

(Les, Master of Ceremonies – 7:00 PM)

Good evening. My name is Les and I'm an Alcoholic. Welcome to the Valley Speaker Series meeting of Alcoholics Anonymous.

The Valley Speakers Series is an open meeting of Alcoholics Anonymous and all members of the community are welcome to attend. The single most important aspect of AA recovery however is the principle of one Alcoholic relating to another Alcoholic.

Therefore, only Alcoholics actually participate in our meetings. If your primary problem is other than alcoholism, we think it would also be helpful to you to contact an anonymous organization which more specifically deals with your addiction. In any case we hope that what you learn here may be helpful to your recovery and/or understanding.

Housekeeping Announcements – Mike K. is recording tonight's meeting remotely. The audio recording of the meeting will be available to listen and download at rekovere.net

If you are new to online meetings, we can offer a few suggestions to help you adjust your participation to achieve a level of anonymity that suits you:

- If you're concerned about being seen on camera or what shows in the background, you can disable your video.
- You can dial in from your phone so that only your phone number appears and no video appears.
- Use headphones if you don't want others in your household to hear.
- Finally, we want you to know that this meeting has been set up consistent with suggestions to protect the anonymity of our participants. Ultimately, each of us is responsible for maintaining a level of anonymity that suits us, so please participate as you feel comfortable.

Would you please join in a moment of silent meditation followed by The Serenity Prayer. *(long pause)*

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

The Valley Speaker Series celebrates various lengths of sobriety. To do this in our new virtual space, we invite you to enter the milestone you're celebrating in the Zoom Chat panel.

(Les) I would like to introduce Clayton with a special message.

(Clayton) **7th Tradition** – We will now observe the Seventh Tradition, which states that every A.A. group ought to be fully self-supporting. We have set up a Venmo account under the name “Visalia VG”. The QR code and account details are being displayed on your screen now. This is very important as the Tulare County Central Office continues to face rent, insurance and other operating expenses while we are encouraged to shelter in place. The Valley

Groups (the group which puts on the Valley Speaker Series events) regularly donates surplus funds to the Tulare County Central Office, District 47, CNIA, and the A.A. General Service Office in New York.

Fun Facts about the 7th Tradition: Group donations to the AA World Services Office account for less than 45% of the annual budget to operate AA's World Services. As a result, our literature (Big Book, etc.,) sales revenues make up most of the gap. Therefore the cost of the Big Book for our newcomers is higher than it would be otherwise – to help make up the shortfall. If you can, please give generously to help us make a difference with our contributions tonight.

Clayton to introduce Tommy S. at end of 7th tradition message.

(Tommy) **H&I** – The Northern California H&I Committee is an independent Ninth Tradition service committee of Alcoholics Anonymous, carrying the message of recovery to the alcoholic who is confined. *Please say a few words about H&I.*

(Les) Thank you, Tommy for that message about our Hospitals and Institutions Ninth Tradition service committee. We also have Ted with a message about Al-Anon and their related groups.

(Ted) **Al-Anon** – I'm a proud member of Al-Anon since 2016. Al-Anon Family Groups, Al-Anon and Ala-teen are a fellowship of men, women and children whose lives have been affected by the compulsive drinking of a family member or friend. Whether or not the alcoholic has found sobriety, the family and friends can do a great deal to help themselves as well as the alcoholic. If this sounds like something that could help you or someone you care about, please feel free to tell them to check out Al-Anon. For information on group meetings in their area, they can contact SOUTHVALLEYALANON.ORG and the World Service Office @ALANON.ORG.

Also, locally they can call our office Hotline 559-444-0224 and leave a message for a return call from a volunteer.

(Les) Now we have a message from Susie regarding YPAA and upcoming events.

(Susie) Hi everyone, my name is Susie, and I'm a recovering alcoholic. I proudly serve as the ACYPAA (All California Young People of AA) Prayer Chair. A couple years ago, I was introduced to the Young People AA group in our Tulare-Fresno area called TUFYPAA; (Tulare United Fresno Young People of AA) who merged to currently serve under the representation and capacity of ACYPAA. ACYPAA is group of people who range from the ages between 20-40+, attracting young members to living a clean sober life while carrying the message to other alcoholics. The All-California Young People in Alcoholics Anonymous Round-Up committee was established in 1973 to provide an opportunity for young AA's to come together and share their experience, strength, and hope, in annual gatherings in California. ACYPAA is visible evidence that large numbers of people have been achieving lasting and comfortable sobriety in Alcoholics Anonymous for years. We are comprised of members who are either new to recovery or recovered at a young age.

We absolutely insist on enjoying life with our fun fellowship activities and service opportunities.

We are not a glum lot and we no longer allow alcohol to interfere in our lives as a misleading solution to our problems. With the help of older members and the unity of our young fellows we have found a solution to our drinking problems, and a way of life that helps us deal with everyday stress and peer pressure. Our pressures of being young in the everyday world we face, are no longer dealt with guilt, loneliness, and shame. We members of young groups in AA have been able to look past the idea that we are too young to be alcoholics and sought out recovery. Today, we have obtained this perspective that life is better and more fun without alcohol.

If you are interested in obtaining this same perspective about life, we invite you to get involved with ACYPAA. To us, it doesn't matter how old you are, how much, where, or what you drink. What matters to us is how alcohol affects you, and to reach out to you and let you know that you too can change your life gradually, day to day. We are here to help, as we stay sober, sane and happy. Our regular meetings held Mondays and Fridays. Mondays at 7pm PST we host a Big Book Study, and Fridays we host a Topic & Tag Meeting at 8pm PST. Both these meetings are currently held via Zoom and information is available in the Tulare County AA webpage and meetings information.

In closing, I want to invite everyone to register for our yearly round up, the 49th ACYPAA Round-up Tulare & Fresno County, at ACYPAA.org. This event will be taking place Spring of 2022. Also, a much closer event we are hosting is ACYPAA's 2021 – *The Spark That Was To Flare* event this upcoming March 27-28th all-day event, free of cost, via zoom. Event will have panel speakers going over all AA Steps, Traditions, and Concepts, marathon meetings, and end with a virtual dance party. For the Zoom information, this too can be obtained at the Tulare County AA page under announcements for ACYPAA 2021. For more specific questions about ACYPAA, and our service opportunities please contact me at aamiracles.susieb@gmail.com. or private message me on here.

(Les) Speaking of upcoming events, please note on your calendar that we are already planning for our Soberfest 2021 event to be held October 23rd. We hope to be able to do dinner and the traditional in-person event this year.

(Les) It is a custom at this meeting to read a portion from Chapter 7 from the Big Book of Alcoholics Anonymous. Tonight David has volunteered to read from Chapter 7.

(David) **Chapter 7: Working With Others**

Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. This is our twelfth suggestion: Carry this message to other alcoholics! You can help when no one else can. You can secure their confidence when others fail.

Remember they are very ill. Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends — this is an experience you must not miss. We know you will not want to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives. Perhaps you are not acquainted with any drinkers who want to recover. You can easily find some by asking a few doctors, ministers, priests or hospitals. They will be only too glad to assist you. Don't start out as an evangelist or reformer. Unfortunately a lot of prejudice exists. You will be handicapped if you arouse it. Ministers and doctors are competent and you can learn much from them if you wish, but it happens that because of your own drinking experience you can be uniquely useful to other alcoholics. So cooperate; never criticize. To be helpful is our only aim.

(Les) I would like to introduce Elliot with our Sobriety Milestone Celebration.

(Elliot) We are happy to celebrate with everyone who is having a Sobriety Milestone. :-) Tonight, we celebrate _____ with _____
... *(go for it)*

(Les) **Now, it is my privilege to introduce tonight's Honorary 10-minute speaker.** Please help me offer a warm welcome for Justin R. Of Visalia.

(Justin speaks)

(Les) **Now, it is my privilege to introduce tonight's Main Speaker.** Please help me offer a warm Tulare County welcome to our speaker tonight: Kenna F. of Pasadena, California.

(Kenna speaks)

(Les – after speaker finishes) Please help me once again to thank Justin and Kenna for their sharing of their experience, strength, and hope with us!

(Les) Allen will now read a portion of Chapter 9 and lead us in The Lord's Prayer.

(Allen) We have been speaking to you of serious, sometimes tragic things. We have been dealing with alcohol in its worst aspect. But we aren't a glum lot. If newcomers could see no joy or fun in our existence, they wouldn't want it. We absolutely insist on enjoying life. We try not to indulge in cynicism over the state of the nations, nor do we carry the world's troubles on our shoulders. When we see a man sinking into the mire that is alcoholism, we give him first aid and place what we have at his disposal. For his sake, we do recount and almost relive the horrors of our past. But those of us who have tried to shoulder the entire burden and trouble of others find we are soon overcome by them.

So we think cheerfulness and laughter make for usefulness.

Outsiders are sometimes shocked when we burst into merriment over

a seemingly tragic experience out of the past. But why shouldn't we laugh? We have recovered, and have been given the power to help others.

Everybody knows that those in bad health, and those who seldom play, do not laugh much. So let each family play together or separately, as much as their circumstances warrant. We are sure God wants us to be happy, joyous, and free. We cannot subscribe to the belief that this life is a vale of tears, though it once was just that for many of us. But it is clear that we made our own misery. God didn't do it. Avoid then, the deliberate manufacture of misery, but if trouble comes, cheerfully capitalize it as an opportunity to demonstrate His omnipotence.

Let's close in the usual manner.

Begin The Lord's Prayer.