really dying for you to telephone them at four in the morning.

WARNING: Consumption of alcohol may leave you wondering what the hell happened to your pants.

WARNING: Consumption of alcohol may make you think you can logically converse with other members of the opposite sex without spitting.

"A drunk walks into a bar, sits down and demands a drink. "Get out" says the bartender. "I don't serve drunks here". The drunk staggers out the front door, only to come back in through the side door. He sits at the bar, bangs his fist and demands a drink. "I just told you to get out, didn't I? Now LEAVE!". The drunk gets off his stool, stumbles out the side door and, comes back inside through the back door. Once again, he sits at the bar and loudly asks for a drink. The bartender,

now glowing mad, looks at the drunk and yells "I TOLD YOU, NO DRUNKS ALLOWED, NOW GET OUT!!!". The drunk looks up at the bartender and slurs "How many bars do you work at, anyway?".

Have a Joke???? Submit it to:

centralintergroupnews@gmail.com

Speaker Meetings

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

Friday Book Study Speaker Meeting
1820 N. Gem St, Tulare
Friday, July 13th, 2018 at 8:00 PM
Speaker: - Linda M - Fowler, CA

Sunday AM Breakfast Speaker Meeting
Veterans Memorial Building
36000 Hwy 190, Springville
Sunday, July 8th, 2018 at 10:15 AM
(Breakfast at 8:30 to 10:00 AM)
Speaker: Mark C. - Lancaster, CA

The Valley Group, Speaker Meeting
The Gallery @ The Creative Center
410 E. Race Ave.
Every Wednesday from 7-8 p.m.
July 4 Leonard R. of Fresno- 22 Years + 1 day!
July 11 Sharon H. of Bakersfield - 26 Years!
July 18 Shawn C. of Tulare & TUFYPAA!
- 2 Years + 7 days!
July 25 Mireya C. of Fresno - 6 Years!

**That's 56 years of sober experience in AA
in four simple one-hour sessions!**

District 47 presents a Summer Service Fair

Anonymity, the Spiritual Foundation of All Our Traditions

August 4, 2018 • 10:00 a.m. to 3:00 p.m.

- **Panels & Discussions**

Our tradition of anonymity and exploring the challenges of maintaining and respecting anonymity in the age of the internet.

- **Free Tri-Tip Lunch**

BBQ tri-tip lunch hosted by District 47.

- **CNIA Delegate's Report**

Michael K, our Area 07 Delegate, will be our guest and will give his report on this year's General Service Conference.

Porterville 12 Step Recovery Club
186 D Street, Porterville, Calif. 93257



INAUGURAL AA WOMEN'S RETREAT

WOMEN IN UNITY

SATURDAY, JULY 21, 2018

Doors open at 9:00 am, Ends at 9:00 pm

Volunteers welcome at 8:00 am

Silent auction items and raffles donations appreciated

St. Anthony's Retreat
43816 Sierra Drive
Three Rivers, CA

\$60.00 ALL DAY

includes lunch and dinner

Mail Registration and Names to:

4040 South Demaree St. Suite A, Visalia, CA 93277
(make checks payable to Rae Ann Boyett)

Registration Closes on July 13, 2018

Limited Registrations at the Door Available
without Guaranteed Meals



BE OF SERVICE

Chair:	Jerri T. (559) 786-7006
Registration:	Rae Ann B. (559) 901-4641
Secretary:	Frances S. (559) 707-3603
Treasurer:	Diana Z. (559) 967-4904
Raffles:	Bobby (559) 359-1580
Greeters:	CeCe
Printing:	Anetta P. (559) 361-6524

FEBRUARY 1-3, 2019 SYMPOSIUM ON A.A. HISTORY

**SAN FRANCISCO
BAY AREA**

El Retiro San Inigo
300 Manresa Way
Los Altos, California



A weekend gathering that brings together researchers and lovers of A.A. history to share the experience, strength and hope of the members and groups who came before us.

All Inclusive Registration

Shared Room \$325 / Private \$400

Housing & Meals included

\$25 discount code expires Aug 1: EARLYBIRD25

www.aahistorysymposium.org

A.A. on Reservations
San Quentin Group
Bill's "Spook" Sessions
Debate over Special
Purpose Groups
The Spanish Big Book
Al-Anon Pioneers

**AND A SPECIAL
PRESENTATION BY THE
G.S.O. ARCHIVIST**

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!!!

