

CENTRAL NEWS



The Pistachio Shine Kerman, CA Louie T

Do Unto Others

How many of the rest of you get, in your eagerness to make up for lost time, that panicky sense of pressure because there just isn't "time enough?" In our enthusiasm for our new life and in our release from the old feeling of inadequacy, we are apt to say yes to every request and later find to our regret that there isn't enough "room" in the day to accomplish everything we optimistically planned to do.

We put on the pressure, only to find that little by little we are getting ourselves tied into knots from a binge of overdoing, followed, as of old, by the inevitable jitters and remorse because we are exhausted and have probably let somebody down.

A. A. tells us to go on a 24-hour program. That should be our starting point. Subtract the necessary hours required for adequate rest and then we can plot our course with the hours remaining. It might be well to write down an hour-by-hour outline of each day for the past week, listing on one side of the paper all those things we said we would do but didn't get around to, and on the other the things we did do. If we have a grain of intelligence, this should show us just how much activity can be comfortably taken on for any one 24-hour period and how balanced (or unbalanced) our program is for the average day.

The latter point is what I want to stress. Are we, perhaps, devoting too much time to A. A., per se, and neglecting the last part of the twelfth step, "—and practice these principles in all our affairs?"

I wonder if your wife has ever thought, "—Yes, I'm deeply grateful to A. A. and all it has done for us, but—I wish Joe would ask me to the movies, occasionally. " Or has she ever said to other A. A. wives, "A. A. get-togethers are fun and I'm thankful for our many new friends, but it would be nice if Jimmy and I could have an evening together just once in a while and let the drunks fall where they may. "

Drunk or sober, alcoholics are apt to be selfish. My own outstanding bit of neglect is toward my boy in the service.

He writes, "You know how I feel about your letters, so please send them soon and often. "

I promptly make a mental vow to systematically set aside a time at least twice a week to send him the cheery bits of nonsense which he seems to love. Three weeks later I'm still saying, "I must write the boy—us soon as I make that A. A. call" or "as soon as I get back from the meeting. " I am not advocating that we give up meetings and calls. Perish the thought. I am simply suggesting that

we be more rational and balanced in our planning. In my drinking days I put the bottle first and now, I'm putting sobriety there. That's as it should be.

But while working with other alcoholics is one of the most important parts of our program, A.A. can be practiced in other ways. If it works miracles on drunks, why not try it on our family and friends, those who bore the brunt of our thoughtlessness, our selfishness? And even on the strangers we meet in the course of a day? Result1—more miracles!

One less long-winded A.A. telephone call, made solely for personal pleasure, might give you just enough time to get that letter off to your favorite serviceman. One evening's bashing over the past with the boys could occasionally be sacrificed to ask your wife to go out stepping—just the two of you, for some good clean normal enjoyment.

Giving and receiving help from other alcoholics, going to meetings, talking to A.A. friends and giving a hand to the newcomer must be paramount, but more and richer dividends may be ours if we but open the door and go out on the open road bearing the standard of A.A. "and practice these principles in all our affairs."

Lois B

Step 6 *Were entirely ready to have God remove all these defects of character.*

So, I have finally finished Steps 4 and 5 with my sponsor and I now have some insight into what my defects are.

I want to be a better person. I'm very ready to have some peace and serenity in my life. I tried to quit drinking on my own and failed many times. It was only after I surrendered, totally, to the God of my understanding, that the obsession to drink was finally gone.

So, of course I'm entirely ready to have this same God remove my defects of character.

But, for someone like me who does not like to give up control, this is easier said than done. Just because I'm entirely ready does not mean that BAM they are all gone.

Oh no! This is something I have to work on daily. Sometimes hourly. Usually, when the pain gets too bad I will say something like this. "Ok, God, I'm done. I can't do this. I give it to you."

Thank God, for AA and the 12 steps. I'm learning that I'm a work in progress. As long as I continue to work the steps and am willing to let my Higher Power do for me what I can't do for myself, I just might be ok.

-Carolyn W.
Grateful alcoholic

Tradition 6

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

I often cringe when this Tradition is read at meetings. This is because the word "lest" is too often pronounced as "least". The two have entirely different meanings and are not interchangeable. Lest means "for fear that". Least refers to the "lowest in importance or position". I am not speaking, of course, about the readers of this newsletter, who would never do such a thing. I do suggest that if one of our readers hears a newcomer making this error, to counsel him/her in a gentle way.

Tradition Six is in place to prevent the A.A. name from being sold or misused. Most (90%) of the 14,000 recovery facilities in the U.S. use the Twelve Steps of Alcoholics Anonymous as the foundation of their programs. They are free to do this, but A.A. does not grant approvals, licenses or endorsements to any of these facilities. No other business, profit or non-profit, is allowed to use the A.A. name in any way. In the beginning years of the fellowship, there were attempts to start A.A. hospitals for recovering alcoholics. They all closed quickly; disputes over money, property and control threw them into chaos. The only thing that A.A. approves for sale is literature, available through the General Service Office. The list of approved literature is short, compared to the mass of recovery literature and products available from a myriad of sources. Get on the computer and one can see everything except perhaps Bill W. and Dr. Bob action figures. (Let me know if you see any.

Nice stocking-stuffer for the holidays.) A.A. is not in opposition to outside recovery literature, but does not endorse it either. A.A. members are free to read what they like, and buy what they like from whatever source. (However, the Tulare County Central Office is your best bet.)

I went to a 30- day, in-patient program when I first got sober. All of the employees there were A.A. members, but would not state this unless specifically asked. We studied the Twelve Steps and had A.A. meetings at the facility. However, this business did not have the A.A. logo on its website or literature, and claimed no affiliation, approval or endorsement from A.A. Tradition Six states that such places should remain, "well outside of A.A."

There is little doubt that there is money to be made if A.A. would endorse facilities, literature or products. A.A. experience shows that, "...nothing can so surely destroy our spiritual heritage as futile disputes over property, money and authority." So we stay poor in matters of money, but rich in matters of the spirit and sobriety.

-Mark G.

COVID & The AA Struggle

The COVID —19 crisis and the mandatory shutdown has profoundly affected the AA community. The backbone of AA recovery is one drunk talking to another.

Meetings by email, at homes and on the road were touchstones of AA fellowship. We have come to depend on face to face, organized, ritualistic and regular meetings to keep the message circulating among members and prospective members.

COVID has given rebirth to groups meeting on agreement and has given us a chance to acquire and polish the ever-elusive AA prize, humility. The loss of control of our beloved meetings has awakened our very best fallback instincts. It is after all, a matter of life and death.

A new confidence in the power and protectiveness AA provides should be the gift of the Pandemic. Once again, the program has proven itself a higher power.

—Anonymous Tulare County AA Member

Financial Report

TULARE COUNTY CENTRAL OFFICE

Income & Expense Statement

4/21/20 THROUGH 5/20/2020

<u>INCOME</u>	<u>MONTH</u>	<u>YEAR TO DT.</u>
B.Day Club	66.00	354.00
CD & Tape Cont.	0.00	0.00
Grateful Givers Club	490.00	2,014.00
Group Cont.	549.60	7,640.50
Indiv Cont	380.63	1,571.09
Lit. Sales	57.00	1,831.35
Memorial Cont.	0.00	0.00
Misc.	0.00	20.55
Newsletter Cont.	0.00	0.00
S & H	0.00	2.00
Sales Tax	7.17	200.05
Spec. Events	0.00	0.00
Spec. Items	35.50	1,109.35

TOTAL	\$1,585.90	\$14,742.89
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<u>EXPENSES</u>	<u>MONTH</u>	<u>YEAR TO DT.</u>
Ans. Serv.	0.00	80.00
Fees-Taxes	0.00	45.00
Insurance	0.00	550.00
Lit. Costs	0.00	1,837.32
PI-CPC Expense	0.00	0.00
Misc Expense	0.00	0.00
Newsletter Cost	0.00	0.00
Office Exp	0.00	153.02
Office Equip.& Maint	0.00	183.20
Phone & ISP	71.97	464.00
Postage	55.00	113.80
Employee Taxes	0.00	2,978.34
Rent	525.00	2,625.00
Salary	1,276.26	6,382.08
Sales Tax-Paid	0.00	0.00
Security System	37.71	207.57
Spec. Events	0.00	195.00
Spec. Items	222.00	846.62
Card Charge	10.61	50.98
Utilities	41.33	370.56
Website	7.89	104.58

TOTAL	\$2,247.77	17,187.07
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Net Gain(Loss)	(\$661.87)	(\$2,444.18)
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BEGINNING TOTAL ACCT BAL:	\$13,944.13
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ENDING TOTAL ACCT BAL:	\$13,282.26
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Tulare County Hospitals & Institutions

Our unprecedented times have encouraged out-of-the-box thinking for members of A.A. to continue meetings utilizing virtual technology and/or utilizing the time-honored practice of picking up the phone and calling another alcoholic. For these gifts of choice to maintain our personal sobriety, we are grateful. While recognizing that the confined alcoholic does not have the same freedoms, the Northern California Hospital and Institution Committee has been working collectively to find solutions to continue to carry the message of A.A. to the confined alcoholic. In Tulare County, our Facility Coordinators are working with their respective facility administrators to bring virtual H&I Meetings to the confined alcoholic. The Tulare County Jail has requested and received literature to distribute to requesting inmates. The Major Institutions Coordinators of State Prisons are also working on providing literature to inmates. The men and women of our committee have never stopped working to find ways to carry the message of A.A. to the confined alcoholic amidst our current pandemic situation.

Since our last meeting held February 8, 2020, we have continued to build relationships with our other Region Areas, the Spanish Region, and the NorCal Committee as a whole to ensure that as facilities reopen, we are ready to carry the message of A.A. to the confined alcoholic.

Tulare County Hospital and Institution Committee will hold our June 13, 2020 9:00 am meeting via zoom. The meeting login and information to be discussed at the meeting is available on the Tulare County A.A. website available for download under our meeting tab. Our Committee appreciates the efforts of David G. who continually works to keep the Tulare County A.A. website up-to-date and informative affording us the ability to stay connected. The June 13, 2020 meeting will be our opportunity to take an active role in participating in the NorCal H&I Policy Manual – 2020 Proposed Revisions. Amongst these revisions are the proposed guidelines for implementing the Inside Visiting Sponsorship Service Program. This program began as a pilot program in San Quentin Prison and to date over 60 inmates have had one on one A.A. Sponsors inside the walls. We will have the opportunity to participate in approving the guidelines which will allow this program to be implemented elsewhere. We also have several other opportunities to be in service which will be discussed.

Please join us on June 13, 2020 9:00 a.m. via zoom. Future meeting and orientation schedules will continue to be

available on the Tulare County AA Website www.aa-tulareco.org so please check back often. Contributions can continue to be made directly to NorCal H&I via the website at www.handinorcal.org until meetings are open and the Pink Can passed.

In Love and Service
Joyce R.
Area 93 Chair

Service Meetings

AND ADDRESSES

GSR Meeting at Central Office
449 E. Maple St., Exeter, CA
Zoom Mtg Wednesday June 3, 2020
Link on Central Office Website

CSR Meeting at Central Office
449 E. Maple St., Exeter, CA
Tuesday June 9, 2020

H&I Meeting at Alano Club
Visalia Alano Club, 1311 W. Murray
Zoom Mtg. June 13, 2020

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

June AA Birthdays

Roger H.	Visalia	52
Beau B.	Visalia	45
Arlene K.	Visalia	41
Helen D.	Tulare	38
Gary M.	Visalia	37
Chris B.	Visalia	37
Shirley K.	Porterville	35
Ed A.	Visalia	34
Raneen T.	Visalia	34
Rick S.	Exeter	34
Steve L.	Visalia	34
Dave L.	Conifer, CO	34
Ione W.	Springville	33
Curtis H.	Visalia	32
Jack D.	Visalia	32
Danny S.	Visalia	32
Jess A.	Tulare	30
Janet K.	Visalia	29
Hal C.	Strathmore	28
Jim L.	Visalia	27
Brewster B.	Visalia	27
Tracy Earl D.	Visalia	27
Rae Ann B.	Corcoran	26
Bobbi J.	Porterville	23
Brenda S.	Porterville	21
Linnetta M.	Tulare	20
John H.	Visalia	17
Natalie D.	Visalia	16
Jimmy A.	Visalia	16
Gary B.	Porterville	14
Mike W.	Visalia	14
Tom S.	Visalia	13
Debbie J.	Visalia	9
Joyce R.	Visalia	7
Nic W.	Farmersville	3
Steve B.	Springville	2
Mike G.	Springville	2

current balance of \$2123.94.

CSO Report: no report

H&I Report: Ralph D. announced that recent H&I business meetings have been cancelled because of the Covid-19 precautionary measures. The next H&I business meeting is tentatively planned for June 13 meeting (possibly via Zoom). The General Committee meeting is scheduled for June 14th via Zoom.

DCM Report/Old Business: I participated in the Zoom ACM (3/21). I gave my DCM report (I announced that our Agenda Item workshop had been cancelled. I did not stay for the whole meeting. The Pre-Conference Assembly was held April 4th & 5th via Zoom. Dist. 47 GSRs were invited to attend and given the login info. Since the General Service Conference has been postponed, GSRs will have a 2nd opportunity to share their agenda-item group conscience with our delegate on May 9th (login details in the Area Accents newsletter).

New Business: Jim K. brought up the issue of the closed AA meetings resulting from the Covid-19 shelter-in-place order hindered efforts of GSRs to obtain and informed group conscience to share with our delegate. After some reflection and discussion, Greg G. reminded us that this is the kind of situation where Concept 3, the right of decision, comes into play.

Josh F., treasurer, voiced his concern that without the spending that would have occurred with the cancelled March 14th service fair, lack of reimbursed DCM travel, and over a month of not checking the P.O. box for group contributions, we may be looking at a prudent reserve issue if our treasury continues to grow. (A more informed discussion will take place at the next District 47 meeting. 7th Tradition: Not observed.

Announcements: no announcements

Respectfully submitted,

Allen L.

District 47 DCM

Contributions

Birthday Club

Bill H.	Visalia	15
Joyce R.	Visalia	7
Ralph D.	Visalia	5

GRATEFUL GIVERS CLUB

Members - \$ 350.00

Individual Contributions

Anonymous

Alice

Bill H.

David G.

Jim K.

Jerri

Joyce R.

Kelly

Lin

Ralph D.

District 47 Minutes

May 6, 2020

Meeting (Zoom) Called to Order: 7:00 p.m. by DCM Allen L.

Committee: Allen L., DCM; Ralph D., GSR for Bridge Street Drunks Only Group; Danette L., GSR for the Saturday Women's 12x12 Study; Josh F., treasurer; Jim K., recording secretary; Greg G., registrar.

GSR Preamble were read by Josh F.

12 Traditions: read by Danette L.

12 Concepts: Concept 5 read by Allen L.

Approval of Minutes: March 4th, 2019 minutes approved with minor typo correction in the "Committee" list.

Treasurer's Report: Josh F. reported that he has not checked the P.O. Box during this "shelter in place" order, but as of April 1st, total income for District 47 was \$94.88 with a

Group Contributions

10th Ave Men's-Lemoore	0.00
Alpha-Wed-Tulare	90.00
As It Is Outlined in Book	46.00
Attitude Modification-210	200.00
Bill & Friends	0.00
Breath of Fresh Air	0.00
Bridge St. "Drunks Only"	953.65
Central Calif. Roundup	0.00
Civic Center Grp.	60.00
Clodbusters-Tulare	0.00
Crossroads-Tulare	120.00
CSO Meeting	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
Fri. Night Study Tulare	0.00
Friday Noon 210	111.21
Half & Half	200.00
Hillman Group	0.00
Lindsay Fireside Grp	25.00
Messy Pants Winos	0.00
Monday Men's Mtg.	0.00
Mid Valley-Tulare	800.0
Mon Book Study-S'ville	0.00
Mon Lit Study-Visalia	0.00
Nooners Group-Visalia	0.00
Pine Recovery AA Mtg	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	199.17
Sober Sisters	78.38
Wed. Sobriety Celebration	0.00
Springville Gut Level	150.00
St. Ritas Group	0.00
Sun Bkfst Spkr Mtg	230.00
Sun PM Serenity Seekers	0.00
Tulare Young People	104.00
TUFYPAA	125.75
Tulare Fri. Book Study	0.00
Tulare 2nd Fri Spkr Mtg	0.00
Tulare Tuesday Night	400.00
Tulare Thur. Noon	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	100.00	310.00
Valley Speaker Series		701.74
Wed. Acceptance, P'ville		150.00
Weekend Attitude Adj.		0.00
Women's Amity-Visalia		106.50
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	249.60	309.60
Young & Restless		0.00

Total	449.60	7,540.50

Lighter Side of AA

A GROUP OF DRINKING BUDDIES went deer hunting. They split up into pairs for the day. That night, one hunter came staggering back to camp alone, half-bombed and dragging an eight-point buck.

The others said, "Where's Harry?"

"Oh, he passed out, a couple miles back up the trail."

"What? You left Harry lying out there alone, and carried the deer back?"

"A tough call," admitted the marksman, "but I figured, who's gonna steal Harry?"



"GEEZ! THAT'S QUITE A STORY THERE, BOB. BUT THE AA MEETING IS NEXT DOOR."

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!!!