

# CENTRAL NEWS

November 2019



Yokohl in the Fall Allen L Exeter, CA

## *Sobriety Makes the Price of a Drink Too High*

I've been thinking of all it would cost me if I took a drink today.... Strangely enough, I find that the longer I go without a drink, the greater the cost of taking one will be!

If I take a drink today, I'll get into the YMCA sometime after the bars close tonight, fairly drunk, for I won't take just one drink, and about seven tomorrow morning I'll get up, feeling rotten and wanting a drink. After the drink and a cup of coffee, I'll go to work, feeling guilty and nervous and with a foggy brain. If no one questions my actions, I'll probably struggle through the day, but certainly no later than 5 P.M., and then I'll head for a bar—if I take a drink today.

The next night I'll be so drunk I'll be afraid to go into the YMCA (I almost got kicked out of there before) so, when the bars close I'll end up... in a high-priced room where I'll stay until my funds run low. On the third or fourth day I'll still be at the hotel, paying exorbitant prices for things I don't need and the bellboy on the way up to my room with a drink will meet another on the way down with empty glasses, for as long as the money holds out, the drinks will keep coming—if I take a drink today.

By this time, I'll be very nervous and concerned about avoiding people I know. I'll probably go to my room at the "Y" some morning and clean up, but things will run along like this several days until the quite few dollars I have in my pocket now will have dwindled to only a few. Those of you whom I may have met and who might have tried to pull me out of it will have given it up and I will be left entirely alone. My wife, by the absence of mail from me, will know what has happened and all the confidence she has built up in me these past several months will be gone and probably never restored—if I take a drink today.

The Old Squirrel Cage

Realization of these things will only cause me to drink more and faster and within a couple of weeks after that first drink I'll have moved to cheaper quarters, and soon my funds will be all gone and I'll start borrowing—ten here, five there, at first, then two and one, until I can't borrow any more—if I take a drink today.

Then I'll begin sneaking into the YMCA to get things to pawn—first my radio, which I enjoy so much and which I had a hell of a time getting out last time; then first one suit and then another, until there is nothing left but what I have on my back—if I take a drink today. From here on it is hard to predict just what will happen—I may be working in a restaurant or my present employer may take me back, reluctantly, and give me another chance at a reduced salary with all prestige, seniority, and confidence wiped out (that's what happened last time). Or, I may have a commitment to Kalamazoo hanging over my head or be in jail for 30, 60, or 90 days—if I take a drink today.

But at very best, I can only be back to work under reduced earnings and restrictions. I doubt that I'll have my room at the "Y"—I'll have all those debts to pay back, including a doctor bill. What clothes I have left will be too large, for the 15 pounds I have gained in the past few months will have been consumed in alcohol; all those whom I can now call friends will be skeptical at best and with very good reason to be—if I take a drink today.

However, regardless of what kind of recovery I might make, with the things I absolutely know it will cost me—THE PRICE IS JUST TOO GREAT! I know it will cost me every dollar I have now and what I can borrow, in addition to the loss of income, totaling in all, seven or eight hundred dollars. I know I'll suffer the pangs of hell, wherever I am, both mentally and physically. I know I'll lose the encouragement and respect of my wife, and my employers and associates will speak and think of me in terms of doubt, at least temporarily—if I take a drink today.

Since I started thinking about what a drink would cost me, a lot of good things have happened to me that would not have happened if I had taken a drink. My wife has spent a grand two weeks vacation with me—the first time we've been together for more than 24 hours for six years—all on account of John Barleycorn. My brother and his wife have been here to visit me—the first time in nine years— and I've had a week's vacation with pay at the boss's cottage and with my wife. I've seen several good ball games, a couple of circuses and numerous other things that I enjoy—none of which would have happened if I took a drink.

My wife is ready to come to Grand Rapids and make

a home for me any time it can be arranged and the future in general looks brighter for me than in many years. So, you see, the price of a drink does get greater with the passing of each day of sobriety.

I don't know how nearly parallel my case may run with any of yours, but certainly close enough that none of you can afford to pay the price of a drink today—if you are an alcoholic. And for the benefit of you newer men, if you are an alcoholic take a tip from one who is an alcoholic, you can't take a drink today any more than I can, without getting drunk and into trouble.

So, summing it all up and adding it backwards and forwards, the answer is the same and I saw it again and again and again, the PRICE IS JUST TOO GREAT, if I take, a drink today.

—Tom D. Grand Rapids AA Grapevine Nov. 6,1946

**Step 11** *Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.*

Step 11 is really one of the cornerstones of my sobriety today. If I am going to live my life on a daily basis relying on God's will, then I better have a pretty good idea what God's will in my life is... How did I ever come to this point? Through prayer and meditation surprise surprise. Prayer, I believe, is a time that I can talk to God, and conversely meditation is a time for me to listen and receive from God. Through this process on a daily basis, I have come to identify all of the behaviors, thoughts, and actions that I know are symptoms of MY WILL. Where I see self-will I can free myself through prayer and meditation.

In the 12 and 12 there is one part that really jumped out at me:

There is a direct linkage among self-examination, meditation, and prayer. Taken separately, these practices can bring much relief and benefit. But when they are logically related and interwoven, the result is an unshakable foundation for life. Now and then we may be granted a glimpse of that ultimate reality which is God's kingdom. And we will be comforted and assured that our own destiny in that realm will be secure for so long as we try, however falteringly, to find and do the will of our own Creator.

Wow! That is powerful—through self-examination, meditation, and prayer—the result is an unshakeable foundation for life. Even typing this out sitting in my living room I am getting excited about it! On a daily basis I have the opportunity to pray, meditate, and look at myself. I am now able to know almost intuitively that something may not be of God’s will. When my “spidey senses” tingle I can immediately stop, pray, take a moment of meditation, and do some quick self-appraisal. Am, I thinking with my ego or pride? Is my motive self-centered or self-serving? With God’s help these things are quickly revealed and the result of abandoning myself to this process, I hope is evident... it really works!

God’s will must be the guiding force in my life. I have proven beyond a shadow of a doubt, that my will is completely and utterly unreliable. So if I am to have any sort of success (which personally, insofar, has been constant and abundant) I must rely on his will. Nothing happens in God’s word by mistake and this has been revealed through prayer and meditation!

Louie T.

**Tradition 11** *Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio or films.*

What about AA members of local, national or international fame? What about sober doctors, lawyers, pastors and even sober employers? Aren’t they allowed to use the AA mantra to show the world how wonderful AA is for them because if it weren’t for AA, they probably wouldn’t be sober! Shouldn’t they splash the fact on social media? The simple answer is.... no. What message does it send IF they don’t stay sober?

“Emphasizing personal anonymity is AA’s greatest protection. This Tradition is a reminder that personal ambition has no place in AA”

“Why?” you ask...The answer is that AA is not a secret society. We sober members carry the message wherever we can. AA has public service announcements on radio and TV, aa.org has a plethora

of information about AA and how to get help.

Why do members feel it necessary to advertise their personal membership in this fellowship? Where is the humility in doing so? Public messiahs can do us great harm. The individual sober AA member is the strongest attraction there is. Some known drunks sober up and this change in behavior and life style is noticed. People ask what method was used to seek help. The answer given most often is by an AA member.

Let’s explore attraction: Attraction is a characteristic or quality that provides pleasure; a person or thing that allures or entices. A former drunk being a sober member usually has these properties.

Let’s explore promotion: Something devised to publicize or advertise a cause, product, institution, etc. In summation; each member is an active guardian of our fellowship.

--Doug H.

## Central Office Contacts

<b>Answering Service Calls</b>	<b>1</b>
<b>AA Members</b>	<b>9</b>
<b>Court Ref/Info</b>	<b>9</b>
<b>Meeting Information</b>	<b>17</b>
<b>H &amp; I</b>	<b>0</b>
<b>Alanon &amp; Alateen Information</b>	<b>1</b>
<b>Info. re Recovery Homes</b>	<b>0</b>
<b>Schedules &amp; Info-Mailed &amp; Faxed</b>	<b>1</b>
<b>Bridging The Gap</b>	<b>1</b>
<b>Other 12 Step Programs</b>	<b>2</b>
<b>Visitors to Office</b>	<b>30</b>
<b>Literature Sales</b>	<b>12</b>
<b>Specialty Sales</b>	<b>17</b>
<b>Churches &amp; Schools</b>	<b>0</b>
<b>General Information</b>	<b>10</b>
<b>Prospective Members</b>	<b>2</b>
<b>Twelve Step Calls</b>	<b>0</b>
<b>E-Mail Contacts</b>	<b>9</b>
<b>Spanish Contact</b>	<b>2</b>
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<b>Total</b>	<b>141</b>

# *Tulare County Hospitals & Institutions*

Tulare County H&I Committee is a 9th Tradition Service Committee operating in Tulare County as part of the Northern California H&I Committee. The most valuable committee participants are the group representatives as our service structure operates on the upside down triangle basis. We encourage all Tulare County AA Groups to elect an H&I Representative. Have your representative attend our bi-monthly meetings to bring information back to your group business meeting. Have your H&I representative make weekly announcements about the H&I meeting and the value of contributing to the pink can while encouraging all interested AA members to attend the H&I Committee Meeting and get into service. Together, we can continue to carry the message of Alcoholics Anonymous to the confined alcoholic.

It is an exciting time, in our local H&I Committee as we continue to evolve into a healthy service committee. At the October 12, 2019 meeting, we had the opportunity learn from Jeff L., General Chair of Northern California H&I Committee how we are part of the Northern California H&I Committee. NorCal H&I is the oldest service committee in Alcoholics Anonymous and continues today to be the largest purchaser of AA literature in the world. NorCal H&I purchases an average of \$47,000.00 per month from AAWS with contributions collected in the pink can.

As a committee, this time of unity has inspired a renewed commitment to continue to grow together in AA unity and service. We welcomed our new Women's Facility Coordinator for Tulare County Jail, Diana Z. and Alice S. Facility Coordinator to the Visalia Women's Recovery Homes our newest Tulare County H&I Commitment. At our next meeting, we will be looking at beginning the process to change to monthly meetings, opening new service positions to operate in the spirit of rotation, will hear from a Corcoran Prison Self Help Coordinator on the value our volunteers bring to the confined alcoholic, and form a committee as our county was selected to host the February 9, 2020 General Committee Meeting of Northern California H&I which is our opportunity to participate in the upside down triangle service structure. Please elect and send your group H&I Representative to the Tulare County

H&I Committee meeting December 14, 2019, 9:00 am, Visalia Alano Club. Please continue to pass the pink can at your meetings and put Area 93 on the checks sent to NorCal H&I. Together we can grow, thrive and carry the invaluable message of Alcoholics Anonymous to the confined alcoholic.

Joyce R.  
Tulare County H&I Area Chair

## *Service Meetings*

### AND ADDRESSES

GSR Meeting at Central Office  
449 E. Maple St., Exeter, CA  
Wednesday, November 6, 2019 at 7:00 PM

CSR Meeting at Central Office  
449 E. Maple St., Exeter, CA  
Tuesday, November 12, 2019 7:00 PM

H&I Meeting at Alano Club  
Visalia Alano Club, 1311 W. Murray  
Saturday, December 14, 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

# November AA Birthdays

<u>Name</u>	<u>City</u>	<u>Years</u>
Paul H.	Visalia	43
Mike G.	Visalia	37
Jim D.	Visalia	36
Cathy O.	Visalia	33
John T.	Visalia	31
Charlie M.	Visalia	31
Robert G.	Visalia	31
Tracy W.	Visalia	30
Cristy R.	Tulare	30
John D.	Visalia	30
Rod K.	Visalia	30
Max	Lemon Cove	30
Lynda B.	Visalia	29
Christine O.	Visalia	28
Jerri H.	Dinuba	27
Jerry M.	Visalia	27
Krystal G.	Visalia	27
Nancy D.	Visalia	27
Norm B.	Visalia	25
Paula Ann	Tulare	25
Mona	Visalia	24
Linda N.	Porterville	22
Lynn P.	Visalia	21
Pam S.	Porterville	21
Mandy S.	Visalia	20
Kara O.	Modesto	19
Terri S.	Westfield MA	19
Betty S.	Visalia	19
Art J.	Porterville	19
Vincent F.	Visalia	17
Bob A.	Visalia	12
Wally P.	Visalia	9
Jerome L.	Visalia	6

# *Financial Report*

TULARE COUNTY CENTRAL OFFICE

**Income & Expense Statement**

**9/21/2019 THROUGH 10/20/2019**

<u>INCOME</u>	<u>MONTH</u>	<u>YEAR TO DT.</u>
B.Day Club	24.00	795.00
CD & Tape Cont.	0.00	5.00
Grateful Givers Club	440.00	3,160.00
Group Cont.	1,501.25	14,258.98
Indiv Cont	500.81	4,490.10
Lit. Sales	334.25	4,345.28
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	52.90	577.34
Spec. Events	0.00	7,321.89
Spec. Items	448.45	3,853.04

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<b>TOTAL</b>	<b>\$3,301.66</b>	<b>\$38,837.79</b>
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<u>EXPENSES</u>	<u>MONTH</u>	<u>YEAR TO DT.</u>
Ans. Serv.	40.00	400.00
Fees-Taxes	0.00	64.95
Insurance	0.00	550.00
Lit. Costs	0.00	3,728.49
PI-CPC Expense	0.00	0.00
Misc Expense	0.00	0.00
Newsletter Cost	0.00	0.00
Office Exp	152.58	964.21
Office Equip.& Maint	45.00	554.44
Phone & ISP	191.96	1,882.20
Postage	0.00	168.66
Employee Taxes	1,202.00	5,650.07
Rent	525.00	5,250.00
Salary	1,277.82	12,788.20
Sales Tax-Paid	0.00	691.00
Security System	0.00	487.38
Spec. Events	0.00	2,392.18
Spec. Items	322.00	1,791.50
Card Charge	7.82	83.73
Utilities	30.43	607.85
Website	6.99	43.41

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<b>TOTAL</b>	<b>\$3,801.60</b>	<b>38,098.27</b>
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<b>Net Gain(Loss)</b>	<b>(\$499.94)</b>	<b>\$739.52</b>
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<b>BEGINNING TOTAL ACCT BAL:</b>	<b>\$13,422.75</b>
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<b>ENDING TOTAL ACCT BAL:</b>	<b>\$12,922.94</b>
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# Central Service Meeting

October 8, 2019

MEETING CALLED TO ORDER: Mike S.

TIME: 7:00

BOARD MEMBERS PRESENT: Mike S, Hal W, Monica

ABSENT: Elgin/Mike K

SERENITY PRAYER: Group

12 TRADITIONS: Alice S.

MINUTES OF LAST MEETING: Approved as read  
Additions, Corrections, & Approval of Minutes.

REPORT OF LAST BOARD MEETING: All Board members were present except Elgin and Mike K. Minutes were approved. New business Monica and John are going to come up with a committee to look into new ideas for fund raising for the Central Office for next year. Any AA member can be on this committee. Bob let us know that we will have Quarterly taxes next month along with ordering more reading material. Old business: Still looking for a place for the pancake breaks fest. Please call Mike K if you can help (559)647-7705).

TREASURER and OFFICE REPORT: We had an income of \$2,297.77 and expenses of \$2,757.55 for a loss of \$459.78. Contributions were average and sales were below average. Grateful Givers brought in \$340.00 and we had 7 transactions in credit and debit card for total net sales of \$184.64 for September.

PUBLIC INFORMATION REPORT: No report  
VOLUNTEER STEP WRITERS FOR CENTRAL NEWS

## STEP FOR NEWSLETTER-VOLUNTEER

Month	Step	Member	Due Date
Nov.	11	Louie	10/20/19
Dec.	12	Cheryl	11/20/19

## TRADITION FOR NEWSLETTER-VOLUNTEER

Month	Trad.	Member	Due Date
Nov	11	Mike K.	10/20/19
Dec	12	Trudy	11/20/19

WEB SITE REPORT: David reported we were down this month. Had only 2000 visits and 550 unique.

NEWSLETTER REPORT: Louie reported everything is going good but does need some new jokes.

H&I REPORT: Joyce R. reported that Tulare County H&I is part of Northern California Hospitals and Institution committee which is the oldest service committee in AA

having formed in 1946. In 2018 Northern California H&I volunteers from Tulare Co. to the Oregon Border brought 35,619 meeting to confined alcoholics all from the pink can. Please join us the 2nd Saturday of the even months at 9:00am at the Visalia Alano Club. If you like more information please contact me at (559)280-7149.

GSO LIAISON: Allen reported that District 47 is having elections on 11/6 at the Central Office at 7:00pm. They are looking for DCM, Att. DCM, Secretary, Treasurer and a Registrar. If you are interested please attend the 11/6 meeting. Also Area 07 (CNIA) is having an Election Assembly on 11/15 thru 11/17 hosted by District 55 at the Lindsay Memorial Building in Lindsay.

## CSR REPORTS:

Blythe: No report

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 and is now an audio Big Book Study (Joe and Charlie). 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.

Tim A. No report

Stella T. - No report

Mike K. - No report

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 20 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.

Monica R. - Porterville RSVP-Young People Group meet Friday 6:30PM at 165 E. Mills. This is a young people meeting we welcome all ages, young is define anyone with the room to grow. We give out chips for various length of sobriety.

Mitch K. No report

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.

Jerry O.. - 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.

John T.-St. Johns meeting is a Book Study and meet at the St John's church in Tulare. Made a contribution to Central Office and will have business meeting this Friday 5/17. John has suggested to other meeting that he goes to

start donating to Central Office on monthly bases.  
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.

Trudy W: We are an open topic meeting. We gather every Thursday from 7:30 to 8:30 in the Fireside Room of the Methodist Church on the corner of Honolulu and Gale Hill due east of City Hall. We have a small intimate meeting welcoming newcomers and oldtimers. We celebrate annual birthdays at the end of the month and monthly chips anytime for folks under one year. We treasure our sobriety and offer hope and support to those who want it in their lives.

Alice S.: Women's Amity Group is a closed meeting every Tuesday at 6:30pm to 8pm. Meeting is held at the Trinity United Reformed Church at 6400 W. Walnut in Visalia. We celebrate various lengths of sobriety up to 1 year weekly on the last Tuesday of the month. Yearly birthdays are celebrated the last Tuesday of the month with a chip and cake. Business meetings are held on the third Tuesday of the month.

Alice S.: Sober Sisters is an open meeting every Monday at 7:30. It is a one hour meeting held at the Hillman House annex to the First Congregation Church, 220 W. Tulare St. Birthdays are celebrated the last Monday of the month. We can use your support for we are a small group.

Cheryl H.: Springville Gut Level meets every Thursday from 7:00 to 8:30pm. Central Office Board actions remain a concern with our group. Group continues to grow. AA topics are discussed with heavy emphasis on working the steps and adhering to the Traditions.

#### OLD BUSINESS:

Monica and John volunteered to head up a committee (Any AA member can be on this committee) to see what other kinds of fund raiser for Central Office we can do to help increase the income at the Central Office. A vote was taken and approved in regards to modifying how the GSR makes their reports.

NEW BUSINESS: Nominations next month for Election of 2 Board position in December so please talk to your groups and see if anyone is interested. It requires 2 years sobriety and it would be for 2 terms 2 years each term.

.7th TRADITION: \$33.50

ANNOUNCEMENTS: Springville Breakfast Speaker meeting Oct 13 at 8:00 located at the Springville Veterans Memorial Building. Breakfast is only \$5.00 and good coffee. David P. from LA is the main speaker Octoberfeast in Visalia October 12. Speaker and dinner and Back to the Forties.

MEETING ADJOURNED: 8:20pm.

## Contributions

### Birthday Club

Linda J.

### GRATEFUL GIVERS CLUB

Members - \$ 340.00

### Individual Contributions

Anonymous

David G.

Jim K.

Linda J.

Shannon S.

### Newsletter Contributions

None

### Memorial Contribution

None

## Speaker Meetings

### Speaker Meetings

Porterville Recovery Club Speaker Meeting

186 W. Walnut Ave.

Friday November 1, 2019 at 8:00 PM

Speaker: - David G Visalia

Friday Book Study Speaker Meeting

1820 N. Gem St, Tulare

Friday, November 8, 2019 at 8:00 PM

Speaker: - Danette L Exeter

Sunday AM Breakfast, Speaker Meeting

Veterans Memorial Building

36000 Hwy 190, Springville

Sunday, November 10th, 2019 at 10:15 AM

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

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 November

Nov 6 - Elena L. of Visalia 2 Years

Nov 13 - Jim L. of Visalia 5 Years

Nov 20 - Elena S. of Fresno 14 Years

Nov 27 - Robert E. of Hanford 14 Years

Today!

That's 35 years of sober experience in AA in four simple one-hour sessions!

# Group Contributions

<u>9/21/19-10/20/19</u>	<u>Month</u>	<u>YTD</u>
10th Ave Men's-Lemoore		50.45
ABC Group		0.00
Alpha-Wed-Tulare		0.00
Attitude Modification-210	250.00	675.00
Bill & Friends		305.00
Breath of Fresh Air		0.00
Bridge St. "Drunks Only"	307.75	3,217.80
Central Calif. Roundup		0.00
Civic Center Grp.		273.40
Clodbusters-Tulare	300.00	900.00
Crossroads-Tulare		150.00
CSO Meeting	33.50	397.31
Dinuba Grp		202.00
District 47		400.00
Exeter-Quiet Trails		500.00
Exeter Sun Afternoon		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
Messy Pants Winos		40.00
Monday Men's Mtg.	100.00	200.00
Mid Valley-Tulare		00.0
Mon Book Study-S'ville		0.00
Mon Lit Study-Visalia		300.00
Nooners Group-Visalia		0.00
Pine Recovery AA Mtg 34.00		62.00
Porterville Young People		40.00
Practicing The Principles		0.00
Rainbow Group		310.00
Rule 62-Visalia		150.00
Serenity Junction-Tulare		100.00
Serenity Seekers AM-Visalia		607.00
Soberfest Groups		0.00
Sobriety Sisters		208.00
Wed. Sobriety Celebration		0.00
Springville Gut Level	50.00	410.00
St. Ritas Group	200.00	200.00
Sun Bkfst Spkr Mtg		425.00
Sun PM Serenity Seekers		0.00
Tulare Young People	126.00	290.00
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		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	100.00	400.00
Weekend Attitude Adj.		0.00
Women's Amity-Visalia		442.42
Women's Changes-P'ville		162.50
Women's Fri. Night-P'ville		0.00
Women's Sat AM 12x12		180.00
Young & Restless		150.00
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Total	1,501.25	14,258.98

## Lighter Side of AA

### The Walk

It's a 5 minute walk from my house to the pub.  
But it's a 35 minute walk from the pub to my house.  
The difference is staggering.

--David G. Visalia



--Heather R (My beautiful normie wife)





# 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 ■ stanthonypretreat.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](mailto:centralintergroupnews@gmail.com)

... and we will help you communicate to district 47!!!