

CENTRAL NEWS

April 2020



Majestic Oak - Oak Preserve Exeter, CA David T

Sobriety Means Spotting Danger Signals

In 1940 I took my last drink. Naturally I hope I will never take another. But can I be absolutely certain? No, because I do not believe that I can ever accept my sobriety as an accomplished fact. Yet, neither do I mean that I am, as in the early days of it, haunted by the fear of returned drunkenness. Then it was a ghost always with me, casting its dark shadow across the way. What if the old pattern reasserted itself? What if I did get drunk? I, who wanted so desperately to stay sober!

I thought much and with concern about it, and then one day, quite unconsciously, my son gave me what has seemed to have been my answer. He was a boy of 10, captain of one of those little boy football teams that play the game so very enthusiastically and with such very bad results. His heart was set on winning the game against the school's great rival. As the day drew near I asked him how things were going and what the chances were. Earnestly he looked at me and said, "It's a funny thing, Mummie, they all want to win the game, but they don't want to practice!"

Instantly it struck home! Had I wanted to win the game of sobriety without realizing that to do so would depend entirely on my own willingness to practice

regularly those things in which mental sobriety has its origin?

A certain pattern of physical sobriety had been established. There was no longer a definite physical urge to take a drink; but what about mental sobriety? From then on I began to think much less about a physical slip and much more about a mental one. I lost the fear that I could "catch drunk" as I could "catch cold." In its place developed an awareness that if I remained mentally sober, I would never find myself physically drunk. This became a firm conviction and has remained one ever since.

I determined to recognize all subversive thoughts. What better sign, for instance, that I am going off the A.A. track than to start feeling sorry for myself? That "nobody loves me" feeling and its companion, "no one really understands me." Or the pressure signal. Here is a world to be remodeled. I, and I alone, must do it, and that immediately or at the most within two weeks. Just as when the intolerance signal flashes. Then indeed must I be on the alert for when I start worrying about another's failure to practice the 12 Steps I can be quite certain I have mislaid them myself.

No stranger, either, to my impulses, is the one which prompts me to believe that I have never been fully appreciated; that circumstances have cruelly diverted genius into mediocrity, that old ego aborting the truth. Nor does it stop there. It invariably leads to a sense of self-importance that is translated into terms of my wanting to play God. In my own life and the lives of others I want to be the director. How smoothly The show would go off, if only I was allowed to manage it all! This feeling is often directed primarily against the group—that intractable, obstinate body of men and women who surely, after all, do need me more than I need them. When this happens I know definitely that it is time for me to act.

For me, it is not enough to merely recognize these danger signals. I must take action against them. This I find can best be done by doing immediately some A.A. work. Any one of a dozen ways may suffice, but the one which so far has not failed is getting myself to an open meeting. Taking the attitude that it is my first meeting, I try to clear my mind of all that I have previously known about A.A. and open it only to what I do not know. That I shall never know much, can never feel myself to be immune, or as not needing daily practice in The 12 Steps, becomes plain. I am once more impressed with the need for and greatness of A.A.

Back on the scrub team I am content to let someone else call the plays, certain that if I respond with my best efforts, A.A. will through its program, give to me in return a deep, rich assurance that I need never take another drink.

— Fannie L., Manhattan AA Grapevine April 1946

Step 4 *Made a searching and fearless moral inventory of ourselves.*

Step 4 was a major step forward in my life. It represented actually getting real with myself for the first time in my life. I am such a good liar and manipulator that I could lie and manipulated myself into being OK with a bunch of really terrible things. To get ready for step 4 (this is by no means the “CORRECT” way or only way, just the way I did it) I conducted a reading, with my sponsor, representing each of four areas: resentments, fears, sex conduct, and harms. I was provided a worksheet one at a time.

First, I got the resentments worksheet. My sponsor made me give him a deadline when I would be finished with the first part. I sat down with the resentments worksheet and a prompt list and started on the task at hand. I got all of three resentments done and I hit a wall.

I called my sponsor and told him I was stuck and I couldn't think of anything else. I was politely told that I was full of crap, and that I was being selfish, unwilling, and letting fear run my life. I was told that if I wanted any relief from my condition that I had to practice the spiritual principles of the program of Alcoholics Anonymous, belief in the power of God, plus enough willingness, honesty, and humility, in all of my affairs; including the 4th step! I was told I had to dig and dig deep. God can move mountains, but I had to bring the shovel!

I prayed for humility to see my part in every situation, honesty, and real willingness. I was truly desperate and willing! My sponsor taught me that if I really wanted a new life I really had to do the work to the best of my ability.

A miracle happened. I was granted that willingness and I completed the deepest most comprehensive 4th step I possibly could and it set me free, finding God, digging deep down, and using those spiritual principles set a bar for the rest of my life. It opened a door in my heart that I never want to close!

Step 4 is a vital step and I encourage everyone to find someone they can truly trust and abandon themselves on the program and the spiritual principles. I can promise you if you do the work and trust God, then your life will improve. There will be feelings and thoughts that come up, it will be uncomfortable, but it will change your life. I love this program and I love all of my brothers and sisters in sobriety!

Louie T

Tradition 4

Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

If I were trying to paraphrase, explain, or simplify the language of the Fourth Tradition, I'd say that each group can run itself any way it wants as long as it makes sure that when a newcomer shows up looking for sobriety, he or she will find the program of Alcoholics Anonymous.

We have the Twelve Steps to guide our recovery, and we have the Twelve Traditions to guide our groups. We also have the Twelve Concepts for World Service to give voice to our collective group conscience and to organize and guide our participation in AA World Services and other A.A. service entities.

Our Twelve Traditions came out of the formative years of Alcoholics Anonymous and the threats to A.A. unity that confronted our early groups. I find it amazing that the idea of "top-down" authority for A.A. was rejected in the creation of our Traditions—what an inspired stroke of genius! Tradition Two says, "For our group purpose there is but one ultimate authority—a loving God as He may express himself in our group conscience. Our leaders are but trusted servants; they do not govern." This is where the wisdom is acquired to mindfully observe Tradition Four. It is the group conscience that sets the standards and policies for our individual groups, but an informed group conscience requires guidance from our Steps and Traditions. Emotions, egos and prejudices are the greatest threats to our unity, but they can be miraculously diluted and disarmed within a group conscience that is predominately rooted in our Twelve Steps and Twelve Traditions.

This is what I find so amazing. What seems to be a vacuum of organizational authority and leadership actually seems to minimize the opportunity for chaos and corruption. I cannot remember a single argument or debate in an A.A. business meeting where the issue didn't ultimately find its resolution in what was right for the fellowship or how that decision aligned with our Twelve Traditions. It seems that our debates focus on "what's right for all of us," and very rarely on "what's best for me."

So every group is free to run their meetings as their members wish, but each of us has the responsibility of becoming familiar with our Twelve Traditions, so that each of us can participate as part of a well-informed group conscience. If we stick to our primary purpose, observe our public relations policy and seek guidance from our ultimate authority, there is little chance that our autonomous groups will adversely affect other groups or A.A. as a whole.

Allen L.
Exeter

Contributions

Birthday Club

Cheryl H.	Springville	40
Julio Q.	Porterville	32
Marcie M.	Porterville	32

GRATEFUL GIVERS CLUB

Members - \$ 340.00

Individual Contributions

Anonymous

David G.

Jim K.

Kenneth B.

Jim K.

Newsletter Contributions

None

Memorial Contribution

None

Central Office Contacts

After Hours Calls	2
AA Members	4
Court Ref/Info	6
Meeting Information	9
H & I	0
Alanon & Alateen Information	2
Info. re Recovery Homes	0
Schedules & Info-Mailed & Faxed	0
Bridging The Gap	0
Other 12 Step Programs	3
Visitors to Office	34
Literature Sales	13
Specialty Sales	17
Churches & Schools	0
General Information	9
Prospective Members	2
Twelve Step Calls	0
E-Mail Contacts	8
Spanish Contact	3

Total	112
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A word from our Webmaster

I wanted to go over a few changes I have made to the web site. With the events to get through the COVID-19 pandemic, it was clear that we needed to quickly set up a way for our members to find meetings on-line.

Simultaneously, the member in Silicon Valley who maintains the program we use, made changes so that finding on-line meetings is easier, and getting to them is easier.

We now have a new menu item at the top of the web site: "Online Meetings". That shows a page of every online meeting we have. As of his writing, there are 25.

The home page of the web site has three changes on it.

At the very bottom is a "form" where you can let us know about a new online meeting. We do need some sort of link and telephone number to put in; the program doesn't let us add a meeting without a link and a phone number. If you include your email address, I can let you know.

The next change is that the home page has a list of the next five meetings that are coming up. It will change with the time of day.

The last change (but it is at the top) is a "recent posts" link. This is where news or announcements will be, that don't really fit in the category of an "event" or a "meeting".

The menu up top on the web site also now has an item: "Online Meeting Etiquette: Zoom Tips & Tricks". I just pulled in some text that members have written about on-line meetings in general, and Zoom in particular. Thank you very much to Bill H. for much of that source content.

Two more notes about meetings on the web site, and in the Meeting Guide app for your smartphone.

First, the Meeting Guide app is rather wrong right now. It is not maintained by the same people who maintain the program we use for our web site. The result is that there is a disconnect between the Meeting Guide app and the web site. So, if you are in the Meeting Guide app, but you see "IMPORTANT: " listed below, then you can safely ignore the red lettering that says this meeting is temporarily not meeting. The meeting is meeting; but the building where the meeting was, is now (temporarily) closed.

The other thing about the Meeting Guide app is that it does not let you click on links that we just put into meetings. This is an Internet safety precaution; but, it also means from the Meeting Guide app, there are two more extra steps to

go through. Say you've found a meeting (in the app) that does have an online version. You need to scroll down to the button "View Web Page". Push the button. It will take you to our web page for the exact same meeting; but, the web page DOES have a clickable link to launch Zoom or GoToMeeting or Discord or whatever. So today, it's a three step process. Find the meeting in app, then visit the web page the app sends you to, and then click the Zoom icon (or whatever) to launch the Zoom app.

David G.

Central Office BOD Mtg Minutes

Date: March 10, 2020 Time: 8:09 pm

Meeting called to order by: Cheryl Hinton Last board meeting minutes: Approved

President:

1. Think about developing an office manager succession plan to be put in place.

2. Ask our groups and members about the idea of adding a volunteer office person to man Central Office on Saturdays.

Vice President: Erica asked about changing the signers on the banking accounts: *see below.

Secretary: Thanks for the opportunity.

Member @ Large: Jonathan is still working on finalizing a Sunday morning pancake breakfast fundraiser.

PI/CPC: No Report

Office Operation: Bob reports the office is operating normally, quarterly taxes are due in April.

Old business:

1. Picnic, June 6, 2020: Johnny- all committees are now filled, the first committee meeting to be announced within the next 30 days, Please announce at meetings and think about donating gift baskets, group and individual financial donations accepted, Hamburgers, hotdogs, chips, sodas, and brownies. More will be revealed.

2. Fundraising Events: Mitch came to the meeting to talk about a golf tournament on May 2, 2020. Maybe called "No Personal Ambitions". To be held in Exeter, \$50.00 entry fee with \$20 going to Central Office, long ball and closest to tee prizes, 4 person-best ball, BBQ, If we get 40 people entered the course will be closed to all others. More will be revealed.

3. Bank Signers: Cheryl H. and Erica E. will meet on March 27, 2020 to update signers on the bank account.

New Business : N/A

Meeting Adjourned: 8:15 pm

April AA Birthdays

Jolene E.	Visalia	46
Bill M.	Visalia	43
Mike W.	Visalia	41
Cheryl H.	Springville	40
Sammy	Tulare	40
Wanda B.	Lindsay	40
Helen Z.	Visalia	39
Robin F.	Ivanhoe	38
Rocky R.	Dinuba	37
Rick D.	Visalia	36
Rick W.	Visalia	34
Janet T.	Visalia	34
Patty P.	Visalia	34
Clayton F.	Tulare	33
Charlie M.	Visalia	32
Julio Q.	Porterville	32
Neil N.	Exeter	33
Roger G.	Visalia	32
Sheila W.	Visalia	32
Brent G.	Springville	31
Kolene L.	Visalia	31
Kathy R.	Visalia	31
Danny	Porterville	31
Rick R.	Porterville	31
Albert G.	Visalia	31
Jim W.	Three Rivers	30
Shirley A.	Tulare	30
Karen L.	Sacramento	30
Sue H.	Visalia	30
T.O. A.	Lindsay	29
JC E.	Visalia	28
Joe S.	Porterville	28
John B.	Visalia	27
Mike R. Jr.	Woodlake	27
Maria W.	Porterville	27
Lindsay D.	Springville	27
Pat R.	Visalia	27
Nancy S.	Tulare	26
Catherine S.	Visalia	25
Marvin A.	Tulare	25
Bill E.	Tulare	23
Kathy E.	Exeter	20
Jeff H.	Porterville	18
Sean M.	Visalia	16
John H. Jr.	Visalia	16
Ricky G.	Dinuba	16
Bill H.	Visalia	15
Carson T.	Exeter	12
Debbie	Visalia	12
Rick R.	Visalia	12
Lucinda A.	Visalia	11
Frank S.	Visalia	10
Sheryl E.	Springville	7
Trudy W.	Lindsay	5
Alice S.	Tulare	4
Alex A.	Visalia	2

Financial Report

TULARE COUNTY CENTRAL OFFICE

Income & Expense Statement

2/21/20 THROUGH 3/20/2020

<u>INCOME</u>	<u>MONTH</u>	<u>YEAR TO DT.</u>
B.Day Club	110.00	242.00
CD & Tape Cont.	0.00	0.00
Grateful Givers Club	350.00	1,110.00
Group Cont.	1,512.71	5,253.23
Indiv Cont	144.30	616.34
Lit. Sales	474.10	1,677.40
Memorial Cont.	0.00	0.00
Misc.	20.55	20.55
Newsletter Cont.	0.00	0.00
S & H	0.00	0.00
Sales Tax	55.82	175.03
Spec. Events	0.00	0.00
Spec. Items	259.50	941.65

TOTAL **\$2,926.98** **\$10,036.20**

<u>EXPENSES</u>	<u>MONTH</u>	<u>YEAR TO DT.</u>
Ans. Serv.	0.00	80.00
Fees-Taxes	0.00	0.00
Insurance	0.00	550.00
Lit. Costs	1,556.40	1,837.32
PI-CPC Expense	0.00	0.00
Misc Expense	0.00	0.00
Newsletter Cost	0.00	0.00
Office Exp	123.02	153.02
Office Equip.& Maint	0.00	183.20
Phone & ISP	71.97	320.06
Postage	0.00	55.00
Employee Taxes	0.00	1,776.34
Rent	525.00	1,575.00
Salary	1,276.26	3,829.56
Sales Tax-Paid	0.00	0.00
Security System	169.86	169.86
Spec. Events	0.00	195.00
Spec. Items	0.00	442.95
Card Charge	8.80	30.21
Utilities	84.55	254.02
Website	5.49	89.19

TOTAL **\$3,821.35** **11,540.73**

Net Gain(Loss) **(\$894.37)** **(\$1,504.53)**

BEGINNING TOTAL ACCT BAL: **\$15,128.13**

ENDING TOTAL ACCT BAL: **\$14,221.91**

Tulare County Hospitals & Institutions

In the midst of the current turmoil, chaos, and fear, revisiting a gratitude list has proven to bring serenity and peace. Today, we have the freedom to live in sobriety, attend meetings to hear the message of A.A. read the Big Book, work freely with a sponsor, and pick up the phone at any time to speak with another alcoholic. Tulare County H&I volunteers have the opportunity to work together in unity to carry the message of A.A. to the confined alcoholic, who because of the disease of alcoholism don't share this same freedom. This is all possible because of the generous support of each A.A. member in our fellowship who contributes so selflessly to the Pink Can, which provides literature to the confined alcoholic. When living in the gratitude of the message of hope we are able to provide to the alcoholic who is confined together, serenity and peace prevail!

Earlier in March, the H&I Committee received communication from our General Chair asking all Areas to voluntarily suspend H&I meetings in the facilities in an effort to be part of the solution in these trying times. We were reminded that we could unknowingly carry the virus into a facility in which all the inside alcoholics are essentially quarantined, and quickly move from sharing the solution to being a part of the problem. This was a difficult request for many of us, as the thought of no A.A. meetings for the confined alcoholic was daunting. However, in the midst of discussing the request with our Facility Coordinators, God did for us what we could not do for ourselves, as the majority of the facilities locked their doors.

In the midst of this, some outside the box thinking A.A. members set up several facilities with the ability to join an A.A. meeting hosted by the Valley Speakers Group virtually. The same volunteers also participate as H&I volunteers which is so amazing as over the weekend, we received further communication from our General Chair regarding the possibilities of hosting H&I meetings virtually in the interim. Because of our dedicated volunteers, Tulare County H&I is simply waiting on the NorCal H&I guidelines for this venture, and will be ready to move forward. The power of A.A. unity, never ceases to amaze.

During our committee's downtime, we are continually working on creating regional unity throughout Region 90. We have women from Tulare County in the process of being cleared to take H&I meetings into Chowchilla Women's Prison as they were in need of volunteers. We are working closely with the Spanish Region 190 to coordinate Spanish Speaking H&I Volunteers to carry the A.A. message

inside Tulare County Facilities. We have welcomed a Kings County liaison, who will be joining us at our next meeting to expand H&I in Kings County, and as expected Tulare County H&I Volunteers are ready and waiting to be of service in Kings County. Many other exciting changes are coming as we continue to grow. We hope all interested will come join us!

In light of the current shelter in place order and many of our volunteers being in the high risk group, we will be cancelling our April 11, 2020 Tulare County H&I Business Meeting. We are hopeful to resume our H&I orientation, May 16, 2020 9:00 am at the Visalia Alano Club. Any AA member interested in volunteering is welcome to attend. Our Next Business Meeting will be June 13, 2020 9:00 am, Visalia Alano Club followed by an H&I orientation. We will resume our regular schedule thereafter. In the meantime, if there are any questions, please feel free to contact us through Tulare County A.A. Central Office, and we will make sure to keep the website updated with our meeting information.

It is a blessing to be in service with such an amazing group!
Joyce R
Tulare County H&I Area Chair

Central Service Meeting March 10, 2020

BOARD MEMBERS PRESENT: ABSENT:
Cheryl Hinton, Erica Epperson, William Evans, Jonathan Toledo Mike Kregger
SERENITY PRAYER: By all 12 TRADITIONS: Johnny S.
MINUTES OF LAST MEETING: (additions, corrections, & approval of minutes)
Read and approved
REPORT FROM LAST BOARD MEETING: Two members at meeting and two more members voted into positions: Johnathan Toledo-Member at large, and William Evans-Secretary. There is a lack of unity and communication with the Spanish speaking Central Office. The Spanish speaking Central Office is located at 1830 S. Mooney BLVD. Suite 210 . The phone number is 559-679-7061. This phone is only answered on the 1st and 3rd Sundays of each month between the hours of 10 am and 2 pm.
TREASURER REPORT: We had an income of \$4,433.18 and expenses of \$3,580.57 for a gain of \$852.61 for this accounting period. Group contributions were very good, and sales were also good. Our Grateful Givers Club brought in \$520.00 in much appreciated contributions. We

paid our annual office insurance. Other expenses were our normal monthly expenses. We had \$425.47 in total gross sales for credit and debit cards last month. The office has been operating normally.

PUBLIC INFORMATION REPORT: No Report
VOLUNTEERS TO WRITE STEPS & TRADITIONS FOR CENTRAL OFFICE

NEWSLETTER: Due to CentralintergroupNews@gmail.com

STEPS:

Issue	Step	Member	Due Date
April	Step 4	Louie	3/20/2020
May	Step 5	Erica E.	4/20/2020

TRADITIONS:

Issue	Trad	Member	Due Date
April	Tradi 4	Allen L.	3/20/2020
May	Trad 5	Kelly R.	4/20/2020

NEWSLETTER REPORT: No Report

WEBSITE REPORT: David: The website has had about 5000 views and he is connecting with Alberto from the Spanish speaking district 55. Together they will set up a Spanish language web page and connections between the two to better serve the communities.

H&I REPORT: Joyce reported that Tulare County H&I is continuing to grow and welcomes interested volunteers. We have several opportunities to be of service as we continue to grow and work in unity throughout our Region. We encourage all Tulare County AA groups to elect an H&I representative to act as a liaison to the committee for your group. Have your representative bring your group's questions and concerns to the business meetings, and make weekly announcements about upcoming H&I activities for your group. Currently we have no representatives outside of Tulare and Visalia. Please continue to pass the pink can at meetings, and put Area 93 on checks sent to Norcal. Our business meetings are the 2nd Saturday of even months 9:00 a.m. Visalia Alano Club. Volunteer Orientations are held following business meetings and on the 3rd Saturday of odd months 9:00 a.m. Visalia Alano Club.

GSO LIAISON: Allen L. reports: Saturday March 14, 2020 @10:00 am to 2:00 pm the District 47 Pre-Conference Service Fair will be at the Porterville 12 Step Recovery Club, 186 S. D Street, Porterville. Allen's # is 732-4236, and his e-mail address is: a.lintvedt@icloud.com

CSR REPORTS:

David G. Monday Men's Meeting . We are a men's only closed meeting in Visalia, which meets at the PPAV Hall at the corner of Burke and Main St. We meet at 7:30 pm for 90 minutes. We celebrate birthdays the last Monday of the month. We give out chips every meeting for accomplishments under one year. Our business meeting

is the first Monday of the month at 7:15 pm. There are many long timers at this meeting, and it's a great meeting for newcomers too. Attendance is usually 25 to 45 men. David G. Messy Pants Winos. Group meets every Wednesday at 7:00 pm at the Visalia Alano Club. This is an open meeting, and meets for one hour. Our format is that we play 20 minutes of audio from a Joe and Charlie weekend Big Book Study, followed by discussions (every week, a new episode, working through the Big Book). The group members are mostly newcomers with attendance cards, so we need members willing to sponsor and take on new sponsees. Typical attendance count is 15 to 20 people.

Johnathan T. Tulare Sunday Night. We meet every Sunday night for an open AA meeting. Located at 220 W. Tulare Ave. in the old Hillman house @ 7:00 pm.

Kelly R. Sunday Night Serenity Seekers. Sunday Night Serenity Seekers is an open meeting that starts at 7:30 pm. It is an hour and a half long meeting with a 30 minute Chairperson. Meeting attendance is usually about 25 to 30 attendees with a good mix of sobriety lengths. Speaker CDs are available to borrow at every meeting. Please join us at the Center for Spiritual Living at !!& S. Locust St., Visalia.

Trudy W. Lindsay Fireside Friends Fellowship. We meet every Thursday from 7:30 to 8:30 pm in the Fireside Room of the United Methodist Church, 120 Gale Hill in Lindsay. We are an open, intimate core group with newcomers, oldtimers, card carriers, and anyone interested in sobriety. We celebrate annual birthdays on the last meeting of the month, and monthly birthdays every week. Please join us in keeping this critical meeting available to the community.

Trudy W. Exeter Quiet Trails. We meet at 7:30 to 8:30 on Tuesdays at Exeter United Methodist Church. Open discussion meeting, good mix of oldtimers and newcomers. Birthdays last Tues. of the month.

Alice S. Women's Amity Group. This wonderful women's meeting is every Tuesday from 6:30 to 8:00 pm. Attendance is amazing with a blended group of longtimers and newcomers. Business meetings are held the third Tuesday of each month. Birthdays on the last Tuesday are celebrated with chips and cake.

Alice S. Sober Sisters. Sober sisters meet every Monday at 7 pm. It is a one hour meeting. A very small group and needs attendance. Regular business meeting is held the second Monday of each month. Birthdays are celebrated the last Monday of the month with chips and cake.

Johnny S. Bridge Street Drunks Only. Three meetings per day. 15 to 25 people per meeting. Birthdays the last Saturday of the month noon meeting.

Jesse M. Springville Sunday Morning Breakfast Speaker Meeting. Paul C. was the 10 minute speaker, Ken W.

from Porterville was the main speaker. Cindy B. from Granada Hills is the main speaker for April 12, 2020. We acknowledge birthdays for each month and have a 50/50 drawing each meeting, and serve breakfast for \$5.00 for adults, and children under 12 for \$1.00. Meeting is free.

John W. Civic Center Group. Meets every Tuesday from 7 pm to 8 pm at Christ Lutheran 3830 W. Tulare Ave. in Visalia. Format is speaker followed by discussion. Birthdays are celebrated on the last Tuesday of the month. There is a great mix up of newcomers and oldtimers. It's a great meeting, we hand out chips.

OLD BUSINESS:

1. Fundraising events: Mitch came to the meeting to talk about a golf tournament on May , 2020. Maybe called "No Personal Ambitions". To be held in Exeter, \$50.00 entry fee with \$20 going to Central Office, long ball and closest to tee prizes, 4 person-best ball, BBQ, If we get 40 people entered the course will be closed to all others. More will be revealed.

2. Annual Picnic June 6, 2020: Johnny- all committees are now filled, the first committee meeting to be announced within the next 30 days, Please announce at meetings and think about donating gift baskets, group and individual financial donations accepted, Hamburgers, hotdogs, chips, sodas, and brownies. More will be revealed.

3. Voice Mail: Alice has volunteered to accept calls through the month of March, Erica for the month of April, and Johnny for the month of May.

4. Grateful Givers Club: Stamped envelopes for contributions are going out to group meetings, see your GSR.

NEW BUSINESS: Courts now have updated and current meeting lists.

SEVENTH TRADITION: \$29.00

ANNOUNCEMENTS:

Coronavirus Information: The General Service Office (G.S.O.) has been receiving inquiries about how groups should respond to the COVID-19 (coronavirus). Groups and members are concerned about health and safety issues, and are looking for guidance on how to address this question.

The General Service Office is a repository of shared group experience and functions as a resource center for A.A. members and groups who are looking for the shared experience of the Fellowship. Providing guidance on health issues is outside the scope of the A.A. sharing that G.S.O. offers. However, we might suggest contacting your national, state/provincial and local health authorities for appropriate information. We do have some general experience to share regarding how some groups and members have begun to address this issue. Our collected experience suggests that talking about these issues

before they arise can help a group be prepared to address them in a sensible and helpful manner and allow the group to continue keeping the focus on our common welfare and primary purpose.

Some groups have discussed making changes to customs at their meetings. Some examples have included: avoiding shaking hands and handholding; making sure meeting hospitality tables are sanitary; or suspending food hospitality for the time being. Regardless of group decisions, each individual is responsible for their own health decisions.

Some groups have considered contingency plans in case the group is temporarily unable to meet in person. Plans have included: creating contact lists and keeping in touch by phone, email or social media; meeting by phone or online. Providing members information for the A.A. Online intergroup (www.aa-intergroup.org) may serve as an additional helpful resource. If a group isn't holding its regular meetings, they may want to communicate this to local A.A. resources, such as the district, area and intergroup or central office.

G.S.O. has received inquiries about the A.A. events it coordinates throughout the year. Visit www.aa.org for up-to-date information regarding G.S.O./A.A.W.S. coordinated events. Please be assured that the health and safety of attendees is a priority. G.S.O. is closely monitoring relevant health advisories regarding COVID-19 (coronavirus).

We hope this limited sharing is helpful. Attention New Program: 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.

Spring Into Sobriety 2020: March 28, 2020, June G. of Oxnard, Ca. with 47 years, 7 months, 16 days. \$15.00 pre sales tickets. St. Pauls Church, 120 N. Hall St. Visalia...

See flyers for more information.

MEETING ADJOURNED: 8:05 pm

District 47 Minutes

March 4, 2020

Meeting Called to Order: 7:00 p.m. by DCM Allen L.
Committee: Allen L., DCM; Ralph D., GSR for Bridge Street Drunks Only Group; Josh F., Treasurer; Danette L., GSR for the Saturday Women's 12x12 Study; Kenneth B., GSR for Springville Gut Level Group (Alt. DCM), Greg G. District 47 secretary, Greg G. Registrar, Jim K., (Recording Secretary) GSR for Monday Men's Meeting.

The GSR Preamble was recited by all present.

12 Traditions: read by Josh F.

12 Concepts: Concept 3 read by Allen L.

Approval of Minutes: January 1, 2020 minutes approved as written.

Treasurer's Report: Josh F. reported a balance forward of \$2,061.10. Income from groups was \$316.26. TCCO Office expense was \$348.30 for Allen L. DCM trip to Winter Assembly and for February ACM, and the P.O. Box annual fee, leaving a balance of \$2029.06.

CSO Report: Allen L. reported that the Mike S. and Louis T. resigned from the board, and there are two immediate openings on the Central Office board and voting will happen at next weeks CSR Meeting on Tuesday February 11, 2020.

Registrar: Greg G. is attempting to contact the area registrar so he can open communication with the groups in our area and develop an information base with all of our local groups. He will attempt to attend as many meetings in our district as he can, refresh our information on the contact for that meeting, and spread knowledge to groups about what GSO, GSR, delegate, and

the job of local groups is in the big picture of AA on a National scale.

PI/CPC Report: No Report as we are looking for a representative

H&I Report: Ralph D. announced last month H and I general assembly meeting. 80-90 in attendance, and the area representatives were pleased with our efforts. And attempt is being made to unify Tulare area, Fresno and Madera H and I organization. Our regional chairperson resigned and they are looking for one at this time. Meetings are being planned at the Chowchilla prison.

DCM Report/Old Business: DCM Allen L attended ACM and was given all final agenda items and a thumb drive with the background of the items.

There are workshops, mock conferences, and other activities relating to the discussion of agenda items happening now throughout our area. The Pre Conference Workshop will be held at the Porterville Recovery Club on March 14, 2020 from 10:00-2:00. It will give all AA members in our area an opportunity to learn more and share input on the agenda items to share with our delegate to take to the conference. PICPC

issues need for emergency services contact for alcoholics in crises, the Superior Court is handing out old meeting schedules, and no action was taken.

New Business: There are 7 items to be discussed at the Pre Conference Workshop at the Porterville Recovery Club next Saturday. They include a wide range of topics and it should prove to be an informative and interesting meeting.

7th Tradition: \$16.00

Announcements: None

The meeting closed with the Declaration of Unity and the Responsibility Declaration at 8:25 p.m.

Respectfully submitted,

Jim K

GSR, Recording Secretary

Group Contributions

10th Ave Men's-Lemoore		0.00
Alpha-Wed-Tulare		0.00
As It Is Outlined in Book		25.00
Attitude Modification-210		0.00
Bill & Friends		0.00
Breath of Fresh Air		0.00
Bridge St. "Drunks Only"	376.67	953.65
Central Calif. Roundup		0.00
Civic Center Grp.		60.00
Clodbusters-Tulare		0.00
Crossroads-Tulare		0.00
CSO Meeting	29.00	99.00
Dinuba Grp		0.00
District 47		400.00
Dr. Bob & Friends		0.00
Exeter-Quiet Trails		200.00
Exeter Sun Afternoon		0.00
Foundation Group		0.00
Freedom Fellowship	525.00	525.00
Fri. Night Study Tulare		0.00
Friday Noon 210		111.21
Half & Half	200.00	200.00
Hillman Group		0.00
Lindsay Fireside Grp	25.00	25.00
Messy Pants Winos		0.00
Monday Men's Mtg.		0.00
Mid Valley-Tulare		0.00
Mon Book Study-S'ville		0.00
Mon Lit Study-Visalia		0.00
Nooners Group-Visalia		0.00
Pine Recovery AA Mtg	28.00	28.00
Porterville Young People		0.00
Practicing The Principles		0.00
Rainbow Group		107.00
Rule 62-Visalia		125.00
Serenity Junction-Tulare		0.00
Serenity Seekers AM-Visalia	50.66	164.75
Sober Sisters	78.38	78.38
Wed. Sobriety Celebration		0.00
Springville Gut Level		50.00
St. Ritas Group		0.00
Sun Bkfst Spkr Mtg		230.00
Sun PM Serenity Seekers		0.00
Tulare Young People		104.00
TUFYPAA		0.00
Tulare Fri. Book Study		0.00
Tulare 2nd Fri Spkr Mtg		0.00
Tulare Tuesday Night		0.00
Tulare Thur. Noon	200.00	200.00
Tulare Sunday Night		0.00

Tues. Men's-P'ville		0.00
Three Rivers-Monday		248.00
Unity Thru Traditions		0.00
Valley Group		70.00
Valley Speaker Series		701.74
Wed. Acceptance, P'ville		150.00
Weekend Attitude Adj.		0.00
Women's Amity-Visalia		0.00
Women's Changes-P'ville		87.50
Women's Fri. Night-P'ville		0.00
Women in Unity		0.00
Women's Sat AM 12x12		60.00
Young & Restless		0.00

Total	1,737.96	3,383.52

Service Meetings

AND ADDRESSES

GSR Meeting at Central Office
449 E. Maple St., Exeter, CA
Canceled COVID -19

CSR Meeting at Central Office
449 E. Maple St., Exeter, CA
Canceled COVID -19

H&I Meeting at Alano Club
Visalia Alano Club, 1311 W. Murray
Canceled COVID -19

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

H&I-Contributions
P.O. Box 192490
San Francisco, CA 94119-2490

Lighter Side of AA

The Hunt

Two drunks go moose hunting deep in the Canadian wilderness. So deep they have to be flown in. After a week and successfully taking two moose, the pilot lands at the strip to pick them up.

The pilot informs them that they'll have to leave one of the moose behind as it exceeds the plane's weight capacity.

The drunks convince the pilot that the plane can handle it because after all, 'we took two with us last year!'

So the pilot reluctantly agrees and off they go. The plane is struggling to gain altitude and crashes shortly after take off. Thankfully everyone survived. The pilot, dazed and confused looks around, and asks, 'where are we?' To which the one drunk replied, 'Oh, from the looks of it, we're only a 100 yards away from where we crashed last year.'

1st Drink

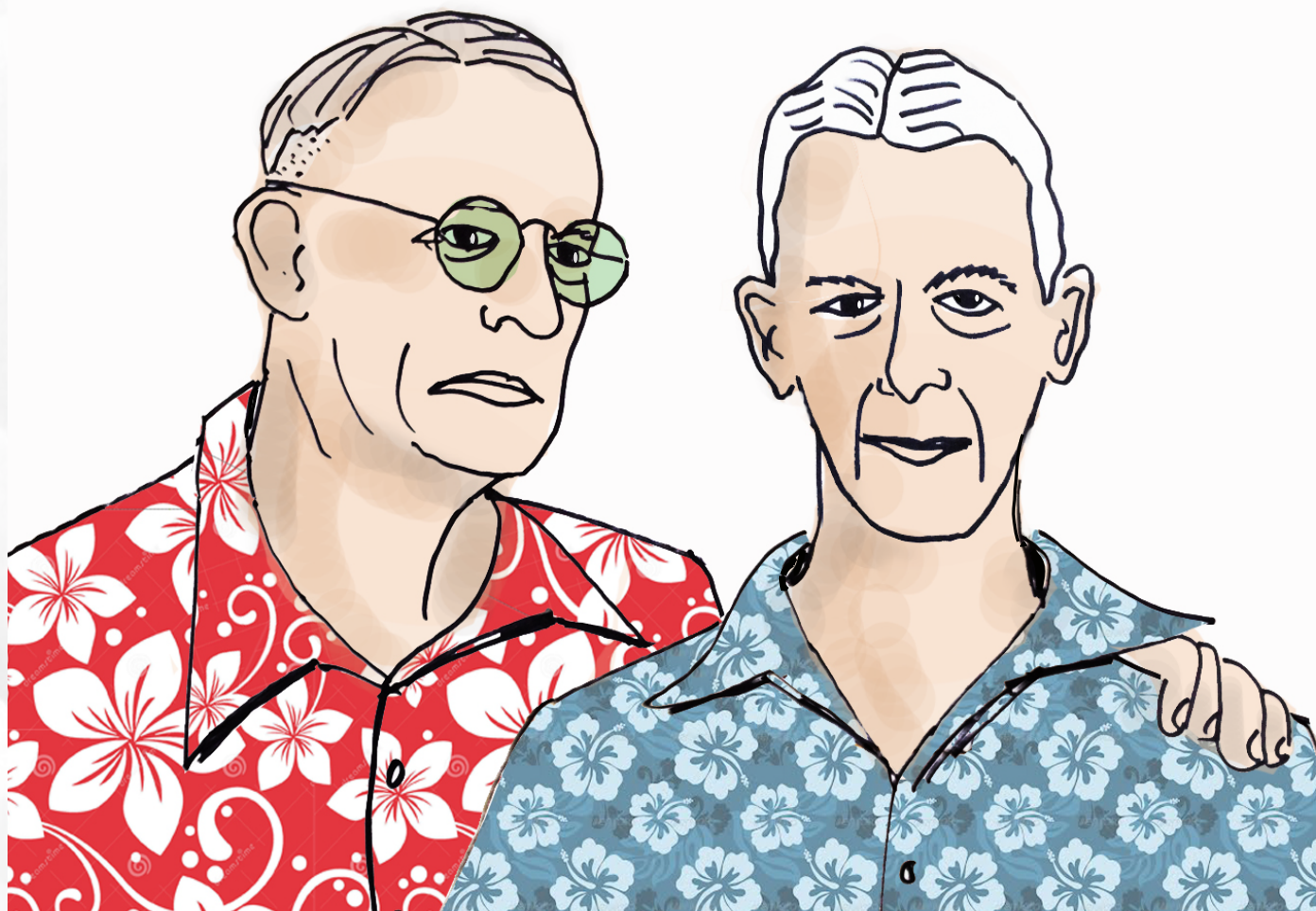
An alcoholic is sitting at a bar
He orders two shots. He proceeds to pour out the first one all over the bar, downs the second one and then orders two more. He pours out the first one on the bar, downs the second one and orders two more.

The bartender asks him why he keeps pouring out the first shot all over the bar.

The alcoholic replies with "My AA group said all I need to do is avoid that first drink."



Tulare County Central Office Founders Day Picnic



SATURDAY - JUNE 6, 2020

MOONEY GROVE PARK - VISALIA - ARBOR #9

SPEAKER: Patti B. FROM Bakersfield, Calif.

Lunch Served FROM 11 AM TO 12:30 PM

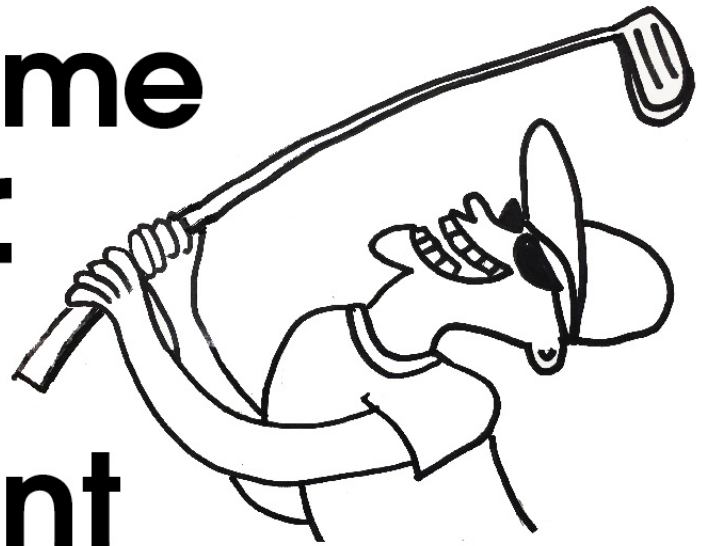
LUNCH: Adults: \$5.00 / Kids Under 12: \$1.00

Hamburgers AND Hot Dogs WITH All The Fixin's - Chips - Dessert - Free Coffee

Come Early for Setup at 8:00 AM - Picnic Starts at 9 AM - Speaker at 1 PM

A fun event to help Tulare County Central Office carry the message.

A Good-Time Golf Tournament



We are not a glum lot! Play a silly game! Win silly prizes!

May 2, 2020 • 8:00 a.m. to Lunch

Exeter Golf Course • 510 W. Visalia Road • Exeter, CA 93221

*Enter as an Individual
or as a Team!*

\$50
Individual

\$200
Team

*No Personal
Ambition!*

Please return your entry form & payment ASAP!

Good-Time Golf Tournament Entry Form

Form your own team or just sign up and be placed on a team on tournament day.

Name: _____ Phone/Text: _____

email Address: _____

Total amount enclosed for _____ entrant(s) @ \$50.00 each: \$ _____

Additional team members:

Name: _____

Name: _____

Name: _____

Make checks payable to:

"Tulare County Central Office"

Return Entry Form & Check to:

Mitch K.

or

Tulare County Central Office

449 E. Maple St.

Exeter, CA 93221

To Contact Mitch

call: **(559) 397-3613**

e-mail: **mwk444@gmail.com**

Your Content Here!!!

Have an event????

New group starting up?????

Have a story to share???

Take some amazing photos around our district???

Want to be of service????

All this can be accommodated-we are available to help! Simply reach out to us here at Central News and we will do all we can to get the word out!!!

Carrying the message to the Alcoholic who still suffer is our primary purpose. What better way to do it then to get involved!!!!

Send your content to:

centralintergroupnews@gmail.com

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