

CENTRAL NEWS

Website: www.aa-tulareco.org

October 2020

Nobody is Hopeless

Kaweah Oaks Preserve, Exeter, CA David T.

We read much about cases like on page 13 of the December issue: “On September 29, 1944, I was literally carried into a meeting of Alcoholics Anonymous. The next day I stopped drinking. Today I am celebrating three years of total abstinence.” Such cases are marvelous. Thank God they are so numerous. We have many in our group. But what about the so called incurables?

Personally, I don't think an incurable case of alcoholism exists. The trouble with so-called “incurables,” I believe, is that we believe them incurable. We start at the beginning by admitting that the victim is, himself, incapable of exerting any will power. We know that no other person (including church, doctors, and the police) has been able to do anything for him and we think that, because we have become acquainted with A.A. therapy, we hold the magic wand that can turn the trick. Of course we are wrong, so we fail and, because we have been unable to do anything,, we consider the victim incurable.

It should stand to reason that, if the victim and everyone else has failed, no mortal influence will help. Then why not leave the matter to that Power greater than ourselves? We all had to do that in our own cases. Why not do it with cases we encounter in 12th Step work?

Believe me, it works. I know, because it has worked for me—numerous times in a manner absolutely incontrovertible.

One of these cases called me one busy morning from a hotel room. He was in terrible condition. His “shakes” were well advanced convulsions. He hadn't eaten for days. His body was emaciated, his eyes sunken and he was very weak. He had accidentally killed a man. He had misappropriated company funds. His wife was pregnant and she and their other six children were destitute. He had been an active and enthusiastic member of A.A. previously and had gone for nearly a year without a drink but he had taken a job in a lumber camp “down north” and had been unable to withstand the desire for liquor which was plentiful—and regarded almost as an essential to life in that region. I called a doctor and we had him put in an asylum but, while discussing his affairs with him, I had a good opportunity to explain to him the hopelessness of his case without the help of a Higher Power. I could do nothing for him—I was merely another human being and none other had ever been able to help. I stressed this point and added, “God alone can do anything for you. I can't. I'll make certain that you don't get any booze for a while—in an asylum—but after that, what?” Frankly, I prayed for him. I said, in effect, “This is in Thy hands. No man, no other power,

can do anything and none other can take the credit for returning this man to contented sobriety.”

When his first week in the asylum was ended and he was committed for trial on the insanity charge I had laid, he was acquitted but he returned voluntarily to the institution for a longer time because he was still shaky, his wife and family would have nothing to do with him, he had no money and couldn't risk living in rooms or a hotel and, needless to say, he couldn't work. When he did come out and got his first work— a laboring job—he collapsed under the strain. We got him lighter work. He became reconciled with his wife, was at hand when their son was born and this Christmas spent the Yuletide with his family for the first time in five years. He thanks God— not me. He has not achieved contented sobriety. God has given it to him and God thereby has also given to all of us the indisputable testimony that, if, in His name, we ask Him and if we give to Him alone the glory, no case is incurable.

Another case involved dope. The first time I encountered it personally the victim had lain in a snow bank all night. Police had found him and taken him in. The doctor at the jail said he might not live through the day and ordered him I to a hospital at once. I went into the case with the police and with another member of our group who had gone with me to the jail. It certainly seemed hopeless. Indeed, it was the most hopeless case I have ever encountered.

While the others were still talking about the details, I got away in a corner of the guard room and committed that case to God. In my pretty colloquial terms, I pointed out that it might be His desire to make an example of this case—to show everyone who knew this man that booze and dope were terrible killers but I added that, if He would restore him to health and contented sobriety, His, alone, would be the power that could do it and His alone would be the glory. And I said, too, “If he recovers, I'll write a letter to The Grapevine and tell about it so that all who read the story may know the lesson that by Thy grace alone are we made whole.”

The man spent a year in jail. In that time he got away from dope. When he came out, he started to celebrate his release and, for a time it looked as if he had hit the skids again. But an opportunity presented itself and I gave him the works just as I had given them to the other man. Already he had turned to the use of hypnotic drugs but had kept away from the narcotics so I felt that there was still a last shred of hope. It's a long story, of course,

but he has been on the beam for months and has spent his first sober Christmas in 20 years among relatives.

I'm not even keeping my fingers crossed about either of these cases. I don't have to. They are in better hands than mine, believe me. Both are back on the production line; both are again gainfully employed. And neither of them thanks me. They thank God, so I'm not worrying.

—C.E.D. Canada AA Grapevine March, 1948

Step 10 *Continued to take personal inventory, and when we were wrong, promptly admitted it.*

Step Ten is often referred to as the first of the “Maintenance Steps”. By this, it is meant that this Step is to be practiced every day. The Big Book reminds us that “We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition.” (Page 85) Step Ten is part of this daily maintenance. Most of us spent a good deal of time and effort in writing the “searching and fearless moral inventory” of Step Four. I know of members who continue to do daily written inventories as part of Step Ten. I don't. I write in a journal every morning, but it is more thoughts and feelings rather than an inventory. I have taken the guidance offered in the Twelve Steps and Twelve traditions book. It suggests that we can experience an “emotional hangover” as a result of excessive emotions such as anger, fear, jealousy, and the like. To avoid these and maintain our emotional sobriety, we should try to admit and correct errors as they happen. It suggests two types of inventories: A “spot check” inventory, taken at any time of the day, and one taken at the end of the day as a review. This seems practical advice. I can clean up negative feelings as they happen, and make a final check at the end of the day. If I stay on top of things, I can stay in emotional balance and at peace. There seems to be a catch however, and a big one: The Spiritual Axiom! This hummer says “that every time we are disturbed, no matter what the cause, there is something wrong with us. So the way this works is, if somebody offends me and I get angry, I'm at fault! This doesn't seem right. I admit I am an alcoholic, I got drunk many times and behaved badly. But does that mean I'm at fault in everything, that I'm automatically guilty every time there's a problem?

As it turns out, it isn't that bad. The way I use the axiom is inspired by Sandy B. All of my problems are problems because they bother me. (Ever have a problem that didn't bother you? Me neither) So my chief goal is to stay unbothered when problems come up. I look for my part in the problem. If I took an action that is part of the problem, I can take a contrary action, and/or make an amends. Maybe I find out that my part of the problem is my reaction to it, or the way I see the situation. I can work on that. The work usually does not mean I try to fix the problem, or keep thinking about it. That might be the worst thing for an alcoholic to do. What I try to do is just let it go. Almost all of my problems are in my head. I need to keep my reactions there too, and not let them come out of my mouth. ("nothing pays off like restraint of pen and tongue". P.91 12x12.) I have read that the process of spiritual growth is one of subtraction, rather than addition. The less I say and do, perhaps the better. It seems that most of the time life is easier for me by not reacting, not responding, and quietly letting go. I don't have to stay disturbed. I have tools in Step Ten and the spiritual axiom to help me let things go and return to emotional sobriety. Sometimes my biggest hurdle is to use them, and not indulge in righteous anger. (I like righteous anger.) There is a version of the Miranda warning I like and I think is relevant to Step Ten: "You have the right to remain silent. USE IT." And so I will.

Mark G.

Tradition 10 *Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.*

Never since it began has Alcoholics Anonymous been divided by a major controversial issue. Nor has our Fellowship ever publicly taken sides on any question in an embattled world. We do not enter into public controversy, because we know that our Society will perish if it does. We conceive the survival and spread of Alcoholics Anonymous to be something of far greater importance than the weight we could collectively throw back of any other cause. Since recovery from alcoholism is life itself to us, it is imperative that we preserve in full strength our means of survival.

My first Sponsor shared with me his experience about his effectiveness in helping alcoholics. One alcoholic trying to help another alcoholic, without our own personal religious/political opinions. He strongly suggested that I attend Big Book study groups and to apply not only the Spiritual principals of A.A., but also the Traditions to my life. I have to admit that in my early recovery this suggestion seemed odd to me, but as I matured and continued to focus on recovery and not all the woes and outside concerns, even worthy ones, and by God's grace I found peace and focused on helping others and myself.

The cornerstone of Tradition Ten was laid from lessons learned from previous groups that were torn apart by permitting politicians and reformers, both alcoholic and nonalcoholic, to use their society for their own purposes. How could anyone get sober or stay sober in an outfit like that? Those lessons were not overlooked by Alcoholics Anonymous. Early A.A. members resolved to keep our Society out of public controversy. Thus our dedication to our sole aim in recovery from alcoholism.

Reyes --Two Spirits

Speaker Meetings

Porterville Recovery Club Speaker Meeting
186 W. Walnut Ave.
Friday October 2, 2020 at 8:00 PM
Speaker: - Patti B. - Porterville, CA

Sunday AM Breakfast, Speaker Meeting
Veterans Memorial Building
36000 Hwy 190, Springville
Sunday, October 11th, 2020 at 10:15 AM
(Breakfast at 8:30 to 10:00 AM)
Speaker: Bryce D.

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 October Our meetings will be held online using Zoom through the end of 2020. We hope to return to St. Paul's Church in August. Thank you! Hope to see you soon!
Oct 7 - Debbie D. of Concord, CA 44 Years!
Oct 14 - Todd P. of Bountiful, UT 17 Years!
Oct 21 - Demone C. of Santa Clarita, 23 Years!
Oct 28 - Susie B. of Hanford, 2 years!

Service Meetings

AND ADDRESSES

GSR Meeting at Central Office
 Zoom Meeting -- link found on Central Office Website
 Upcoming Events Tab
 Wednesday, October 7, 2020 at 7:00 PM

CSR Meeting at Central Office
 Zoom Meeting -- link found on Central Office Website
 Upcoming Events Tab
 Tuesday, October 13, 2020 7:00 PM

H&I Meeting at Alano Club
 Zoom Meeting -- link found on Central Office Website
 Upcoming Events Tab
 Saturday November 28, 2020

SERVICE ADDRESSES

Tulare County Central Office
 449 E. Maple St..
 Exeter, CA 93221
 Website: www.aa-tulareco.org

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

Financial Report

TULARE COUNTY CENTRAL OFFICE Income & Expense Statement 8/21/20 THROUGH 9/20/2020

<u>INCOME</u>	<u>MONTH</u>	<u>YEAR TO DT.</u>
B.Day Club	33.00	531.00
CD & Tape Cont.	0.00	0.00
Grateful Givers Club	190.00	3,398.00
Group Cont.	1,617.15	11,952.67
Indiv Cont	155.00	3,791.12
Lit. Sales	332.65	3,109.93
Memorial Cont.	0.00	100.00
Misc.	0.00	95.55
Newsletter Cont.	0.00	0.00
S & H	0.00	5.00
Sales Tax	35.45	344.31
Spec. Events	0.00	195.00
Spec. Items	126.40	2,025.00
Tax Refund	0.00	527.25
<hr/>		
TOTAL	\$2,489.65	\$26,074.83

<u>EXPENSES</u>	<u>MONTH</u>	<u>YEAR TO DT.</u>
Ans. Serv.	0.00	80.00
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	176.92
Office Equip.& Maint	0.00	341.99
Phone & ISP	71.97	751.88
Postage	0.00	168.80
Employee Taxes	0.00	4,953.70
Rent	525.00	4,725.00
Salary	1,276.26	11,487.12
Sales Tax-Paid	0.00	552.00
Security System	169.86	547.29
Spec. Events	0.00	195.00
Spec. Items	329.50	1,176.12
Card Charge	9.75	93.70
Utilities	49.86	556.43
Website	7.98	136.11
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TOTAL	\$2,440.18	28,374.38

Net Gain(Loss) **\$49.47** **(\$2,299.55)**

BEGINNING TOTAL ACCT BAL: **\$13,372.42**
ENDING TOTAL ACCT BAL: **\$13,426.89**

Tulare County

Hospitals & Institutions

At the August 8, 2020 Tulare County H&I Meeting, we had the opportunity to come together to learn how our committee is continuing to carry the message to the confined alcoholic. We are holding zoom H&I meetings twice a month at Mothering Heights and are gearing up to begin zoom H&I meetings at Pine Recovery. Literature continues to be delivered to the facilities, bringing hope to the confined alcoholic in these trying times. While some of our facilities remain closed and unable to accommodate virtual meetings, our coordinators are staying connected and continuing to keep volunteers current, so we are ready once the facilities open. The reports given at our meeting reflected the dedication and continued work our Facility Coordinators perform to keep our volunteers informed and ready to re-enter facilities when possible. We continue to include our surrounding Area Chairs and Spanish Regional Chair in our meetings which has resulted in Regional Unity never experienced before.

At our meeting we did vote to change our meeting date and time to the 4th Saturday of odd months at 10:00 am. H&I orientation will begin at 9:00 am prior to the meeting and will also be held at 9:00 am on the 4th Saturday of the even months when we do not have a business meeting. This is an excellent opportunity to learn the purpose of the H&I Committee and see if it is the service commitment for you! Our next meeting will be September 26, 2020 orientation at 9:00 am and meeting at 10:00 am. We will be meeting on this date via zoom and the information is available at aa-tulareco.org. We hope to resume in person meetings soon but are grateful for the technology that has kept us together moving forward in the past months. We encourage all Tulare County A.A. Groups to elect an H&I representative and have them attend our meeting to carry your group's conscience to our committee's activities. Please continue to pass the pink can were possible.

We are grateful to the members who continue to contribute to the Pink Can. Thank you for being a part of the unity which carries the message of A.A. to the confined alcoholic in the Northern California area. It is a blessing to be in-service with you all!

Joyce R
Area 93 Chair

October AA Birthdays

Carol J.	Woodlake	57
Linda D.	Visalia	48
Susan S.	Visalia	45
Oly S.	Visalia	41
Jerry D.	Tipton	39
Bill H.	Tulare	38
Richard W.	Tulare	38
Ruben F.	Corcoran	38
Albert M.	Tulare	36
Diane L.	Tulare	36
Jodi B.	Visalia	34
Terry C.	Strathmore	34
Andy C.	Exeter	33
Kay B.	Tulare	33
Marjorie Mc.	Visalia	33
Bill L-BBB	Dinuba	33
Mary C.	Three Rivers	32
Nancy B.	Visalia	32
Ron B.	Visalia	32
Jerri T.	Visalia	32
David B.	Visalia	31
Gary H.	Visalia	31
Gil C.	Visalia	30
Jack H.	Visalia	30
LGK	Visalia	30
Caryl E.	Visalia	30
Sharon B.	Visalia	29
Elizabeth M.	Visalia	29
Tanya R.	Visalia	29
Greg M.	Tulare	28
Kathy H.	Visalia	27
Linda J.	Pixley	25
Marge M.	Woodlake	24
Debbie J.	Visalia	24
Eileen F.	Visalia	24
Emma T.	Visalia	22
Brian R.	Visalia	22
Melody F.	Exeter	21
Donna K.	Porterville	21
Jan P.	Visalia	19
Eddie J.	Porterville	16
John W.	Visalia	16
Shelly	Visalia	15
Teddy B.	Visalia	13
Lucretia D.	Porterville	12
Craig W.	Visalia	11
Tiffany J.	Porterville	10
Veronica H.	Springville	8
Christine C.	Springville	8
Laura H.	Visalia	2

District 47 Minutes

September 2, 2020

This is a Zoom meeting with members participating from various locations.

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; Jim K., Recording Secretary, GSR for Monday Men's Stag; Danette L., GSR for the Saturday Women's 12x12 Study; Josh F., Treasurer; Kenneth B. Springville Gut Level Group, Alternate DCM

The GSR Preamble was read by Jim K.

12 Traditions: read by Josh F.

12 Concepts: Concept 9 long form read by Allen L.

Approval of Minutes: August 5, 2020 minutes approved.

Treasurer's Report: Josh F. reported a balance forward \$2,650.62 Income from groups, \$65.12 No expenses. Current Balance \$2,715.74 Thanks to Civic Center Group, Bridge Street Drunks Only, and Tuesday Women's Amity groups for the contributions this month!

CSO Report: No one present attended the meeting.

Registrar: No Report

PICPC: No Report

H&I Report: Ralph D. reported that the Tulare County H&I business Zoom meeting is Saturday Sept. 26 at 9 am. H&I orientation begins at 9:00 a.m. and the meeting begins at 10. Meeting ID: 885 8119 7080 Password: Sober. Tulare County H&I continues to stay in contact with all facilities they serve and provide literature as requested. Zoom H&I meetings are being held twice a month at Mothering Heights and beginning Saturday Sept. 5 twice a month Zoom H&I meetings will be held at Pine Recovery. If your group doesn't have an H&I rep, please consider electing one and encourage the new rep to attend the meeting on September 26th, bringing your group conscience. The agenda will include NorCal budget and proposed Area committee reimbursements. H&I representatives are the

volunteers who enable the H&I committee to stay responsible to those they serve, the A.A. fellowship who so generously contribute to the pink can.

DCM Report/Old Business: Allen attended the ACM on August 15, 2020. Mini PRAASA will occur via ZOOM October 16-18. All future conferences are up in the air for now. District 49 is now back to host of the 2021 Pre-Conference Assembly.

Old Business-We still need to decide what to do with excess money in the GSO account. Members who brought this up at their groups said the groups were in favor of using the money in our area where the funds are needed. After the issue was discussed, we agreed to follow our original plan to revisit it monthly and make the decision in November.

New Business: A member asked about a group picking up trash on the freeway, can they call themselves "Friends of Bill W?" A conflict with AA traditions was discussed and it was left unanswered.

7th Tradition: Not observed

Announcements: None

The meeting closed with the Declaration of Unity and the Responsibility Declaration read by Allen L.

The meeting was adjourned at 7:49 p.m.

Respectfully submitted,
Jim K, Recording Secretary

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
Breath of Fresh Air		0.00
Bridge St. "Drunks Only"	397.66	2,361.51
Civic Center Grp.		135.00
Clodbusters-Tulare		20.00
Crossroads-Tulare		120.00
CSO Meeting		166.00
Dinuba Grp		50.00
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	178.39	703.39
Fri. Night Study Tulare		20.00
Friday Noon 210		111.21
H&I		96.00
Half & Half		200.00
Hillman Group		0.00
Keep it Simple Sunday		611.33
Lindsay Fireside Grp		25.00
Messy Pants Winos		0.00
Monday Men's Mtg.	150.00	300.00
Mid Valley-Tulare		800.0
Mon Book Study-S'ville		0.00
Mon Lit Study-Visalia	20.00	40.00
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	100.00	250.00
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 Tuesday Night		400.00
Tulare Thur. Noon		200.00
Tulare Sunday Night		0.00
Tues. Men's-P'ville		0.00
Tues. Noon 210		80.00
Three Rivers-Monday		248.00

Unity Thru Traditions		250.00
Valley Group	377.50	807.50
Valley Speaker Series		701.74
Wed. Acceptance, P'ville		150.00
Weekend Attitude Adj.		0.00
Women's Amity-Visalia		231.99
Women's Changes-P'ville		87.50
Women's Fri. Night-P'ville		50.00
Women in Unity		0.00
Women's Sat AM 12x12	393.60	703.20
Young & Restless		0.00

Total	1,617.15	11,952.67

Central Office Contacts

Voice Mail Calls	3
AA Members	7
Court Ref/Info	3
Meeting Information	10
H&I	0
Alanon & Alateen Information	0
Info. re Recovery Homes	0
Schedules & Info-Mailed & Faxed	0
Bridging The Gap	1
Other 12 Step Programs	2
Visitors to Office	32
Literature Sales	13
Specialty Sales	14
Churches & Schools	0
General Information	7
Prospective Members	0
Twelve Step Calls	0
E-Mail Contacts	7
Spanish Contact	1

Total	100

Contributions

Birthday Club

Hal W. Lemon Cove 33

GRATEFUL GIVERS CLUB

Members - \$ 330.00

Individual Contributions

Anonymous

David G.

Jim K.

Joyce R.

Ralph D.

Newsletter Contributions

None

Memorial Contribution

None



Lighter Side of AA

A Cold Wife

I just got off the phone with a friend who lives in North Dakota. She said that since early it had been snowing and now it was waist high with no end in sight, the temperature was 32 below zero, and gale force winds were shaking the house.

All her husband has done all day is stand there and stare out of the window; she said if it gets much worse she may have to let drunken bum inside!



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!!!

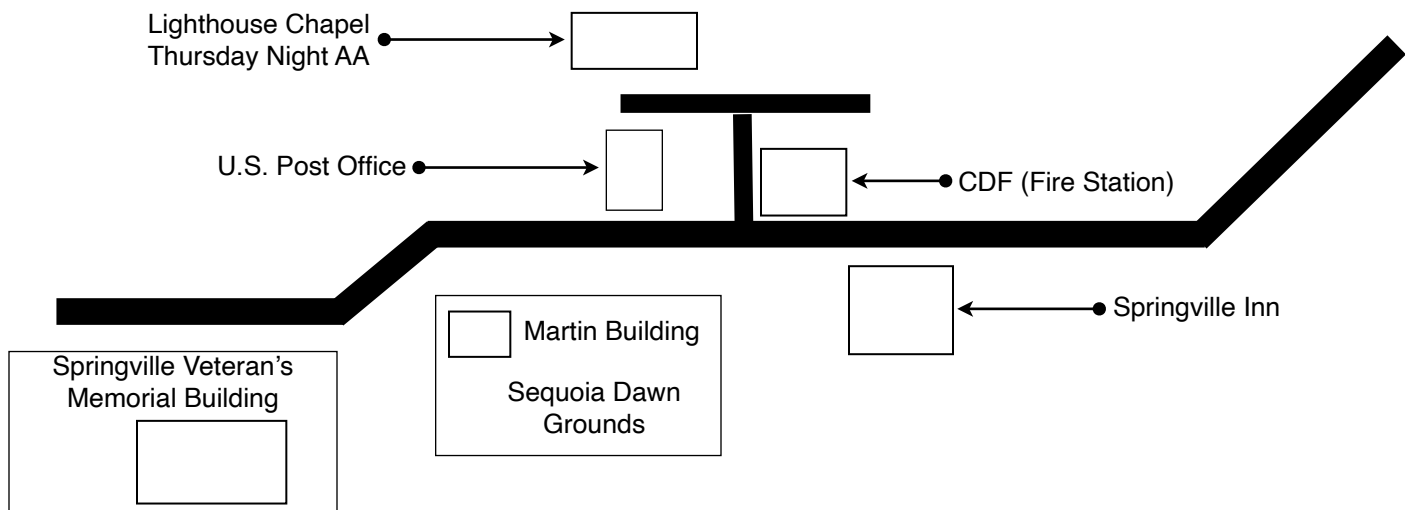
Sunday Speaker Breakfast

Sunday Morning, October 11, 2020

Always the 2nd Sunday of the Month - Come Join Us!

Speaker: Bryce D.
Tulare, CA

Special Sunday Speaker in Springville's Serenity



Springville Veterans Memorial Building
35944 Highway 190
Springville, California

For Information: Call 559-539-3814

- From Highway 99 at Tipton (south of Tulare) - Take Highway 190 turnoff toward the Sierras - 32 miles east to Springville
- From Highway 99 at Bakersfield - Take Highway 65 north 45 miles to Highway 190 - 17 miles east to Springville

8:00 AM

Coffee's Hot - Attitude Adjustment Time

8:30 AM

Breakfast Service (\$5.00)

10:15 AM

Meeting Starts (7th Tradition is honored)

10:30 - 10:45 AM

10 Minute Speaker - Main Speaker