

CENTRAL NEWS

September 2019



Sun Flower Afternoon Visalia, CA David T

The Seven Freedoms of the New Way of Life

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 the 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 outcroppings 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 AA Grapevine January 1948

Step 9 *Made direct amends to such people wherever possible, except when to do so would injure them or others.*

I made my list and checked it twice. I was definitely naughty. This, however, was no Christmas list. Speaking of Christmas, it was on that day in 1985 I decided to make my first amends. I was twelve days free from alcohol. It was a disaster. I had no foundation to support such a self-willed emotional set back. Oh! That's why the steps are numbered.

"It is not difficult to list the people who suffered because we drank. Our real problem is to arrive at a state of mind that concedes the damage we have done and embraces a sincere willingness to amend it." Working the steps in order allowed me to arrive at a place and time with the ability to embrace and be willing to repair my own damage.

“AA members do not arrest alcoholism or gain recovery by merely agreeing with the principles of AA philosophy – they recover only if they live them.” Working the steps in order also began the process of learning a manner of living that included the principles (on going). It also helped me develop a relationship with my Higher Power, my source of willingness.

Still working the steps in order provided me a foundation of prayer and meditation. Strengthening my relationship with God (on going) and preparing me to make real amends after arriving at Step Nine. “Meditation and prayer are necessary to make amends. No amend should be made that is not preceded by prayer as it will lack complete purpose and effectiveness.”

Free from the damage of my past I try to reflect the process of AA in my daily life. Doing so makes most days like Christmas.

-Mike K Sunday Serenity Seekers.

Tradition 9 *AA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.*

When tradition nine was first written in 1946 it stated that A.A. should have the least possible organization. By 1950 the tradition had changed to “A.A. as such ought never be organized”.

The least possible organization that’s our universal ideal. No fees, no dues, no rules imposed on anybody. One alcoholic carrying the message to the next. That is our primary aim; isn’t it?

But how should this ideal be realized? This is the dicey part, we have a lot of personalities in A.A. to say the least; selfish, self centeredness, self- will run riot, the list goes on ad infinitum. Rotating leadership is the best. A small group should elect a secretary. Larger groups, a rotating committee and metropolitan or regions should have a central or intergroup committee. These are custodians of our traditions. All such representatives are to be guided in the spirit of service, for these leaders are but trusted servants of the whole. They derive no real authority from their titles. They do not govern. Universal respect is their key to their usefulness.

A.A has to function but must avoid the dangers of money, property and prestige. Entrenched power has doomed and divided so many different governments,

organizations, groups and people. I for one am grateful to be a member of a true fellowship that operates only by a spirit of service.

-Mitch K

Contributions

Birthday Club

John W.	Tulare	33
Jim K.	Visalia	17

GRATEFUL GIVERS CLUB

Members - \$ 340.00

Individual Contributions

Anonymous

Beau B.

David G.

Jim B.

Jim K.

John W.

Josh F.

Shannon S.

Sherry B.

Newsletter Contributions

None

Memorial Contribution

None

Central Office Contacts

Answering Service Calls	0
AA Members	5
Court Ref/Info	9
Meeting Information	15
H & I	0
Alanon & Alateen Information	2
Info. re Recovery Homes	0
Schedules & Info-Mailed & Faxed	2
Bridging The Gap	0
Other 12 Step Programs	2
Visitors to Office	45
Literature Sales	14
Specialty Sales	25
Churches & Schools	0
General Information	9
Prospective Members	1
Twelve Step Calls	0
E-Mail Contacts	11
Spanish Contact	1
Total	141

September AA Birthdays

Name	City	Years
Joe F.	Porterville	41
Dick C.	Visalia	39
Margie C.	Exeter	38
Robert H.	Exeter	37
Lawrence S.	Visalia	37
Rebecca M.	Lemoore	37
Gerald V.B.	Andover MN	34
Joan C.	Visalia	34
Tom P.	Dinuba	34
Ruth B.	Visalia	33
Cliff L.	Visalia	33
John W.	Tulare	33
Carolyn K.	Visalia	32
David H.	Visalia	32
Ken R.	Visalia	32
Warren G.	Visalia	32
Hal W.	Lemon Cove	32
Jerry "Bubba" W.	Tulare	31
Joan A.	Exeter	31
Kelley N.	Tulare	31
Linda P.	Visalia	31
Ty N.	Tulare	31
Cary K.	Visalia	29
Mike H.	Visalia	29
Kim A.	Tulare	28
Tom C.	Visalia	28
Noel	Mexico	28
Russell W.	Visalia	27
Elly Q.	Three Rivers	26
Ken F.	Visalia	26
Linda J.	Porterville	25
Cruz J.	Tulare	24
Cindy S.	Porterville	23
Anetta P.	Porterville	19
Mark H.	Exeter	17
Barbara W.	Quincy CA	15
Melanie M.	Visalia	15
Kim H.	Tulare	15
Vendy	Visalia	14
AL S.	Visalia	13
John	Dinuba	13
Jose G.	Dinuba	12
Joyce S.	Porterville	9
Diane O.	Visalia	6
Stella T.	Porterville	5

Financial Report

TULARE COUNTY CENTRAL OFFICE

Income & Expense Statement

7/21/2019 THROUGH 8/20/2019

<u>INCOME</u>	<u>MONTH</u>	<u>YEAR TO DT.</u>
B.Day Club	50.00	678.00
CD & Tape Cont.	0.00	5.00
Grateful Givers Club	340.00	2,380.00
Group Cont.	949.00	11,485.47
Indiv Cont	653.02	3,898.16
Lit. Sales	470.05	3,810.98
Memorial Cont.	0.00	0.00
Misc.	0.00	27.16
Newsletter Cont.	0.00	0.00
S & H	0.00	4.00
Sales Tax	56.05	488.36
Spec. Events	0.00	7,321.89
Spec. Items	253.20	3,139.34

TOTAL **\$2,771.32** **\$33,238.36**

<u>EXPENSES</u>	<u>MONTH</u>	<u>YEAR TO DT.</u>
Ans. Serv.	40.00	320.00
Fees-Taxes	0.00	64.95
Insurance	0.00	550.00
Lit. Costs	69.00	3,728.49
PI-CPC Expense	0.00	0.00
Misc Expense	0.00	0.00
Newsletter Cost	0.00	0.00
Office Exp	108.45	426.40
Office Equip.& Maint	0.00	509.44
Phone & ISP	191.93	1,498.31
Postage	0.00	113.66
Employee Taxes	387.77	4,396.96
Rent	525.00	4,200.00
Salary	1,277.82	10,232.56
Sales Tax-Paid	0.00	691.00
Security System	0.00	317.52
Spec. Events	0.00	2,392.18
Spec. Items	0.00	1,469.50
Card Charge	9.68	70.88
Utilities	45.84	527.84
Website	5.51	29.43

TOTAL **\$2,661.00** **31,539.12**

Net Gain(Loss) **\$110.32** **\$1,699.24**

BEGINNING TOTAL ACCT BAL: **\$13,772.21**

ENDING TOTAL ACCT BAL: **\$13,882.53**

Central Service Meeting

August 13, 2019

MEETING CALLED TO ORDER: Mike S.

TIME: 8:00PM

BOARD MEMBERS PRESENT: Hal, Mike K, Mike S.

ABSENT: Elgin-Monica

SERENITY PRAYER: All

12 TRADITIONS: Jerry O.

MINUTES OF LAST MEETING: Approved

Additions, Corrections, & Approval of Minutes.

REPORT OF LAST BOARD MEETING: Office had a net gain of \$2,102.98 for the month. Contributions were good both from groups and individuals. Had a large literature order but all other expenses were normal.

Old business Mike is still looking for a location for a Pancake breakfast. If anybody has any suggestions please call Mike K. @ (559-646-7705). This will be a fund raiser for Central Office. All the Bi-Laws were signed. Monica will be representing Central Office at the Service Fair in Porterville Aug. 3.

TREASURER and OFFICE REPORT: Bob reported we had an income of \$3,127.38 and expenses of \$4,477.00 for a loss of \$1,349.62 for this period. Group contribution where normal and sales were about average. We had a net sale of \$196.69 from 6 transactions in credit card and debit care. Grateful Givers Club brought in \$430.00 for the period. We had our quarterly taxes to pay and our annual sales tax payment to the state plus regular monthly expenses.

PUBLIC INFORMATION REPORT: None

VOLUNTEER STEP WRITERS FOR CENTRAL NEWS

STEP FOR NEWSLETTER-VOLUNTEER

Month	Step	Member	Due Date
Sept.	9	Mike K.	8-20-2019
Oct	10	Mike K.	9-20-2019

TRADITION FOR NEWSLETTER-VOLUNTEER

Month	Trad.	Member	Due Date
Sept	9	Mitch K.	8-20-2019
Oct	10	Cheryl H	9-20-2019

WEB SITE REPORT: David reported we had 1,176 page views and 512 unique visitors.

NEWSLETTER REPORT: Everything is going good. Added another person to work with Allen on the photos for the front page of the newsletter. Please send in articles and stories that you may have so we might publish them.

H&I REPORT: Joyce reported that they are very active in servicing the jails and prison by bringing the message

of AA to folks that cannot get the information any other way. Will need more voluntaries soon for the jail that is opening up in Porterville. Wanted to remind us that H&I is a service organization and not a group. Please bring any question you might have to next H&I business meeting on the even month at 9:00 at the Alano Club. If you're donating to H&I please put Area 93 on the check.

GSO LIAISON: Allen was very happy with the turn out at the Service Fair Aug 3 in Porterville. The Delegate did a real good job explaining what happens in New York and went over the voting results that went on. Allen also reported they had a balance of \$1640.86. That there was an Election Ass. coming up soon will be hosted by District 55 a Spanish speaker group here in Visalia and we will have more info later. Dist 47 election Nov.6 will need a DCM, Alternate DCM, Secretary and Treasury. You need to have 2 years of sobriety and a desire to serve.

CSR REPORTS:

Blythe-The Tulare Unity Young People group has renamed itself to Saturday Night Jay Walkers Young People. It is still being held at the First Congregational Church on 220 West Tulare Ave in Visalia from 7:30 to 8:45. All are welcomed and young is defines as anyone who has room to grow. We need your support, please join us. We also celebrate various length of sobriety with chips.

David G. - The Messy Pants Winos meets every Wednesday at 7: PM for 1 hour at the Visalia Alano Club. This is an open meeting, with a 15 minute speaker, and then the meeting is open for discussion. We have a good number of new comers, so experience members are needed. We do a call for sponsors and sponsees and we hand out chips every meeting.

Stella T. - Women's Tuesday Night Changes in Porterville at the Light House Church in the Hope Room from 7 to 8PM. This is an all women meeting. Subjects are picked from a jar for discussion. We have a business meeting on the 3rd Tuesday of the month. Birthdays are celebrated on the last Tuesday on the month with either a pot-luk or at a restaurant and in July we celebrated Leah T. 6 years sober. The group supports Central Office and other AA entities.

Mike K. - Valley Group speaker Series meets at St. Paul's church at Center and Hall Street in Visalia every Wednesday. The Valley group has 2 large speaker events per year and donates its excess funds to the Central Office.

Allen L. - The Serenity Seekers AM meet on Sunday at

10:00AM. We do birthdays for 30, 60, 90, days and 6 month and 9 month chips weekly. Monthly birthdays are celebrated with cake on the last Sunday of the month. We have between 25 to 30 members in attendance. We contribute to all AA entities. We have a CSR, GSR representative and a good mix of old timers and newcomers at most meetings.

Mike K. - We have 20 meeting a week at Bridge St in Visalia. The morning 7:00AM meetings are closed. The noon meeting is closed Monday thru Friday and open meeting on the week end. Monday evening meeting is a closed women meeting. Tuesday and Wednesday are Book Studies, Thursday night s the Primary Purpose group. Saturday evening is an open discussion and Sunday is the 10th Step. All meetings have a good mix of old and new, a great place for fellowship and find a sponsor and hear the message.

Louie T. - Sunday Night Serenity Seekers is an open meeting on Sunday at 7:30 at The Center for Spiritual Living. We have 30 minute guest speaker followed by an open discussion. We have from 30 to 40 in attendance with a variety of sobriety. Congrats to our new Secretary Greg R.

Jonathon T. - Monday Means Stage meets every Monday at 820 East Main (PPVA Hall) in Visalia. We celebrate birthdays on the last Monday of the month. Please come join us.

Hal W. - Quiet Trails meets in Exeter at the Methodist church from 7:30 to 8:30. This meeting is a subject meeting for 1 hour. We recognize birthdays at the end of the month. We have about 15-20 folks in attendance.

Louie T. - Hillman Group @ St. Ritas church on Thursday at noon. The church is located on the corner of "O" and Barsley in Tulare. Average attendance is 8-10 folks. We need your support.

John W: Civic Center Group meets every Tuesday at 7:00PM at the Christ Lutheran church at 3830 W. Tulare Ave. Speakers meeting with open sharing afterwards. Give out chips with cake on the last Tuesday of the month. We have between 20-50 folks that attend. Please join us.

Alice S.: The Women's Amity group meets every Tuesday at 6.30 to 8:00Pm at the Trinity United Reformed Church at 6400 W. Walnut in Visalia. We celebrate birthdays on the last Tuesday of the month and we have business meeting the 2nd Tuesday of the month. We have a very comfortable environment with about 20 to 40 folks. It is a

closed AA meeting.

Alice S.: Sober Sister meets every Monday at 7:30 to 8:30. Our location is the Congressional Church on Church and Tulare St. We celebrate birthdays on the last Monday of the month. Very small group about 10 can use your support.

Jesse M.: Springville Breakfast 2nd Sunday of the month at the Springville Memorial Building. Great food, good speakers all for \$5.00. We served 62 meals this month and our speaker was Lee C from Santa Maria, CA. Starts at 8:30 and finishes up about noon. Last month we served 75 breakfasts and the speaker was Tree House Dave with his wife Kate as the 10 minute speaker.

Trudy W.: We are an open meeting, topic discussion meeting. We meet every Thursday in Lindsay at United Methodist Church corner of Honolulu and Gale Hill in the Fireside Room. We are a small intimate group celebrating annual birthdays at the end of the month. Please come and help support us, we treasure our sobriety and offer hope.

Cheryl H.: Gut Level AA Group meets every Thursday at the Lighthouse Chapel in Springville from 7:00 to 8:30PM. This group has CSR and GSR. Business meeting are held the first Thursday after the second Tuesday of each month .Birthday meeting are held the last Thursday of the month with a dinner at El Nuevo before the meeting. Our group is an active group intere4sted in the business of Central Office, District 47, CNIA and New York. At our last business meeting concerns were given about Central Office fundraisers and those concerns have been given to the Board.

OLD BUSINESS:

Mike K. is still trying to find a location for Pancake Breakfast so if any group or person that wants to help please call Mike K. at (559) 647-7705.

NEW BUSINESS: Bob handed out a new 12 Step List for us to sign up who wanted to. The list that he has is an old list and needed to be updated.

Service Meetings

AND ADDRESSES

GSR Meeting at Central Office
449 E. Maple St., Exeter, CA
Wednesday, September 11, 2019 at 7:00 PM

CSR Meeting at Central Office
449 E. Maple St., Exeter, CA
Tuesday, September 10, 2019 7:00 PM

H&I Meeting at Alano Club
Visalia Alano Club, 1311 W. Murray
Saturday, October 12, 2019 at 9:00 am
2nd Saturday of even 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

Grateful Givers

The Central Office board and the group C.S.R.'s are excited to introduce to all Alcoholic Anonymous members of District 47 a new program Grateful Givers. The purpose of the program is to assist individuals interested in making a monthly contribution to the Central Office. Making the process of contributing as simple as possible is the goal of the program. Individuals would be given a stamped addressed envelope with which to send in their contribution. The envelope will contain an information form for your name, address and contact number. Fill out the form and drop your contribution in the mail. As soon as it arrives at the Central Office you will receive a thank you note/receipt containing a stamped envelope for the next month's contribution. The names of the members involved nor donation amounts to the Central Office will be released. The Central Office will publish the total monthly contributions in the newsletter each month. The Central Office operates completely off our contributions, group contributions, the Birthday Club and special events. In the recent year this has not been enough to sustain our financial responsibilities. Our hope is that the Grateful Givers Club will give that a boost. We chose the name Grateful Givers because Alcoholic Anonymous saved our lives. As a result we are grateful that we again have the ability to give. If you are interested in getting involved in the program you can contact your C.S.R. or contact the Central Office. We will be making contribution envelopes available to the groups by way of your C.S.R.

To date the Grateful Givers Program raised \$2380 Great Job and let's keep supporting our Central Office!!



Group Contributions

<u>7/21/19-8/20/19</u>	<u>Month</u>	<u>YTD</u>
10th Ave Men's-Lemoore		21.60
ABC Group		0.00
Alpha-Wed-Tulare		0.00
Attitude Modification-210		425.00
Bill & Friends		150.00
Breath of Fresh Air		0.00
Bridge St. "Drunks Only"	297.69	2,506.33
Central Calif. Roundup		0.00
Civic Center Grp.		273.40
Clodbusters-Tulare		600.00
Crossroads-Tulare		150.00
CSO Meeting	43.81	329.81
Dinuba Grp		134.00
District 47		400.00
Exeter-Quiet Trails		300.00
Exeter Sun Afternoon	120.00	270.00
Foundation Group		50.00
Freedom Fellowship		0.00
Fri. Night Study Tulare		50.00
Friday Noon 210		0.00
Half & Half		250.00
Hillman Group		100.00
Lemoore Sat 12x12		0.00
Lindsay Fireside Grp	40.00	40.00
Messy Pants Winos		40.00
Monday Men's Mtg.	100.00	100.00
Mid Valley-Tulare		00.00
Mon Book Study-S'ville		0.00
Mon Lit Study-Visalia		300.00
Mon Men's Book Study		0.00
Nooners Group-Visalia		0.00
Pine Recovery AA Mtg		28.00
Porterville Young People		40.00
Practicing The Pinciples		0.00
Rainbow Group	50.00	310.00
Rule 62-Visalia	50.00	150.00
Serenity Junction-Tulare		0.00
Serenity Seekers AM-Visalia		500.00
Soberfest Groups		0.00
Sobriety Sisters	50.00	208.00
Wed. Sobriety Celebration		0.00
Springville Gut Level		360.00
Sun Bkfst Spkr Mtg	75.00	425.00
Sun PM Serenity Seekers		0.00
Tulare Young People		164.00
TUFYPAA		313.75

Tulare Fri. Book Study		0.00
Tulare 2nd Fri Spkr Mtg		0.00
Tulare Tuesday Night		700.00
Tulare Sunday Night		0.00
Tues. Men's-P'ville	60.00	290.00
Three Rivers-Monday		147.00
Unity Thru Traditions		34.35
Valley Group		0.00
Valley Speaker Series		0.00
Wandering Couples		141.00
Wed. Acceptance, P'ville		300.00
Weekend Attitude Adj.		0.00
Women's Amity-Visalia		0.00
Women's Changes-P'ville	62.50	162.50
Women's Fri. Night-P'ville		0.00
Women's Sat AM 12x12		0.00
Young & Restless		150.00

Total	949.00	11,485.47

Speaker Meetings

Porterville Recovery Club Speaker Meeting

186 W. Walnut Ave.

Friday September 6, 2019 at 8:00 PM

Speaker: - TBA

Friday Book Study Speaker Meeting

1820 N. Gem St, Tulare

Friday, September 13, 2019 at 8:00 PM

Speaker: - Big Dave Modesto, CA 38 Years

Sunday AM Breakfast, Speaker Meeting

Veterans Memorial Building

36000 Hwy 190, Springville

Sunday, September 8th, 2019 at 10:15 AM

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

Speaker: Lee C. - Santa Maria, CA

The Valley Group, Speaker Meeting

St. Paul's Episcopal Church

120 N. Hall St. Visalia, CA 93291

Every Wednesday from 7-8 p.m.

Speakers for September

Sep 4 - Robert D. of Visalia 3 Years

Sep 11 - Laureal J. of Visalia 1 Year

Sep 18- John W. of Tulare 33 Years

Sep 25- Kim B. of Visalia 12 Years

That's 49 years of sober experience in AA in four simple one-hour sessions!

Lighter Side of AA

District 47 Meeting

August 7 2019

you might be an alcoholic...

If you lose arguments with inanimate objects.
If you have to hold onto the lawn to keep from falling off the earth.
If your job interfering with your drinking.
If your doctor finds traces of blood in your alcohol stream.
If the back of your head keeps getting hit by the toilet seat.
If you sincerely believe alcohol to be the elusive 5th food group.
If you think two hands and just one mouth is a drinking problem!
If you can focus better with one eye closed.
If the parking lot seems to have moved while you were in the bar.
If your twin sons are named Barley and Hops.
If you are on a first name basis with the entire police department.
If your tolerance is so high you don't order drinks you just ask for the entire bottle.
If you think 5 beers has just as many calories as a burger so you skip dinner!
If you schedule your life around your drinking.
Anything that happens to you, good or bad, is just an excuse to get drunk.
If mosquitoes get a buzz after attacking you.
If the longest you can go without drinking is the time it takes to buy a fifth of vodka.
If before you buy anything expensive you always think about how much alcohol you can buy with the money instead.
If the only reason you are alive is because of Uber.
If your work performance is actually better when your drunk because your not hungover.
If at AA meetings you begin: "Hi, my name is... uh..."
If you sort your dirty laundry as with or without vomit.

Upcoming Events

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

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

Committee: Josh F., DCM; Allen L., Alt. DCM and GSR for Visalia AM Sunday Serenity Seekers Group; Greg G., Treasurer; James W., GSR for Bridge Street Drunks Only Group; Kenneth B., GSR for Springville Gut Level Group; Dannette L., GSR for Women's Amity Group; Brian P., GSR for Rainbow Group; David G., GSR for Visalia PM Sunday Serenity Seekers Group; Shawn S., The Young and the Restless Group.

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

Twelve Traditions: James W.

Twelve Concepts: Concept 8; Josh F.

Approval of Minutes: The July 3, 2019 minutes were approved as written.

Treasurer's Report: Greg reported of a balance forward of \$2,013.65. Total income for the month of July was \$231.17, and expenses were \$603.96, leaving an ending balance of \$1,640.86. Expenses were much higher than usual due to the service workshop.

CSO Report: Allen L. and David G. provided status reports.

DCM Report/Old Business: Fall Workshop Recap: It was agreed that David G. and Allen L.'s hard work paid off with an interesting and well-attended service workshop. **District 47 Meetings:** Members were encouraged to speak with their groups in order to gauge interest in hosting or participating in prospective events. **District 47 Officer Positions.** A new slate of trusted servants will be needed for the 2020 Panel. Those interested in being of service to the District may make themselves available to be considered for the following positions: District Committee Member, Alternate District Committee Member, Treasurer, and Secretary.

The meeting closed with the Declaration of Unity and the Responsibility Declaration at 7:59 pm.

The Valley Speaker Series Presents:

SOBERFEST 2019

\$15 pre-sale
dinner tickets

Get your
tickets now!

Saturday October 12th, 2019
CHRIST LUTHERAN CHURCH
3830 W. Tulare Ave, Visalia

11am-5pm

Back to the 40's step workshop
(Newcomers who attend receive free dinner ticket)

530pm-630pm

Ranch style tri-tip & spaghetti dinner

7pm

Speaker Meeting
Bob D. of Las Vegas, Nv
Sober 40 Yrs, 11 months, 12 days!!

Meeting is ASL Interpreted

Special needs assistance:
Alex A: 559-280-3850

Contacts:

Boo M. 559-303-2484
Barbara V. 559-303-5761
Elgin M. 559-553-5736
Bill H. 559-740-8613





RECOVERY RETREAT

February 14-16, 2020
with **John McAndrew**

\$250 Shared Occupancy
\$350 Private Occupancy
(if space available)

RETREAT BEGINS WITH 6PM DINNER ON FRIDAY
AND ENDS AFTER 12PM LUNCH ON SUNDAY

*If Interested
1 x 3 /
6058-082-655
559-280-8507*

St. Anthony Retreat Registration Form

Name: _____ Phone: () _____

Address: _____

Parish Name: _____ Email: _____

Room Preference: Shared \$250 Name of Roommate, or we can assign one _____
 Private \$350 (if space available) _____

Special Needs/ Dietary Needs: _____

Able to climb stairs? yes no EMERGENCY CONTACT : _____

Credit Card #: _____ Exp. Date: _____ Charge All: Deposit Only:

WE ACCEPT MC, VISA & DISCOVER

Name on Credit Card: _____



Please Print _____ Signature _____
To make a reservation, please send form and \$75 deposit per person to
St. Anthony Retreat ■ PO Box 249 ■ Three Rivers, CA 93271 -0249
(559) 561-4595 ■ Fax (559) 561-4493 ■ stanthonyretreat.org
Make checks payable to "St. Anthony Retreat"
ALL DEPOSITS ARE NON-REFUNDABLE AND NON-TRANSFERABLE

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!!!