

CENTRAL NEWS

January 2023

Website: www.aa-tulareco.org

Cape St. Martin, CA by Luis T.

Great Expectations: A New Years Greeting

(From Dr. Bob and Bill)

*A new chapter begins.. Maybe we shall borrow its title from Dickens. Why not call
1948*

“the year of great expeditions”?

*We may rightly expect that thousands of our
kind will be released o’ their soul sickness; at
the year’s end most of us will acclaim 1948 the
happiest yet. Should misadventure befall any
of us we shall remember that joy is to be
found in the midst of any difficulty, if we can
abandon ourselves to God’s will.*

*What great gifts there! Who indeed could
expect more?*

*So, at the beginning of this fresh chapter—
the good year of 1948—may we all look thankfully at each other exclaiming, Great
Expectations and Happy New Year!*

-The Grapevine Vol. IV, NO. 8, JANUARY, 1948

“We admitted we were powerless over alcohol – that our lives had become unmanageable.”

Step 1

As I type these thoughts, I am sitting in the room where I first heard these words: the Fireside Room of Lindsay United Methodist Church. Because the church is closing, we have only one meeting left here after tonight; because it is December and most of our regular

attenders are sick, I am here alone.

And it seems a fitting time to write about taking the first step, because it is the only step that we take alone. By the time each of us arrives at the awareness that we are powerless over alcohol, we are often alone, at least in our own minds. By that time alcohol has gone from being our best friend to our worst enemy, because it takes away the rest of our friends, our livelihoods, our self-esteem, our families – each of us has our own list of losses. The biggest loss is our ability to shape, much less control, our own lives.

That realization is also the biggest gift, because until we discover that we are no longer able to manage our daily affairs, however uncertainly, we have no hope of really letting go of that which interferes. As long as we think teetering along the balance beam is good enough, we will continue to teeter.

I owe my sobriety to the two men, now deceased, who restarted the Lindsay meeting after a short hiatus. This meeting was the first AA meeting in Tulare County, and many of our long-sobriety members found their dry feet here. I myself could not admit that I was powerless until I began attending this meeting and heard the stories of multiple people who came much closer to death than I did before they discovered this small but critical truth they'd been hiding from themselves. Some had the help of others pointing out how they were ruining their lives, but when push came to shove, each one had to discover that truth alone. Their stories

about what came after the discovery helped me to uncover my own truth about alcohol's undue influence. Those stories also gave me hope for getting free of it.

So I'm here tonight and next Thursday just in case someone else is unsure whether alcohol has become their enemy. Naming the dragon is the first step; the next eleven steps we take in the good company of others who've found their way out of its claws.

-Trudy W.

Tradition 1

“OUR COMMON WELFARE SHOULD COME FIRST; PERSONAL RECOVERY DEPENDS UPON A.A. UNITY”

We came here looking for a life worth living, a life without despair, shame, and remorse. Some of us knew this, some of us did not know what we were looking for, and some of us didn't think we needed anything at all, but we all came to realize what it is: sobriety.

To maintain our common welfare, our sobriety should come first. We develop connections with others; in our group; in our community, in our state, in our region, in our country and in our world. We have developed guidelines as suggestions to follow to help us maintain sobriety.

This first Tradition shows us that we must maintain our common sobriety for our personal sobriety to continue. The unity of our common need to break free from the control of Alcoholism is our pathway to personal recovery.

My Ego and my decisions lead me to despair. I needed a higher power; a thing larger than myself, to direct me. I found that in the fellowship of A.A. My personal recovery depends on the unity of A.A. I suppose it's possible to not drink on my own, but would I be the person I am now, should I chance it? Why should I?

Others in the fellowship need to hear me just as much as I need to hear them. This is how I become a human being again. Maintaining the unity of the whole is how I maintain my personal recovery.

-Bill E.

Meetings Online Anytime

Pretty much at any time of the day, planet-wide, there are ten (or more) Online meetings active. On Tuesday, at noon Pacific Time, there were 39 meetings to choose from.

<https://aa-intergroup.org/meetings/>

If you don't want to remember that link, we also have it on the AA-TulareCo.org web site. Look for the More menu option, and choose the Links menu. Inside there is "Internet Meeting Directory".

Going further: Are you the secretary of an Online meeting? Would you like your Online meeting to be listed on the Online Intergroup meetings list? Here's how:

Visit <https://aa-intergroup.org/meetings/submit-meeting/>

Who knows? Your next new arrival might be from another state or country or continent. :-)

—David G.

Meet the Editor

Hello Everyone!

My name is Robert and I am an Alcoholic!

Its is great to meet you I am the new Editor of the Central News.

I really look forward to being of service. I invite anyone that wants to get into service to type up a short piece and share it with us, email a picture, a quote, an article or anything!

I want to thank you for allowing me to be of service!!

—Robert P.

Meetings Online Anytime

Sobriety in Alcoholics Anonymous embraces as its fundamental principles total abstinence of recreational intoxication and the pursuit of vital spiritual experience. Practicing the twelve steps and meeting with our peers on a regular basis will allow most newcomers relief of the obsession to drink. Failure to reach this first step milestone is almost always coupled with resistance and stubbornness and a failure to "follow our path" like the Book says.

Spiritual connection is another goal entirely. Where obsession to drink is often relieved simply by not drinking, surrender and connection to a higher power seems like muscular body conditioning. There is no holding area where we can relax our pursuit of progress and we can easily slip back into lethargy. We can't build an impenetrable wall between our serenity and our character defects. I was baffled when it was explained to me, early in sobriety, that these defects of character plague us as long as we resist them. It's an enigma, you hear it all the time. We must surrender to win. Powerlessness over hate, lust, financial imprudence, and jealousy are just a few examples the defects that persist into long term sobriety.

It would appear that we could use our own control, our own energy to avoid these pitfalls, but in practice it seems not so. Only a spiritual channel to dispose of these rotten spots in our personalities is worth the effort. It's why, long after we turn over and become grateful for and used to abstinence from anything alcohol we are unable to avoid an occasional lapse into spiritual aridity and find ourselves in the grasp of old ideas and reactions.

Gratefully AA provides an ocean of opportunities for us to recover from these low spots in our daily living. Our Big Book never fails to provide insight and a patch for spiritual slow leaks. Meetings warm our coldness and misplaced individuality. Service to others rescues us, puts us in touch with ever illusive humility and there is a wealth of writing available and, certainly not the least, prayer and the practice of meditation afford us a rest stop, when life has us in life's fast lane for too long. The towering twelfth step calls this necessary should we effectively carry

January AA Birthdays

the message.

All of this is why a daily experience including these rescue methods are irreplaceable if our personal lives, our struggles, are to be aligned in serenity. If we only experienced good times, the emphasis on spiritual connection might be of less importance. That is seldom our story. We will have to be in the aura of protection that our spiritual health provides.

—Anonymous

Individual, Newsletter, Memorial & Birthday Club Contributions 11/21/2022 thru 12/20/2022

Birthday Club

Michelle S Exeter 15

Michelle S Exeter 15

Jerry S Tulare
16

Doris P Exeter 40

Grateful Giver's Club

Members \$362.35

Individual Contributions

Anonymous

Bill H

James K

Robert T

Sandra K

Shannon S

Newsletter Contributions

None

Memorial Contribution

None

<u>Name</u>	<u>City</u>	<u>Years</u>
Janice M	Exeter	50
Rosemary H	Three Rivers	49
Ray C	Corcoran	48
Wilma L	Tulare	47
Margie M	Visalia	45
Ray C	Exeter	45
John S	Ivanhoe	44
Lyna H	Three Rivers	43
Neva H	Visalia	43
Edith M	Visalia	41
Gary P	Visalia	41
Peggy F	Dinuba	40
Paul P	Farmersville	39
Ramon V	Porterville	38
Avg Dave	Visalia	37
Mike K	Visalia	37
Mike S	Visalia	37
Mike S	Hanford	37
James R	Visalia	36
Monte W	Visalia	35
Karen B	Visalia	35
Don W	Tulare	34
Jim B	Visalia	33
Jack R	Visalia	33
Sandi M	Porterville	33
Paul S	Visalia	32
Raymond C	Visalia	32
Dusty A	Visalia	31
Scott O	Visalia	31
Linda A	Visalia	30
Raleigh A	Visalia	30
Tim M	Visalia	30
Dick	Visalia	30
Sandy W	Woodlake	29
Gale D	Visalia	28
Eric M	Visalia	28
Fred F	Visalia	28
Bob Y	Hanford	26
Stan B	Terra Bella	25
Patrick S	Visalia	25
Greg G	Porterville	24
Martin	Dinuba	22
Catherine C	Visalia	19
Bob M	Visalia	18
Jim P	Visalia	18
Linda I	Visalia	17
Martha M	Porterville	16
Miguel S	Dinuba	15
Maria G	Dinuba	15
Kim L	Tulare	9

Thats 1608 Years of Total Sobriety!!!!

Financial Report

Central Office Contacts

TULARE COUNTY CENTRAL OFFICE

Income & Expense Statement

11/21/2022 through 12/20/2022

<u>INCOME</u>	<u>MONTH</u>	<u>YEAR TO DT.</u>
B.Day Club	86.00	806.00
CD & Tape Cont.	0.00	0.00
Grateful Givers Club	362.35	4,148.92
Group Cont.	1,7486.81	24,097.39
Indiv Cont	3,175.00	9,187.86
Lit. Sales	801.25	7,553.48
Memorial Cont.	0.00	200.00
Misc.	0.00	3.00
Newsletter Cont	0.00	32.00
S & H	9.45	9.45
Sales Tax	104.94	967.87
Service Charge	0.00	17.85
Spec. Events-picnic	0.00	4,197.50
Spec. Items	899.73	5,543.85
State fund dividend	0.00	50.00
State Fund Refund	0.00	78.99
<hr/>		
TOTAL	\$7,216.08	\$56,874.16
<u>EXPENSES</u>	<u>MONTH</u>	<u>YEAR TO DT.</u>
Bank Charge	\$0.00	\$15.00
Fees-Taxes	0.00	45.00
Insurance	0.00	550.00
Lit. Costs	75.24	6,922.42
PI-CPC Expense	0.00	192.81
Misc Expense	0.00	0.00
Newsletter Cost	0.00	0.00
Office Exp	153.97	4,404.54
Office Equip.& Maint	0.00	291.14
Phone & ISP	132.97	1,595.64
Postage	0.00	176.90
Employee Taxes	0.00	7,335.71
Returned Chk & Chg	0.00	0.00
Rent	600.00	7,200.00
Salary	1,311.36	17,651.38
Sales Tax-Paid	0.00	822.00
closed account	0.00	-35.92
Spec. Events-picnic	0.00	1,504.04
Spec. Items	429.05	4,286.72
Card Charge	17.97	200.85
Utilities	48.17	836.15
Ph-venmo	19.00	267.50
venmo fees	15.59	30.03
Website	5.17	105.46
<hr/>		
TOTAL	\$3,808.49	54,397.37
Net Gain(Loss)	(\$4,407.59)	(\$2,476.79)
BEGINNING TOTAL ACCT BAL:		\$18,437.06
ENDING TOTAL ACCT BAL:		\$17,998.79
Established Prudent Reserve:		\$19,000.00

10/21/2022 thru 11/20/2022

AA Members	69
Alanon & Alateen Info	0
Bridging the Gap	0
Churches and Schools	0
Court Referral/Info	2
E-Mail Contacts	137
General Info	4
H & I	1
Literature Sales	19
Meeting Information	13
Other 12 Step Programs	2
Prospective Members	3
Schedules & Info Mailed	2
Spanish Contacts	1
Specialty Sales	28
Twelve Step Calls	0
Visitors to the Office	13
Voice Mail Calls	9
	9

Total 303

Support the Central Office

Supporting the Central Office is a very important and valuable thing for our fellowship! Now it is easier than ever!

Donate Today using Venmo!



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Net Gain(Loss) **(\$4,407.59)** **(\$2,476.79)**
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ENDING TOTAL ACCT BAL: **\$17,998.79**
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Speaker Meetings

Porterville Recovery Club Speaker Meeting

186 W. Walnut Ave.

Friday January 6th, 2023 at 8:00 PM

Speaker: Sylvester from Porterville

Sunday AM Breakfast, Speaker Meeting

Veterans Memorial Building

36000 Hwy 190, Springville

Sunday, January 8th, 2023

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

Speaker: Donald H from Point Hueneme, CA

The Valley Group, Speaker Meeting

St. Paul's Episcopal Church

120 N. Hall St. Visalia, CA 93291

Every Wednesday from 7-8 pm.

Speakers for January

January 4th Bob from Victorville, CA.

January 11th Manuel P from Los Angeles, CA

09/03/2020.

January 18th Megan from Tulare, CA 07/23/2007.

January 25th-TBD

Sunday PM Serenity Seekers Valley Group

Sunday 7:30-9 pm.

St. Paul's Episcopal Church

120 N. Hall St. Visalia, CA 93291

Speakers for January

Jan 1st Monica G from Visalia with 12 years 2 days.

Jan 8th Bob M from Visalia with 18years 1 day.

Jan 15th Courtney M from Hanford with 3 years 4 days.

Jan 22nd Ryan S from Fresno with 14 years 2 days

Jan 29th Sharon H from Bakersfield with 3 years 1 day.

Civic Center Group

Christ Lutheran Church

3830 W Tulare Ave, Visalia

Birthday speaker meeting

Last Tuesday of the month

Attn.. Speaker Group Secretaries: If you want your speaker listed in the Newsletter, please get the information to the Central Office (592-6999) by the 20th of the month preceding the month of the Newsletter.

Service Meetings

AND ADDRESSES JAN 2023

SERVICE MEETINGS

GSR Meeting at Central Office

449 E. Maple St., Exeter, CA

Wednesday, January 4, 2023 at 7:00 PM

CSR Meeting at Central Office

449 E. Maple St., Exeter, CA

Tuesday, January 10th, 2023 7:00 PM

H&I Meeting (odd months only) in person at 526 N Bridge St (no Zoom)

2nd Saturday 9:00 Orientation, Business meeting 10:00

TUFYPAA

Zoom ID 839 4820 8237 Password: service

2nd Sunday of the month January 8th 2023

SERVICE ADDRESSES

Tulare County Central Office

449 E. Maple St.

Exeter, CA 93221

Email: tccof@hotmail.com

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

Central Service Meeting

CENTRAL SERVICE MEETING MINUTES

Central Office Meeting Report

Date: December 13th, 2022

Meeting called to order: Cheryl H. Time: 7:02 PM

Board members present: Cheryl H., William (Bill) E.*
, Patrick A., Sara S., David G. Absent: none

Serenity Prayer: said by all.

12 Traditions: Patrick

Minutes of last meeting: Reviewed by members individually;
minor correction re: a meeting start time.

Also a correction re: previous Board meeting report: "Bill
made a motion to apply for the E. R. C. and
to hire a representative...." Patrick moved to approve, Brett
seconded.

Report of last Board meeting: due to corrections needed to
the previous report of the Board meeting,
this last month's report got lost in the shuffle. The
significant items of old business were the Employee
Retention Credit (ERC), WPForms for the web site, and
upcoming board elections.

Treasurer and Office report: Presented by Carol Ann Gable,
Office Manager & Treasurer.

Treasurer / Office Report and Financial Report

Dec 13th 2022

In November, our office building was sold; our new landlord
offered us a lease for the
next 5 years. Four board members (Cheryl, Bill, David, and
Sara) agreed to the terms. I
signed a lease agreement for January 1, 2023 through
December 31, 2023 for \$650 a
month, and January 1, 2024 through December 31, 2027 for
\$685.00 per month.

Central Office had an income of \$3,359.29 and expenses of
\$3,796.06 for a loss of
\$436.77.

Our Grateful Givers Club brought in \$173.45 and our
Birthday Club brought in \$30.00
in much appreciated contributions.

We had \$492.14 in gross sales in 12 transactions for credit
and debit cards last month.

We had 1 transaction in PayPal for \$20.00.

We had \$56.34 in gross sales in 4 VENMO transactions this
accounting period.

Traffic and calls have been average.

*Via Zoom, as Bill was home sick, although one member
observed "he's not that bad" (huge laughter).*

We want to thank all the groups and individuals who
contributed to show their support
for Central Office.

I want to thank Claudia Q. for covering the office on
November 18th for 3 hours, and
opening the office on November 29th and December 1st
while I was out for medical
appointments. Thank you Claudia!

Office operations are going well and we are still fulfilling
our primary purpose of
carrying the A.A. message of recovery.

The Big Book is still on sale for \$9.83 for the hard cover. We
also have A.A. pocket
planners for 2023, as well as some great A.A. gift ideas like
A.A. jewelry, money clips,
book covers, golf markers, and A.A. playing cards, and of
course literature!

Carol Ann Gable
Office Manager/Treasurer

(Cheryl) Are there any questions for Carol Ann?

(Paul) Yes, I have a question. Last month we had a loss
because of the quarterly taxes. This
loss this month is significantly less than that. Is this
difference between contributions and
expenses normal? Or is there another mitigating factor?

(Cheryl) From what I can tell, the Grateful Givers club was
down significantly. In prior
months we've had \$300 and some from Grateful Givers. This
last accounting period was \$173.

On the income and expense report, I was looking at the year
to date. The group contributions is
\$22,000 from the groups. I want to really thank the groups
that have contributed to Central
Office. Although we don't have the December report yet, the
groups have done a phenomenal
job of contributing to the office and supporting the office.
The Grateful Givers club is close to
\$3,800. When you look at the individual contributions
(which is above the Grateful Givers)
that's \$6,000. So, between the Grateful Givers and the
individual contributions, I thank the
groups and the members for their support.

Public Information report: Patrick A. provided the report.

Public Information & Cooperation with the Professional Community (P.I./C.P.C.). We inform professionals and future professionals about A.A. – What we are, where we are, what we can do, and what we cannot do. We attempt to establish better communication between A.A. and professionals, to establish simple, effective ways of cooperating without affiliating.

I do not have much new to report. This last month I wasn't able to get out and knock on more doors, or going to any other businesses, because of my work schedule. I am still looking for help. My telephone number is (559) 232-7691.

Thank you for letting me be of service.
Patrick.

Volunteers to write Step and Tradition for Central News

Step for newsletter:

Issue Step Member Due date Send to

January 1 Trudy December 20 CentralintergroupNews@gmail.com

February 2 David G. January 20 CentralintergroupNews@gmail.com

Tradition for newsletter:

Issue Tradition Member Due date Send to

January 1 Bill E. December 20 CentralintergroupNews@gmail.com

February 2 Paul B. January 20 CentralintergroupNews@gmail.com

Newsletter report: none at this time.

Website report: Provided by David G.

No website report this month; and I need to ask our membership if we are okay with that. We had made the change to the website which warns people when they are leaving; where they are going to may not have the privacy protection we have on ours. But our web site did provide Matomo cookies to our users. I know that we don't share the Matomo cookies data with anyone, but regular users wouldn't know the difference between Matomo Analytics and Google Analytics. So I disabled cookies completely. That does mean

that we no longer have statistics on who visited, and which pages they looked at, and for how long, and which pages they looked at next. (Discussion for four and half minutes. The general consensus was that turning off cookies, which is protecting the privacy of the people that come to the website, is more valuable than our curiosity of who looked at what, when).

(Carol Ann) What David didn't mention was that he did put on the audio version of the 12 x 12 and the Big Book and also the sign language versions on the web site.

H & I report: Provided by Boo

Hospitals & Institutions December 2022

Please thank your groups for their continued support to the Pink Can, which allows us to continue to carry the message of Alcoholics Anonymous to Alcoholics in Institutions and Treatment Facilities. Please encourage all groups to send in their pink can money prior to December 31, 2022 for the fiscal year end.

At our December 3rd, 2022 Area H&I Business Meeting, Boo M. stepped down as Area Chair after two years of service. We are very grateful to Boo for her service keeping H&I active during the Covid period. In the interim, Joyce R., Regional Chair, will handle the Area Chair duties. Jared C. was elected as the Area Secretary. Due to a conflict with the NorCal Area meetings, our Area H&I Orientation and Business meetings will be held on the 2nd Saturday of odd months at 526 N. Bridge St., Visalia (Bridge Street Drunks Only). The orientation will begin at 9:00 am followed by the business meeting at 10:00 am.

We are very inspired that SATF at Corcoran State Prison has reopened to H&I Panels in December along with Tulare County Jail which we hope will have its first panel in December. Both of these Facilities have been closed since 2020 due to Covid. Tulare County Jail has two women cleared, three in the process, two men beginning the clearance process to complete our allotted team of 7. As we move into the new year, we are hopeful that we will add 2 Spanish Speaking volunteers for Tulare County Jail also. We will continue our H&I meetings at Mothering Heights Women's Recovery, Turning Point and Pine Recovery. We will also be looking to expand our scope of service to include more treatment facilities and facilities serving

homeless to move more in alignment with the AA Treatment Committee.

On the Regional level, Area 92, Fresno County continues to bring meeting to several facilities including Spanish Speaking meetings. They have begun working with a facility which services transitional homeless individuals and have two other facilities they are working with to expand their service. Area 91, Madera/Mariposa is very active in the Chowchilla Prisons both English and Spanish and Mariposa has returned to the Mariposa County Jail and Mt. Bullion Fire Camp.

At the NorCal level, we are approaching our normal 33,000 meetings per year. The IVSS (Inside Visiting Sponsorship Service) Program is providing one on one outside sponsorship to 86 inmates at San Quentin; 5 at Salinas Valley. We have a new coordinator at Soledad to begin the program there. This program has now been implemented in Tucson, Arizona which is evidence that the program is transferable. The AA Corrections Desk has committed to having printed material available regarding this program available by year end making the program nationally available.

The next orientation and business meeting will be January 14, 2022. Orientation at 9:00 am, Business Meeting at 10:00 am at 526 N. Bridge St., Visalia. Please join us if you are interested in this type of service work.
Love & Service,
Boo

(Cheryl) Any questions for Boo?

(Steve) Yes – how do I get a Pink Can for the meeting at Pine Recovery?

(Boo) When Paul (next to you) goes in, he should have a pink can from Tommy and he'll bring it in.

Paul, If you can't get a hold of Tommy hon I've got one in the back of my car.

GSO liaison report: provided by David G.

We had the December GSR meeting Wednesday the 7th in hybrid format (two members in person, five on Zoom). New business: Mike C. was elected Alternate DCM, David G. was elected Registrar. Mike and David will go to the Area Planning Meeting in Sacramento on December 17th. Treasurer report: our balance forward was \$3,025. We had an income of \$135, total expenses were zero, which brings us to a balance of

\$3,161. We tabled dispensing the funds in excess of our prudent reserves to further discussion and action in January.

Bridging the Gap (BtG) Chairperson provided by Sara S.

Discussed the process to create a committee meeting.

CSR reports

If you have a change in your meeting please notify Carol Ann here at the office so she can update the meeting schedule and get that information to David for the website.

Tuesday Women's Changes Meeting, Sheryl E., CSR,

We are an open meeting for women only. We meet every Tuesday at 6:00 PM at the Porterville Recovery Club. We each pick a stick out of a jar and share about our topic. We always have a great meeting and the PAAR girls share and learn a lot. We are generally a small group and grow in numbers on the last Tuesday of each month, when we enjoy a birthday potluck with good food and sweet dessert, usually cake.

Thank you for letting me be of service,
Sheryl.

Springville Breakfast Speaker Meeting, Sheryl E., CSR,

We meet the second Sunday of each month at the Springville Veteran's Memorial building on Highway 190. We open the doors at 8:00 AM, with with fresh, hot coffee. Breakfast is served from about 8:30 AM until 10 o'clock. The speaker meeting is from 10:15 till 11:45. We try to get out of there by noon. It is always great food and excellent fellowship, and of course we are self-supporting through our own contributions. In December, we fed 41 hungry people. Our next speaker is Donald H. from Point Hueneme, CA. It's a great way to start the new year. We had our business meeting at 7:30 and we voted Dusty B from Springville as our new secretary and Bill and I still hold our same positions. We still need a GSR if anyone is interested.

Thank you for letting me be of service,
Sheryl.

Civic Center Group, Brett R., CSR,

Tuesday night Civic Center meeting in Visalia at the Christ Lutheran church near Tulare and Demaree. It starts at 7:00 PM and goes to 8:00 PM. It is an Open meeting, and newcomers are welcome. Jared is

our new secretary. Our business meetings are the third Tuesday of the month at 8:10 PM. We've had pretty good turnout for several months. We have a birthday meeting on the last Tuesday of the month, with cupcakes.

Bridge Street Drunks, Sara S., CSR,

We are a large group located in Visalia at 526 N. Bridge Street. We host 19 meetings, and all are welcome. Our birthday meeting is the last Saturday of the month at the noon meeting. We give chips and hugs, with coffee, snacks, and cake. We have literature and books at cost. Pamphlets are free, but books are at cost. Our business meeting is held the last Saturday of the month alternating between 8:00 AM or 1:00 PM. This month it is December 31st at 1:00 PM. We are a fun bunch who welcome all with the desire to get sober.

Our meeting schedule is:

Monday through Sunday 7 AM to 8 AM

Monday through Sunday 12 noon to 1 PM

Monday evening 7 to 8 PM (Women's meeting book study).

This meeting right now is kind of under fire.

Tuesday evening 6 to 7 PM (12 x 12 book study)

Wednesday evening 6 to 7 PM (book study) We just got a new secretary for that.

Thursday evening 7 to 8:30 PM (Big Book study)

Saturday evening 7 to 8 PM (open meeting)

Come join us.

The Primary Purpose Group is holding a step step study for six months. It's in session; Saturdays from 4:00 PM to 6:00 PM. If you're interested in sitting in, you can; but if you didn't start from the beginning, participation probably won't be open.

Thank you for letting me of service,
Sara S.

Crossroads Group, Steve P., CSR,

The Crossroads Group in Tulare, on Tulare Avenue - 220 W Tulare Avenue at the Hillman House. We meet Thursdays from 7:00 to 8:00 PM. We're a group of about 12 to 15 people; often everybody gets to talk.

Pine Recovery (Candlelight meeting), Steve P., CSR,

The Pine Recovery Candlelight meeting is on Fridays nights, from 10:00 to 11:00 PM, in Visalia at 120 W School Avenue. I want to thank Patrick for two weeks ago he chaired that meeting for us, and it was

great. Usually there's 25 to 35 people. It is an open to the public meeting; I want everybody to know that it's open to the public because a lot of people are thinking because it's a recovery home that it is not. Women can attend it even though it's a men's recovery home.

Monday Night Men's Meeting, Paul B., CSR.

We meet at the P. P. A.V. Hall in Visalia. We are a Closed men's meeting. We meet for 90 minutes. We celebrate sobriety milestones under a year every week. On the last Monday of the month we celebrate annual birthdays with a chip and desert. Our business meeting is the first Monday of the month. We ask men who have completed the steps and have the time and energy to sponsor to stand up and do so.

Thank you for letting me serve,
Paul.

Tuesday Night "Friends Of Bill W. and Doctor Bob", Patrick A., CSR,

This is a Tuesday Night Open Meeting held at St. John's Episcopal Church, 1701 E Prosperity Ave in Tulare from 7:00 to 8:30 PM. We are a fellowship of men and women sharing our experience, strength, and hope. This is an indoor meeting, averaging about fifteen people every week, which has been little higher than before. We give out chips for various lengths of continuous sobriety and celebrate birthdays at the end of each month with cake and ice cream. We do have cake and ice cream regardless if anyone is celebrating a birthday. Newcomers are welcome and all may attend. We do have multiple men and women with quality sobriety that are open and willing to sponsor.

Thank you for letting me be of service,
Patrick A.

Keep It Simple Sunday, David G. CSR.

We meet Sunday mornings at 10:00 AM in Blain Park in Visalia (not Tulare), on Court Street between Whitendale and Caldwell. Our meeting is 90 minutes in a beautiful outdoor setting. This is an Open meeting, and all are welcome. Bring a lawn chair / camp chair with you; this time of year, maybe bring an umbrella and blankets. As an outdoor meeting, we are pet-friendly. We celebrate sobriety milestones and birthdays every meeting. We use the Daily Reflections book as a topic starter; then everyone shares, going around the circle (time permitting). Our Secretary is Scot L. The business meetings are the last Sunday of the month, immediately

after. This time of year there are usually between 10 and 15 people attending our meeting; although Sunday before last when it looked like it was going to rain, there were 6 of us. All our service positions are up for rotation, so for January we will have new people taking on the various responsibilities. This meeting has a summer schedule (starts at 9:00 AM) and a winter schedule (starts at 10:00 AM). We changed to the winter schedule November 6.

(Cheryl) Are you guys under an arbor?

No, the arbors don't have a solid roof, so the rain collects on the cement benches. We just sit in our camp chairs in a circle. One member has a camp chair with a canopy, which is a good idea.

Sunday PM Serenity Seekers, Jared C., CSR,

It's part of The Valley Group, which is the meeting that meets on Wednesdays. We just got a new secretary, Callie R. It's a speaker meeting - the speaker speaks for about a half hour to 40 minutes. It runs from 7:30 PM To 9:00 PM. After the speaker is finished, they open it up for discussion. We are also online and we're one of the few online meetings in Tulare County that allows online participation. So people who are on Zoom, they can share or get involved with the discussion, not just watch. We're growing pretty rapidly. We are at the St. Paul's Church on Hall Street in Visalia. There's a very large group of newcomers there, in part because multiple institutions are going there. So there's a lot of newcomers, both men and women and a lot of them are looking for sponsors. So if you know somebody or are interested in trying to find a sponsee, it's a good meeting to attend. A lot of the service positions are being filled by newcomers, so that's positive right there. We partner with The Valley Group which does the speaker meeting in Visalia on Wednesday nights.

Old business:

1. The Big Book and Twelve and Twelve plus sign language are on our website.
2. Board of Directors elections
 1. (Cheryl) Three board members are eligible for election: Patrick, Sara, and Bill.
 2. After the election, during the board meeting, the board members decide which position they want to hold. We don't elect a specific person for president or vice president or secretary or whatever. We elect three board members and then have the decision making process at the following board meeting.

3. It's a two year term and all three of them have indicated that they are eligible and willing to be elected to another two year term, so we don't need a nomination for them. Is there anyone here that would like to be considered to be a board member? We are prepared to have a ballot election in that case. No-one else asked to be in the election to be on the board. Sounds like no no additional nominations. Okay, nominations are closed.

4. The vote was taken, and it was unanimous for all three.

5. (Cheryl) It's unanimous. Patrick Bill and Sara are on the board for another two year term. My term will be up next December and I will be ineligible, and David's term will be up next December, but [he] will be eligible for another two year term. I will be off the board as this will be going into my fourth year.

New business:

1. None at this time.

Seventh Tradition: \$43.00

Announcements:

- The Valley Speaker Series is going to do a New Year's Sober Eve event. For the dinner itself, it's \$20. Everything else is free and tickets are pre-sale only.
- A new Al-Anon meeting has been started in Hanford on Thursday nights 6:30 - 7:30 PM.
- The Porterville 12 Step Recovery Club will be having a New York New Year's party. New Year's Eve from 1:30 in the afternoon to 6:00 PM. We will have a lot of games; cornhole, golf, dominoes, poker, all kinds of games and food and just a rocking good time. Everybody's welcome.
- Lawrence C. puts on a New Year's Eve party in Tulare which is popular and fun.

Meeting adjourned: 8:05 PM

District 47 Meeting Minutes Group \$38.78

December 7, 2022

This is a hybrid and Zoom meeting with members participating from various locations, including the Central Office in Exeter.

Meeting Called to Order: 7:04 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; David G. GSR for the Friday Freedom Fellowship. Cali A., GSR for the Sat women's 12 x 12; Josh F, Secretary; Mike C., GSR for the Friday Night Pine Recovery Meeting

The GSR Preamble was read by all attendees. "We are the General Service Representatives. We are the link in the chain of communication for our groups with the General Service Conference and the world of A.A. We realize the ultimate authority in A.A. is a Loving God as he may express himself in our Group Conscience. As trusted servants, our job is to bring information to our groups in order that the groups can reach an informed group conscience. In passing along this group conscience, we are helping to maintain the unity and strength so vital to our fellowship. Let us, therefore, have the patience and tolerance to listen while others share, the courage to speak up when we have something to share, and the wisdom to do what is right for our groups and A.A. as a whole."

12 Traditions: read by Josh F.

Concept 12: Concept 12 long form read and explained by Allen L.

Approval of Minutes: Nov. 2, 2022 minutes approved with a spelling correction.

Treasurer's Report: Josh F. Balance Forward \$3,025.29

Income. Tue Women's Amity Group \$33.40: Sat. AM Women's 12 x 12 Study Group \$45.22: Bridge St. Drunks Only Group \$18.43: Bridge St. Drunks Only

Total Income \$135.83: Total Expenses 0: Current Balance \$3, 161.12

CSO Liaison Report: David G.

Central Office had an income of \$3,642.85 and expenses of \$5,518.40 for a loss of \$1,875.55. Lindsay Fireside Fellowship group location is shutting down. Three members of the board are up for election this month. Venmo had been in a trial period; as it turns out, it did pay for itself (so far). We added a pop-up that warns people they are leaving the aa-tulareco.org web site. We also added links to the Big Book online, with audio too.

Registrar: No Report

H&I Report: Tulare County Hospital & Institution Committee

Thank you for your continued support to the Pink Can, which allows us to continue to carry the message of Alcoholics Anonymous to Alcoholics in Institutions and Treatment Facilities. Please encourage all groups to send in their pink can money prior to December 31, 2022 for the fiscal year end.

Tulare County H&I continues to bring H&I Panels twice a month to Turning Point, Pine Recovery, and Mothering Heights Women's Recovery. Once a month we take panels to the Mental Health Facility. H&I Panels are continuing as permitted around Covid closures in Corcoran and Avenal Prisons. This month they will begin taking panels into SATF at Corcoran for the first time since the Covid shut down.. We are in need of volunteers who are interested in serving at Avenal and Corcoran Prisons. Tulare County Jail clearances are in process. We currently have 2 women cleared with 3 in the process, and hope to resume H&I panels this month. We have 2 men who are interested and will begin the clearance process. After the beginning of the year, we hope to add 2 Spanish Speaking volunteers to our group at the Tulare County Jail.

At our December 3rd, 2022 Area H&I Business Meeting, Boo M. stepped down as Area Chair after

Group Contributions

two years of service. We are very grateful to Boo for her service keeping H&I active during the Covid period. In the interim, Joyce R., Regional Chair, will handle the Area Chair duties. Jared C. was elected as the Area Secretary. Due to a conflict with the NorCal Area meetings, our Area H&I Orientation and Business meetings will be held on the 2nd Saturday of odd months at 526 N. Bridge St., Visalia (Bridge Street Drunks Only). The orientation will begin at 9:00 am followed by the business meeting at 10:00 am.

As the NorCal Restructure brings greater communication, it is even more important for our local AA groups elect an H&I Representative and to attend the business meetings. This will ensure we are carrying the collective conscience of Tulare County to the NorCal Committee.

The next orientation and business meeting will be January 14, 2022. Orientation at 9:00 am, Business Meeting at 10:00 am at 526 N. Bridge St., Visalia. Please join us if you are interested in this type of service work.

DCM Report: Allen did not attend the ACM. No report.

Old Business: The voted to fill the positions of Alt. DCM and Registrar. Nominations from last month: Mike C for Alternate DCM, and David G for Registrar. Both were elected.

New Business: District 47 has accumulated funds well beyond our prudent reserve. In November we agreed to decide to which AA entity(s) and in what amount(s) we should we distribute those excess funds. This was tabled until January, due to anticipated expenses in the near future. Mike C. our new Alternate DCM expressed an interest in attending some of the upcoming meetings if Allen is not available.

Seventh Tradition: None
Announcements: None

DECLARATION OF UNITY: Read by all: "This we owe to A.A.'s future: To place our common welfare first, to keep our fellowship united. For on A.A. uniunity depend our lives, and the lives of those to come."

	Month	YTD
1st Friday Speaker Meeting	\$10.00	\$160.00
10th Ave Men's Group	-	\$336.00
ACYPAA	-	\$956.19
Anonymous Group	\$300.00	\$3,300.00
Breath of Fresh Air	-	-
Bridge St "Drunks Only"	\$159.09	\$1,595.88
Civic Center Group	-	\$400.00
Clodbusters-Tulare	-	\$685.00
Crossroads-Tulare	\$90.00	\$274.00
CSO Meeting	\$43.00	\$435.44
District 47	-	\$413.24
Bill & Friends	-	-
Exeter-Quiet Trails	-	\$900.00
Exeter Sunday Afternoon	-	\$250.00
Foundation Group	-	-
Freedom Fellowship	-	\$445.00
Half & Half	-	\$200.00
Keep it Simple Sunday	-	\$492.50
Lindsay Fireside Group	-	\$50.00
Men's Valley Book Study	-	\$250.00
Monday Men's Big Book Study	\$171.72	\$571.72
Monday Men's Mtg (PPAV)	\$500.00	\$1,200.00
Monday Men's Stag	-	\$500.00
Mid-Valley-Tulare	-	-
Monday Book Study Springville	\$55.00	\$182.50
Gem St Noon Book Study	-	\$620.00
Monday Women's Reflections	-	\$450.86
Nooners Group-Visalia	-	-
Pine Recovery AA Meeting	-	-
Practicing the Principles	-	\$100.00
Rainbow Group	-	\$723.50
Rule 62-Visalia	-	\$200.00
Serenity Junction-Tulare	-	-
Serenity Seekers AM-Visalia	-	-
Saturday Night Believers	-	-
Springville Gut Level 75	-	\$385.00
St Ritas AA Group	-	-
Springville Breakfast Meeting	-	\$680.00
Sunday PM Serenity Seekers	-	-
Tulare Young People	-	-
TUFYPAA	-	-
Tulare Friday Book Study	-	-
Tulare Tuesday Night	-	-
Tulare Thursday Noon	-	-
Tulare Sunday Night	-	-
Tuesday Men's Porterville	-	-
Three Rivers Monday	-	\$75.00
Tues Women's Amity Group	-	\$902.80
Unity through Traditions	-	\$275.00

Valley Group	-	\$2,521.65
Valley Speaker Series	-	\$861.93
Visalia Alano Club	\$12.00	\$970.40
Wed. Acceptance Group	-	\$250.00
WkndAttitude Adjustment	-	-
Women's Changes Group	-	\$137.50
Women's Frid Night-Pville	-	-
Women's Sat AM 12x12	-	\$896.28
Totals	\$1,786.81	\$24,097.39



CENTRAL OFFICE ANNOUNCEMENTS

• **Hardcover Big**

Book now on sale!

\$9.93!!

• **18-Month Aluminum Chips Now Available**

• **Central Office Hours Mon-Fri 9AM-1PM**



Lighter Side of AA

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."



Take your sponsor

\$10



to Breakfast! \$10

January 14th 9-11am @ the QH Grange

Fundraiser for AV Intergroup of AA, Inc.

BIRTHDAY CLUB

THIS IS A GREAT WAY TO SHOW YOUR GRATITUDE FOR YOUR SOBRIETY AND ALSO HELP CARRY THE MESSAGE OF RECOVERY.

JUST CONTRIBUTE \$1.00 FOR EACH YEAR YOU HAVE BEEN SOBER ON THE ANNIVERSARY OF YOUR SOBRIETY DATE TO YOUR CENTRAL OFFICE. THAT IS ONLY ONE TIME PER YEAR. IT'S REALLY SIMPLE AND WOULD HELP YOUR CENTRAL OFFICE TREMENDOUSLY.



venmo



***Would You Like Your Name on the
Monthly Sobriety Birthday List.***

NAME: _____

SOBRIETY DATE: _____

CITY: _____

Please send information to:

**Tulare County Central Office
449 E. Maple St.
Exeter, CA 93221**

Email Info: tccof@hotmail.com



34th International Men's Conference 2023 Washington DC

"Keeping the Legacy ALIVE 2023 and BEYOND"

www.IAAMC-DC23.org

When: April 21-23, 2023

Where: The Doubletree by Hilton Crystal City

300 Army Navy Drive, Arlington VA, 22202

<https://book.passkey.com/go/AAMensConference>

Make room reservations **AS SOON AS POSSIBLE** due to **limited rooms availability** at \$149.00 per night. For Room Reservations: Call (703)-416-4100. Use Promo Code: IAA and mention IAA to receive conference rate of \$149.00 (plus tax per night) visit our webpage: www.IAAMC-DC23.org

for more information contact:

Chair	Lee M.	(202) 441-0111	Chair.IAAMC23@gmail.com
Co-chair	Willie S.	(301) 257-3320	Co-chair.IAAMC23@gmail.com
Treasurer	Stan C.	(301) 598-5953	Treasurer.IAAMC23@gmail.com

Conference Registration Options

Reserve Banquet AS SOON AS POSSIBLE Due to Limited Seating	Price	Quantity	Amount
General registration and banquet <i>(Circle your meat choice: Salmon, chicken or sliced pork tenderloin, vegetarian)</i>	\$ 120.00	_____	_____
Registration Only	\$ 50.00	_____	_____
Tour of Washington, DC by Motor Coach	\$ 39.00	_____	_____
Ball Cap	\$ 17.00	_____	_____
Tee-shirt (sizes Large to 5X): State size: _____ (sizes run small)	\$ 23.00	_____	_____
Donate to the 34 th IAAMC 2023			_____
	Total		_____

please visit our website for details and updates @ www.IAAMC-DC23.org

Mail Registration to: IAAMC-DC23, PO Box 12226, Silver Spring, MD 20906-1548

Make check or money order payable to: IAAMC-DC23 or register online using our webpage: www.IAAMC-DC23.org

Name: _____ Phone: _____
 Address: _____ City, State, Zip: _____
 Email: _____ Home Group: _____
 Meal Preference: _____ Amount Enclosed: _____

Badges Required for ALL Sessions



International Alcoholic Anonymous Men's Conference Proposed Schedule

Friday, April 21, 2023

1:00 – 11:30 pm	Hospitality Room Opens	Monument View Room
1:00 – 8:00 pm	Registration Opens	TBD
6:00 – 7:00 pm	We Rarely Have Seen a Person Fail	Wilson Room
6:00 – 7:00 pm	We Stood at the Turning Point	Harrison Room
6:00 – 7:00 pm	Acceptance is the Answer	Jackson Room
8:00 – 9:00 pm	Welcome Kick-off, Chair DC Delegation	Crystal Ballroom
8:00 – 8:20 pm	Welcome, Cleveland Presenter	Crystal Ballroom
8:20 – 8:30 pm	History of IAAMC	Crystal Ballroom
8:30 – 8:55 pm	History of AA in DC/MD/VA Area	Crystal Ballroom
9:00 – 10:15 pm	AA Speaker Meeting	Crystal Ballroom

Saturday, April 22, 2023

7:00 am – 11:30 pm	Hospitality Room Opens	Monument View Room
7:00 – 9:00 am	Breakfast (on your own)	
7:00 – 8:00 am	Sunrise Meeting	Van Buren
8:00 am – 5:00 pm	Registration	TBD
8:45 am – 3:00 pm	Motor Coach Tour of Washington (prior registrants only)	Hotel Lobby
8:00 – 9:00 am	Fellowship	Monument View Room
9:00 – 10:00 am	Finance and Recovery	Van Buren
	Emotional Sobriety	Wilson
	Number One Offender	Harrison
	Relationships	Jackson
10:15 – 11:15 am	Sponsorship	Van Buren
	Resting on Our Laurels	Wilson
	Newcomers' Questions & Answers	Harrison
	What Exactly is Alcoholism?	Jackson
11:15 am - 12:45 pm	Lunch (on your own)	
1:00 – 2:30 pm	Old Timers Meeting (30 or more years)	Crystal Ballroom
2:45 – 3:45 pm	Impact of Zoom on Your Recovery	Van Buren
	Are You Having Fun Yet (We're Not a Glum Lot)?	Wilson
	Profanity in AA Meetings	Harrison
	Al-Anon Family Group's Role in AA	Jackson
4:00 – 5:00 pm	Step One (the Suffering Alcoholic)	Van Buren
	Is Abstinence Enough?	Wilson
	Service (AA's Third Legacy)	Harrison
	History of Blacks in AA, Washington DC	Jackson

5:00 pm: Fellowship and Free Time Until Banquet

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!!!

"KNOW A NEW FREEDOM"

SHASTA WINTERFEST

FEBRUARY 3RD-5TH 2023



ABOUT

Shasta Winterfest is a weekend-long gathering of fellow members and non-members of Alcoholics Anonymous, Al-Anon & Alateen. The event is inspired by recovery and filled with guest speakers, marathon meetings, special events, prize drawings, literature and other resources. Shasta Winterfest will be February 3rd – 5th, 2023, at the Holiday Inn 1900 Hilltop Drive, Redding, CA 96002

PRE-REGISTRATION ONLINE

Pre-registration is only \$20.00
www.shastawinterfest.com

REGISTRATION DAY OF EVENT

Registration the day of the event at the Holiday Inn for \$25.00

ACCOMMODATIONS

Room reservation can be made online at www.ihg.com or by calling 1-844-201-1757
Discount code is AAW / \$109.00 per night.



SHASTA WINTERFEST 2023

Holiday Inn, 1900 Hilltop Drive, Redding, CA 96002



HATS • T-SHIRTS • SWEATSHIRTS • BEANIES & MORE

Merchandise can only be purchased online
www.shastawinterfest.com

Shasta Winterfest website will be updated with information as the schedule of events are finalized. Visit our website at www.shastawinterfest.com for more information & updates.