

CENTRAL NEWS

June 2023

Website:

www.aa-tulareco.org

Budapest, Hungary
--John W.

“Slip Clinic”

The time to give earnest consideration to
“slips” is before they happen!

It is little use going back for one’s umbrella
after the storm breaks. Better to have taken it
along.

The direct or overt cause of a “slip” is known
only to the person involved. But the real, fundamental cause is easily found.

Somewhere along the line, one or more of
the 12 Steps has been overlooked, by-passed,
or neglected!

Even one neglected step can cause all the
trouble.

One slip on an icy pavement is all that is
needed to break one’s leg or fracture a skull.
The 12 Steps earnestly followed, prepare one
for every contingency

-The Grapvine, VOL. III, NO. 1, JUNE, 1946.

Step 6

“Were entirely ready to have God remove all these defects of character.”

Step 6 builds upon the work I did in Step 4 and 5, which was, taking a moral inventory of my character defects, fears and sexual misconduct.

Followed by admitting these faults to God and another person. Once I had identified my past negative behaviors and admitted them to someone else, I needed be ready to give up these shortcomings.

Bill W. writes in Alcoholics Anonymous, “We emphasized willingness as being indispensable. Are we now ready to let God remove from us all the things we have admitted are objectionable? Can He now take them all—every one? If we still cling to something we will not let go, we ask God to help us be willing. BB pg76

We pray ‘GOD, help me become willing to let go of all the things to which I still cling. Help me to be ready to let You remove all of these defects, that Your will and purpose may take their place. AMEN’

Many AAs struggle with understanding that Step 6 isn’t a one-time event. Some may believe that once they perform Step 6, they no longer need to return to the Step. However, Step 6 is a continuing process, one that may need to be performed several times. Understanding that admitting that I need assistance in working towards change is necessary in my journey to recovery. As I go through my day practicing Step 10 “Continue to take personal inventory and when we were wrong promptly admitted it” I find that more character defects are uncovered and I must be willing to let God remove them and fill me with His will and purpose.

Early in sobriety I found it fairly easy to avoid my more extreme character defects, Lying, stealing and cheating. However, as more subtle defects were uncovered these became more difficult to let go of.

Bill W. writes in Twelve Steps and Twelve Traditions “Not much spiritual effort is involved in avoiding excesses which will bring us punishment anyway”. 12x12 pg 66 My more subtle selfish, self-serving, ego and fear-based character defects needed continual prayer and even stronger willingness to let go of. I remember hearing an AA member share that she learned that she was “getting something from holding on to a resentment”. I learned that if I explore why I am unwilling to let go of something objectionable it often times is that I am using that defect of character to defend myself from perceived threat. When I pray to my Higher Power for willingness, doubt and fear are replaced by clarity and truth.

-Paul Blazak
Visalia



Tradition 6

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

THE moment we saw that we had an answer for alcoholism, it was reasonable (or so it seemed at the time) for us to feel that we might have the answer to a lot of other things.

The A.A. groups, many thought, could go into business, might finance any enterprise whatever in the total field of alcoholism. In fact, we felt duty-bound to throw the whole weight of the A.A. name behind any meritorious cause.

Here are some of the things we dreamed. Hospitals didn't like alcoholics, so we thought we'd build a hospital chain of our own. People needed to be told what alcoholism was, so we'd educate the public, even rewrite school and medical textbooks. We'd gather up derelicts from skid rows, sort out those who could get well, and make it possible for the rest to earn their livelihood in a kind of quarantined confinement. Maybe these places would make large sums of money to carry on our other good works. We seriously thought of rewriting the laws of the land, and having it declared that alcoholics are sick people. No more would they be jailed; judges would parole them in our custody. We'd spill A.A. into the dark regions of dope addiction and criminality. We'd form groups of depressive and paranoid folks; the deeper the neurosis, the better we'd like it. It stood to reason that if alcoholism could be licked, so could any problem . . .

-Twelve Steps & Twelve Traditions, pg. 155-156

**Individual, Newsletter,
Memorial & Birthday Club
Contributions**
4/21/2023 thru 5/20/2023

Birthday Club
None

Grateful Giver's Club Members
None

Individual Contributions
None

Newsletter Contributions
None

Memorial Contribution
None



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!



Central Office Contacts

TULARE COUNTY CENTRAL OFFICE
Income & Expense Statement
4/21/2023 through 5/20/2023

04/21/2023 thru 05/20/2023

<u>AA Members</u>	<u>49</u>
<u>Alanon & Alateen Info</u>	<u>0</u>
<u>Bridging the Gap</u>	<u>1</u>
<u>Churches and Schools</u>	<u>0</u>
<u>Court Referral/Info</u>	<u>0</u>
<u>E-Mail Contacts</u>	<u>277</u>
<u>General Info</u>	<u>0</u>
<u>H & I</u>	<u>2</u>
<u>Literature Sales</u>	<u>23</u>
<u>Meeting Information</u>	<u>5</u>
<u>Other 12 Step Programs</u>	<u>0</u>
<u>Prospective Members</u>	<u>0</u>
<u>Schedules&Info Mailed</u>	<u>0</u>
<u>Spanish Contacts</u>	<u>0</u>
<u>Specialty Sales</u>	<u>33</u>
<u>Twelve Step Calls</u>	<u>1</u>
<u>Visitors to the Office</u>	<u>7</u>
<u>Voice Mail Calls</u>	<u>9</u>

Total Central Office Contacts:
=407

INCOME	MONTH	YEAR -DATE
B.Day Club	29.00	404.00
ERC	0.00	6,603.50
Grateful Givers Club	253.78	1,559.56
Group Cont.	1,095.38	9,770.79
Indiv Cont	200.00	1,632.99
Interest Income	0.00	537.37
Lit. Sales	544.63	3,159.92
Memorial Cont.	0.00	248.00
Misc.	0.00	0.00
Newsletter Contribution		54.00
S & H	0.00	0.00
Sales Tax	87.27	475.01
Service Charge	0.00	13.75
Spec. Events-picnic	0.00	0.00
Spec. Items	542.85	2,749.61
State fund dividend	0.00	25.00
State Fund Refund	0.00	0.00

TOTAL	\$2,752.91	27,233.50
EXPENSES	MONTH	YEAR -DATE
Bank Charge	0.00	0.00
Fees-Taxes	0.00	50.00
Insurance	0.00	550.00
Lit. Costs	131.79	4,917.25
PI-CPC Expense	0.00	0.00
Misc Expense	0.00	0.00
Newsletter Cost		0.00
Office Exp	173.90	1,536.90
Office Equip.& Maint	0.00	6.51
Phone & ISP	132.97	664.85
Postage	0.00	71.13
Employee Taxes	0.00	3,540.89
Returned Check & Chg	0.00	0.00
Rent	650.00	3,250.00
Salary	2,229.61	7,505.95
Sales Tax-Paid	0.00	0.00
Spec. Events-picnic	0.00	245.00
Spec. Items	292.00	2,801.80
Card Charge	11.04	81.60
Utilities	11.62	409.33
Ph-venmo	19.00	95.00
venmo fees	3.79	18.79
Website	4.61	22.86

TOTAL	\$3,660.33	25,767.86
Net Gain(Loss)	(\$907.42)	1,465.64
BEGINNING ACCOUNT BALANCES AS OF		
04/20/2023:	\$24,779.44	
ENDING ACCOUNT BALANCES AS OF 5/20/2023:		
	\$23,882.02	
Established Prudent Reserve		
	\$19,000.00	

Speaker Meetings

June, 2023

Service Meetings

& Addresses June 2023

Porterville Recovery Club Speaker Meeting
186 W. Walnut Ave.
Friday June 2nd, 2023 at 8:00 PM
Speakers: Art J and Kenny W

Sunday AM Breakfast, Speaker Meeting
Veterans Memorial Building
36000 Hwy 190, Springville
Sunday June 10th, 2023
(Breakfast at 8:30 to 10:00 AM)
Speaker: Debbie D from Concord, 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 May
TBA

Civic Center Group
Christ Lutheran Church
3830 W Tulare Ave, Visalia
Birthday speaker meeting
Last Tuesday of the month

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 June

Attention speaker group secretaries: If you want your speaker listed in the Newsletter, please get the information to the Central Office (559) 592-6999 or TCCOF@hotmail.com by the 20th of the month preceding the month of the Newsletter.

Service Meetings

GSR Meeting at Central Office
449 E. Maple St., Exeter, CA
Wednesday, June 7th, 2023 at 7:00 PM

CSR Meeting at Central Office
449 E. Maple St., Exeter, CA
Tuesday, June 13th, 2023 7:00 PM

H&I Meeting (odd months only) in person at 526 N Bridge St (no Zoom)
2nd Saturday June 10th 9:00 Orientation,
Business meeting 10:00

TUFYPAA
Zoom ID 839 4820 8237 Password: service
2nd Sunday of the month, June 11th, 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

Central Service Meeting Meetings

Central Office and Central Service Representatives
Meeting Report

Date: May 9, 2023

Meeting called to order: Cheryl H. Time: 7:00 PM

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

Serenity Prayer: Lead by Cheryl, said by all who wish.

12 Traditions: George J.

Minutes of last meeting: Reviewed by all; Brett moved
to approve, motion seconded by Cody. Vote: all in favor,
none against.

Report of last Board meeting: Meeting called to order at
8:40 PM by Cheryl Hinton. The board

members discussed the golf tournament and expressed
hope that there would be enough participants. They also

briefly discussed the Founders Day picnic. Sara talked
about her second Bridging The Gap committee meeting.

Patrick discussed PI/CPC and how he and Joyce had been
working on cooperating with some outside facilities.

Patrick was also seeking volunteers to help him man a
table at the upcoming Founders Day picnic. Under old

business, they discussed the golf tournament, New Year's,
and a literature price increase. The office manager will

be taking a vacation from May 15th to May 26th, but the
office will be open on the last Saturday of the month from

9 to 1. The office manager had

also ordered a considerable amount of literature due to an
upcoming price increase. The board tabled the discussion

of raising the prices here at the office for now. The meeting
adjourned at 9:07 PM.

Treasurer and Office report: Carol Ann provided the
report.

Treasurer / Office Report and Financial Report

3/21/2023 thru 4/20/2023

May 9th, 2023

Good evening!

Central Office had an income of \$4,704.21 and expenses of
\$1,910.91 for a gain of \$2,793.30.

The ERC (Employee Retention Credit) we received for Bob
Hinton for two quarters totaling \$6,603.50

and it was posted as a credit to the employee payroll tax
general ledger account reducing our expenses

for this accounting period.

A breakdown:

Received \$6,603.50

Paid CPA -500.00

Paid Quarterly taxes US Treasury \$-1390.00

Paid Quarterly taxes EDD \$ -249.59

Balance left over \$4,463.91

Our Grateful Givers Club brought in \$491.27 and our
Birthday Club brought in \$145.00 in much

appreciated contributions.

We had \$478.88 in gross sales in 8 transactions for credit
and debit cards, 3 transactions in PayPal for
\$83.75 and \$435.65 in gross sales in 3 VENMO transactions
this accounting period.

Traffic and calls have been average.

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

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

of recovery.

Claudia covered the office on April 14th for a vacation day
I took, and again on again on April 29th for a

medical appointment I had. Thank you Claudia!

We have lots a great stuff here at the Central Office to help
you share the message of recovery!

Central office is continuing a pilot program on the last
Saturday of the month for the next three months

to see if it is something we want to do every month for
members who can't get here during the week.

The office will be open 9 to 1 the last Saturday of the month,
again, this is only for the last Saturday of

the month only. We had one member come in on the last
Saturday in April. Please announce this to other members

and your groups the office will be open the last Saturday
of the month.

Thank you for letting me be your office manager.

Carol Ann Gable

Office Manager/Treasurer

Are there any questions for Carol Ann?

There were questions regarding the placement of the ERC
money in the financial report. The ERC

money will be considered taxable income by the IRS, so
some thought it should be listed in the income

section instead of as a credit to expenses. The fee to the
CPA for working the ERC doesn't show on

income and expenses; but that is because the CPA was paid
later than the income and expenses report

date range (will show up on next month's report).

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. My report hasn't changed

since last month. We are still looking for volunteers for the
upcoming picnic in June.

Thank you for letting me be a service.

Patrick.

Any questions for Patrick? (Bill): What is the definition of
future professionals? (Patrick) We

also can provide information to schools.

Volunteers to write Step and Tradition for Central News Step for newsletter

Issue Step Member Due date Send to

June 6 Paul B. May 20 CentralintergroupNews@gmail.com

July 7 Shelley J. June 20 CentralintergroupNews@gmail.com

Tradition for newsletter

Issue Tradition Member Due date Send to

June 6 Cheryl H. May 20 CentralintergroupNews@gmail.com

July 7 David G. June 20 CentralintergroupNews@gmail.com

Newsletter report: none at this time.

Website report: David G. provided the report.

Both Carol Ann and I updated the website to remove the Golf Tournament.

I added the Bridge Street Drunks Only business meeting as an event on the website calendar. I

also updated the Saturday noon meeting to note that the last Saturday of the month is the

Birthday meeting.

I updated the Founders Day Picnic event to list the price and details.

I added the Founders Day Picnic Planning Meeting as an event on the website calendar, and

created a new Zoom meeting for it. Then added an announcement on the front page of the

website. I added an announcement that the Keep It Simple Sunday meeting in Visalia will be changing to

summer schedule on June 4th.

Carol Ann and I did the normal monthly edits of the CSR meeting, GSR meeting, and

Springville Sunday Breakfast meeting.

Thank you for letting me be of service.

H & I report: Joyce R. provided the report. (paraphrased by secretary)

Tulare County Hospital and Institution Committee

April, 2023

On April 22nd, we had our NorCal committee meeting which was well attended by area chairs.

This is great news because it means we're building a more sustainable committee with better

communication throughout the entire area. We narrowed down the questions for our committee

inventory, which will focus on sustainability and growing leadership. Other areas in our region

are also doing well, with Fresno expanding to six facilities and getting regular calls. Madera

Mariposa was even asked to go into a state hospital, which is encouraging. I spoke with Visalia Rescue Mission and

Robertson House, and both are interested in having us come in. We're currently figuring out where we can fit into

their program, but we're enthusiastic about this

opportunity. We're also doing a lot to promote sustainability in our committee since it's become apparent that we need to encourage more people to take on leadership roles to ensure continued sustainability. To address this, we've implemented changes such as putting facility coordinators and the facilities I oversee in more administrative roles, and we have meeting leaders who are doing a great job. As we open new facilities, we plan to start a rotation so that people in the facilities can hear from different people. We're also getting new volunteers all the time, which is encouraging. However, we still need more volunteers for the prisons. Anyone with two years of sobriety can go through our orientation to help in the prisons. We're lacking volunteers for three prisons now that SATF is open. While we have five women cleared to go into the county jail and are visiting regularly, we're not getting great response from the county, and we're lacking volunteers for the prisons. If anyone is interested in volunteering, please send them our way. Currently, we're serving Turning Point, Mental Health, Transitional Living Center, Mothering Heights, County Jail, and Pine. We'll be adding Visalia Rescue Mission and

Robertson House to that list soon. As we transition, I

welcome any suggestions and volunteers to help ensure the

sustainability and growth of our committee.

In service

Joyce

Any questions for Joyce?

(Cody) Do the county jails have the same time frame requirement of sobriety?

(Joyce) We have to have two years of sobriety to go into county jail also.

(Steve) Are we going into New Heights?

(Joyce) No, not New Heights at this time. First, we'll work on getting Robertson House and Visalia Rescue Mission.

GSO liaison report: provided by David G.

GSR Liaison meeting minutes 2023-05-03

Nine people attended; three in-person and six via Zoom. We had one new person who just

moved into the area as a visitor: Janet I.

Finances:

Balance Forward: \$2,263.20

Income: \$106.79 from four different groups.

Outgo: \$181.16 which was DCM expenses for the Pre-Conference Assembly

More outgo: \$595.40 (Reported last month: Agenda Item Workshop)

Ending Balance: \$1,593.03

DCM report:

1) Mike C., David G., and Allen L. attended the Pre-

Conference Assembly in Tracy, CA April 15 & 16. Mike and David provided reports to our delegate of our groups conscience. Allen provided a joint report for the Practicing The Principles and Unity Through Traditions groups.

2) Allen and David will be attending the Post-Conference Assembly in Chico, CA May 6 & 7.

Old business: None

New business: Bookmarks. At the Pre-Conference Assembly it was suggested to bring memorabilia of our district to the Post-Conference Assembly to swap with other districts. Allen took a photograph in Exeter and had 250 bookmarks printed that feature a photo facing east and including orchards, foothills and the snow-capped Sierra Nevada. Total expense was \$37.79

(yes, shipping cost more than the printing). The panel voted and Allen will be reimbursed for his expenses.

Tabled to next month: Should me move the post office box or the checking account to the same city? Today, the P.O. Box is in Exeter, but the Checking Account is in Visalia.

Bridging The Gap (BTG): provided by Sara S.

I have nothing to report because our meeting is May 27th. I've been announcing it in meetings.

Bridging The Gap is connecting people coming out of institutions to their AA community. Our next meeting is Saturday May 27th at 11 AM, here at Central Office and on Zoom.

Thank you for letting me be of service, Sara. Any questions for Sara?

(Cody) Is it also a Zoom meeting? If so, where's the link for that Zoom meeting?

(Sara) Yes, it will also be on Zoom, and the link in on the AA Tulare County website.

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.

Women's Changes Meeting, Presented by Sheryl E., CSR.

We meet every Tuesday from 6 to 7 PM at the 12 Step Recovery Club, 186 South D Street in Porterville. We each pick a stick from a jar and share on that topic. The last Tuesday of each month we have a potluck that starts at 5:30 PM with very good food.

Thank you for letting me be of service, Sheryl.

Springville Breakfast Speaker Meeting, Presented by Sheryl E., CSR.

We meet the second Sunday of each month at the Springville Memorial Building on Highway 190. We open at 8:00 AM with fresh hot coffee. Breakfast is served from 8:30 until 10:00 AM. The speaker

meeting starts at 10:15 and ends at 11:45, and we are done by noon. This month, it will held on Mother's Day, so bring your mom to breakfast. The speaker is Katy E. from Thousand Oaks.

Thank you for letting me be of service, Sheryl.

Monday Night Men's Meeting, Presented by 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 start at 7:30 PM, and go until 9:00. We celebrate sobriety milestones under a year every week with

chips and a hug. On the last Monday of the month, we celebrate annual birthdays with chips and a hug and dessert. Our business meeting is the first Monday of the month. Every week, we ask men who have completed the steps and have the time and energy to sponsor to stand up so that newcomers know who to talk to. Our members are steadily growing and we are well represented by both Robertson Recovery and Pine Recovery.

Thank you for letting me be of service, Paul.

Bridge Street Drunks, Presented by Sara S., CSR.

We are a large group which hosts 18 meetings. We are located at 526 N. Bridge Street in Visalia. Any and all are welcome who have a desire to not drink. Our birthday meetings are the last Saturday of the month at the noon meeting; we give chips for various lengths of sobriety, hugs, cake and coffee. Our business meetings are the last Saturday of the month, at 1:10 PM. No more 8:00 AM; we decided to change it to 1:10 PM, indefinitely, for now.

Our meeting schedule is:

Monday through Sunday 7 AM to 8 AM

Monday through Sunday 12 noon to 1 PM

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

Wednesday evening 6 to 7 PM (Literature study)

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

Saturday evening 7 to 8 PM (open meeting)

Bridge Street is going to contribute 60% to GSO and 40% to Central Office. We also brought up the New Year's Eve event. We were asked to gather ideas from our group, and they had many. One idea that I thought was great was a costume event, like to dress up like in a certain era. Another idea is maybe a casino night, a bake sale, and a raffle. So they were excited about that. We talked for a while. We have a member set up to prepare our basket to raffle for the Founder's Day picnic.

Thank you for letting me be of service, Sara.

(Bill) How many meetings do you represent?

(Sara) Eighteen.

Rainbow Group, Presented by George J., Secretary.

Hi, I'm the secretary of the Rainbow Group at The Source

in Visalia. We meet every Saturday from 5:30 to 6:30 PM, and anyone is welcome to join us. We're looking for guest speakers to join us for a 10-minute talk at the beginning of the meeting. On the second Saturday of the month, we have a business meeting, and on the fourth Saturday, we celebrate birthdays. We're a supportive community for the LGBTQ community and we give out chips every week. We have regular sponsors for newcomers, and we usually have about 20 to 25 people attending. If you're interested in speaking, just let me know. And before the meeting, we have a 10-minute meditation at 5 PM, which is really nice. It's kind of a great way to move into the meeting.

Thanks,
George.

Crossroads Group, Presented by Steve P., CSR.

The Crossroads Group in Tulare, on Tulare Avenue - 220 W. Tulare Avenue at the Hillman House, Thursdays from 7:00 to 8:00 PM. We're a small group; about ten to twelve, sometimes fifteen. I've been told that this is the oldest meeting in Tulare County - I don't know if that's true or not.

(Cheryl) The Gut Level Group up in Springville started in 1964. Crossroads will be the oldest meeting in Tulare, but not Tulare County.

Pine Recovery Friday Night Candlelight meeting, Presented by 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. Usually there's 25 to 30 people. It's a men's recovery home, but it is an open meeting and open to the public; women are welcome. When the weather warms up, the meetings get bigger. It's an outdoor meeting when the weather is nice.

Thank you guys,
Steve.

(Cheryl) The Pine meeting is an outdoor meeting?

(Steve) Yes, when the weather warms up.

(Patrick) They have a really nice little courtyard.

Tuesday Night "Friends Of Bill W. and Doctor Bob", Presented by 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 ten to fifteen people every week. We give out chips for various lengths of continuous sobriety and celebrate birthdays at the end of each month with cake and ice cream. cake and ice cream. We will have cake and ice cream regardless if anyone is celebrating a birthday.

The cake, whoever is having a birthday, we ask them what their favorite cake is, and have that. It's a great little meeting. The AC unit is rocking and rolling.

Anyone may attend and newcomers are welcome. There are many wonderful people there with quality sobriety that are open and willing to sponsor.

Thank you for letting me be of service,

Patrick.

Anyone may attend and newcomers are welcome. There are many wonderful people there with quality sobriety that are open and willing to sponsor.

Thank you for letting me be of service,

Patrick.

Springville Monday Night Book Study Group, Presented by Cody R., CSR.

We are located at the Lighthouse Chapel in Springville. We meet Monday nights from 7 to 8 PM. It is an open group book study. We rotate the books that we study. We're currently reading Language of the Heart. We're about three quarters of the way through the book. We have coffee and sweets at every meeting. Our attendance is pretty consistent. We would love to have more visitors if anyone's interested, especially now that the weather's nice.

Gut-Level Group, Presented by Cody R., CSR.

The Thursday Night Gut Level open meeting is also located at the Lighthouse Chapel in Springville, off the 190. We meet Thursdays from 7 to 8:30 PM. We have coffee every night. We do have a birthday meeting, which is the last Thursday of the month where we celebrate sobriety with cake and coffee. We love to have visitors, and the attendance is pretty consistent at that meeting as well.

Thank you for letting me be of service,

Cody.

Civic Center Group, Presented by David G., Treasurer on behalf of Brett R., CSR.

We meet every Tuesday night at the Christ Lutheran church near Tulare and Demaree in Visalia. The meeting starts at 7:00 PM and goes to 8:00 PM. It is an open meeting, and newcomers are welcome.

We have coffee and candy, and literature every week.

Books are for sale at cost, and pamphlets are free. Our business meetings are the third Tuesday of the month at 8:10 PM, immediately after the meeting. We give out chips every week for sobriety under one year; we have a birthday meeting on the last Tuesday of the month, with cupcakes. We've had pretty good turnout for several months. We've started to put out an additional basket for the Founders Day Picnic to collect for the basket for the raffle.

Keep It Simple Sunday, Presented by David G., interim CSR.

Keep It Simple Sunday (K.I.S.S.) is an outdoor meeting

at 10:00 AM in Blain Park at 3101 South Court Street in Visalia. 10:00 AM is the winter schedule, but on June 4 we will switch to 9:00 AM which is the summer schedule. We meet down in the detention basin from 10 until 11:30 AM. It's a pet friendly group. We form a circle and someone reads the Daily Reflections: that's the topic for the meeting. Our group has a lot of good long term sobriety in it. Newcomers are welcome. Bring a lawn chair. We give out chips every Sunday for all sobriety milestones. Our business meeting is the first Sunday of the month, immediately after the meeting. Our Thank you for letting me of service, David.

Tuesday Women's Amity Group, Presented by Ally A., CSR.

We are a Closed meeting of women who meet for one hour every Tuesday beginning at 6:30 PM. We gather at the Trinity Reformed Church at 6400 W. Walnut Avenue in Visalia. Typically we always have a 10 minute share, and then a topic after that. We meet in person and celebrate various lengths of sobriety. Annual birthdays are celebrated the last Tuesday of the month with cake or cookies; some sort of dessert – no ice cream though. ;-) Attendance has been averaging between 20 and 30.

Thank you for letting me be of service, Ally.

Bill noted that these CSR reports covered 30 meetings a week.

Old business:

1. Golf Tournament was canceled, but four carts of us went golfing on April 23 anyway, and had a great time.

2. Founders Day Picnic June 10th, 2023

1. We're going to have a planning meeting for committee members this coming Saturday, May 13th at 1:30 PM here at the Central Office. The meeting will also be on Zoom. George and Cheryl are chairpersons. Anybody that wants to be involved in the picnic, I really encourage them to show up. George will be joining the meeting via Zoom.

2. We have a speaker, Anita B. from Lemoore.

3. We have a flyer: please get the flyer to your groups.

4. We do have a big barbecue coming. We need people who are interested in cooking.

5. We need people bring salads. If a group wants to bring beans, that would be great.

6. Thank you George, for stepping up.

7. Sara, I was contacted and told that you were being a great help.

2. Central Office Literature price increases

1. Right now, our decision is to hold prices where they are.

3. Saint Paul's Church is reserved for New Year's Eve party

1. I (Cheryl) spoke to Bill H and he really would like Central Office to spearhead this event.

2. They have reserved the church.

3. It sounded like Sara's group was really excited about this and has come up with some wonderful ideas.

4. Do our CSRs think your group will support a New Year's Eve event at St. Paul's Church in Visalia?

5. (Cheryl) I'm going to make a motion that Central Office host the New Year's Party at Saint Paul's Church.

1. Sara seconded. Vote was taken, all were in favor, none against.

2. David, please let The Valley Speaker Series know that Central Office will host / cooperate to put on this event.

New Business:

1. ERC (Employee Retention Credit) money

1. I want to throw it out to the CSRs to be thinking about: what do we want to do with the ERC money?

2. Discussion for thirteen and a half minutes.

3. Decisions were:

1. We should think of ideas of what to do with the money.

2. There is no rush to spend it, so we can take our time before making other decisions.

Seventh Tradition: \$59.00

Announcements:

• Please remind our membership that Central Office will be open the last Saturday of the month.

• Our sister fellowship, Narcotics Anonymous, is having their 24th Annual Blues Fest at the Lions Club Roping Arena in Three Rivers, May 19 – 20. The speaker meeting is Friday night, and the music on Saturday goes from 11 AM to 5 PM.

• Springville Speaker Breakfast meeting is this Sunday. Breakfast burritos, I think.

Meeting adjourned: 8:19 PM.

District 47 Meeting Minutes

District 47 Meeting Minutes

May, 3, 2023

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

Meeting Called to Order: 7:06 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, Josh F. Treasurer; Fred F., GSR for Unity through Tradition Group at the Alano Club; Laura B., GSR for the Springville Monday Night Book Study, Janet I. member; Sean A. GSR for Practicing the Principals; Mike C. Alternate DCM and GSR for the Valley Group.

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 Laura B.

Concept 12: Concept 5 long form read and explained by Allen L

Approval of Minutes: April 5, 2023 minutes approved after corrections.

Treasurer's Report: Josh F. Reporting Balance Forward 2,263.20. Income-Women's Amity Group \$33.99; Tulare Crossroads \$10.00; Valley Group \$25.70; Keep It Simple Sunday \$37.10. Total Income \$106.79. Expenses-DCM Reimbursement \$181.16; Workshop Food \$215.84; Delegate Reimbursement \$300.00; Supplies for Workshop \$79.96. Total Expense \$776.96. Current Balance \$1,593.03.

CSO Liaison Report: David G. Our April CSR Meeting was held 2023-04-11. The meeting was set up to be a hybrid meeting, however no-one joined via Zoom. There were thirteen people present, with

one new person: George J. Central Office finances: for February 21 through April 20, Central Office had income of 3,666.32 and expenses of 3,646.49 for a gain of \$19.83. We have been approved by the IRS to get tax refunds for the ERC (Employee Retention Credit). We will get \$6,140.87 (minus the CPA fees for filing); this will show up on next month's finances. Old business: Founders Day Picnic June 10th, 2023: Cheryl H. will be the Founders Day Picnic chairperson. George J. volunteered to be co-chair. Central Office Literature price increases - tabled to June. New business: Saint Paul's Church is reserved for New Year's Eve party - Are groups willing to support Central Office in putting on a gala event? Announcements: Our sister fellowship, Narcotics Anonymous, is having their 24th Annual Blues Fest at the Lions Club Roping Arena in Three Rivers, May 19 - 20. The speaker meeting is Friday night, and the music on Saturday goes from 11 AM to 5 PM. Recovery yoga: if anyone is interested in yoga or knows somebody who would be interested, it's every Saturday at 10 AM, at Saint Paul's Church in Visalia.

Registrar: David G. Courtney R. was added to the Unity Through Tradition meeting as Alternate GSR. H&I Report: Rafael D.

Tulare County Hospital & Institution Committee Thank you to our fellowship for the continued support of the Pink Cans. The NorCal Committee met on April 22, 2023 with large participation from Area Chairs. We reviewed our proposed policy revisions and set our upcoming Committee Inventory Questions. The Northern California Hospitals and Institution Conference is scheduled for May 19th and 20th in Sacramento. There is a registration form attached. This is a great opportunity to gain information on the work of the Hospitals and Institution Committee along with information from the professionals we serve at the facilities. 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 Transitional Living Facility. H&I Panels are continuing in Corcoran SATF and Avenal Prisons along with the Tulare County Jail. We will begin reaching out to new facilities in hope to expand in the month of May as we have found our reorganization plan well suited to growth. We are in the process of welcoming new Facility Coordinators

June 2023 Website Updates

to help in this growth. While our Area is thriving with committed volunteers which is exciting, we have only a small group of individuals who are cleared to go to the prisons. Please announce at any meetings the need for volunteers at the prison level. Have any interested AA members, please attend our next orientation for further information. Our next in-person orientation will be May 13, 2023 9:00 am followed by the Area Business Meeting at 10:00 am at 526 N. Bridge Street, Visalia (BSDO meeting place).

DCM Report: Mike C, David G and I attended the Pre-Conference Assembly on April 15 & 16 in Tracy, CA. Mike and David provided our delegate with their groups' feedback on some of this year's agenda items, and I read the joint group conscience document from Fred F and Sean A's groups. I'm looking forward to attending the Post-Conference Assembly in Chico and hearing the Delegate's Report this coming weekend (May 6th and 7th).

Old Business: None

New Business: At the last Assembly there was an invitation for districts to participate in a "Swap" — we were asked to bring a small trinket that speaks to something unique to our district to swap with other districts. DCM Allen took the liberty of having 250 bookmarks printed that feature a photo facing east and including orchards, foothills and the snow-capped Sierra Nevada. The cost was \$37.79. The panel voted and Allen will be reimbursed for his expenses.

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. unity depend our lives, and the lives of those to come."

RESPONSIBILITY DECLARATION: Read by all "I am responsible. When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that, I am responsible."

The meeting was adjourned at 7:44 p.m.

Respectfully submitted,

Jim K, Recording Secretary

This month's website updates are a little lighter than previous months; but that does happen this time of year.

We updated the Bridge Street Drunks Only business meeting event; it is now always at 1:00 PM on the last Saturday of the month. Previously, they would alternate between 1 PM and 8 AM.

We added the Founders Day Picnic Planning Meeting to the event calendar, which included a Zoom link for remote attendees.

Over on the Links menu, the page was updated to add a new unofficial AA-related link: <http://tularerecoveryaudio.org> This website is where new recordings of local speakers can be uploaded.

Lastly, we added a post announcing that the Keep It Simple Sunday meeting would be moving to their Summer Schedule on June 4. K.I.S.S. is an outdoor meeting in Blain Park in Visalia, so it adjusts its starting time depending on the season. In the heat, we start earlier; when winter comes, we'll start later.

Thank You For Letting Me Be of Service!
-David G.

Group Contributions 04/21/2023 Thru 5/20/2023

	<u>Month</u>	<u>YTD</u>
1st Friday Speaker Meeting	\$30.00	\$90.00
10th Ave Men's Group	\$210.00	\$488.35
ABC Group		\$0.00
ACYPA		\$0.00
Anonymous Group	\$300.00	\$1,500
Breath of Fresh Air		\$1,600
Bridge St "Drunks Only"		\$0.00
Civic Center Group		\$40.00
Clodbusters-Tulare		\$0.00
Crossroads-Tulare		\$120.00
CSO Meeting	\$59.00	\$228.88
District 47		\$400.00
Bill & Friends		\$0.00
Exeter-Quiet Trails	\$50.00	\$150.00
Exeter Sunday Afternoon		\$0.00
Foundation Group		\$0.00
Freedom Fellowship		\$0.00
Friday Candlelight Meeting		\$246.00
Friends of Bill W and Dr Bob Tulare		\$200.00
Half & Half		\$200.00
Keep it Simple Sunday		\$185.50
Lindsay Fireside Group		\$0.00
Men's Valley Book Study		\$0.00
Monday Men's Big Book Study		\$241.72
Monday Men's Mtg (PPAV)		\$500.00
Monday Men's Stag		\$0.00
Mid-Valley-Tulare		\$0.00
Monday Book Study Springville		\$52.00
Gem St Noon Book Study		\$0.00
Monday Women's Reflections		\$0.00
Nooners Group-Visalia		\$0.00
Pine Recovery AA Meeting		\$0.00
Practicing the Principles		\$0.00

	<u>Month</u>	<u>YTD</u>
Rainbow Group		\$309.75
Rule 62-Visalia		\$111.00
Serenity Junction-Tulare		\$0.00
Serenity Seekers AM-Visalia		\$0.00
Saturday Night Believers		\$0.00
Sober Sisters		\$50.00
Springville Gut Level		\$100.00
St Ritas AA Group		\$0.00
Springville Breakfast Meeting		\$0.00
Sunday PM Serenity Seekers		\$0.00
Tulare Young People		\$0.00
TUFYPAA		\$0.00
Tulare Friday Book Study		\$0.00
Tulare Thursday Noon		\$0.00
Tulare Sunday Night		\$0.00
Tuesday Men's Porterville		\$0.00
Three Rivers Monday		\$100.00
T.W.A.G	\$169.94	\$412.94
Unity through Traditions	\$150.00	\$500.00
Valley Group	\$48.00	\$301.09
Valley Speaker Series		\$782.13
Visalia Alano Club	\$78.44	\$151.75
Wednesday Acceptance Group (WAG)		\$500.00
Weekend Attitude Adjustment		\$0.00
Women's Changes Group		\$0.00
Women's Friday Night-Porterville		\$0.00
Women's Happy Hour-Hanford		\$46.72
Women's Saturday AM 12x12		\$162.96

Totals: \$1095.38 \$9770.79

Lighter Side of AA

Q: How many drunks does it take to change a lightbulb?

A: Five. One to hold the lightbulb and all to drink until the room spins!

-David G.



GRAPEVINE News



What's New For June 2023

Coming September 2023
The New Grapevine and La Viña Apps!

The Half-Hour Variety Hour
AA Grapevine's Podcast

Check out the new audio story playlist on our Grapevine YouTube Channel!

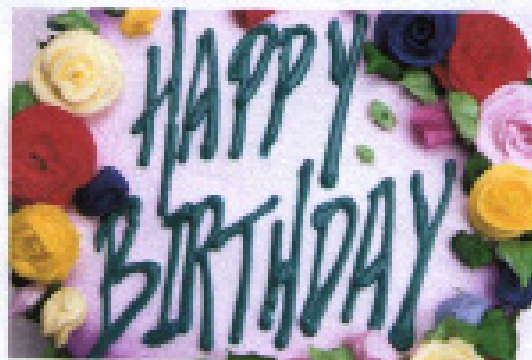
Learn Important Updates from AA Grapevine here

2023
CARRY THE MESSAGE PROJECT

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: _____

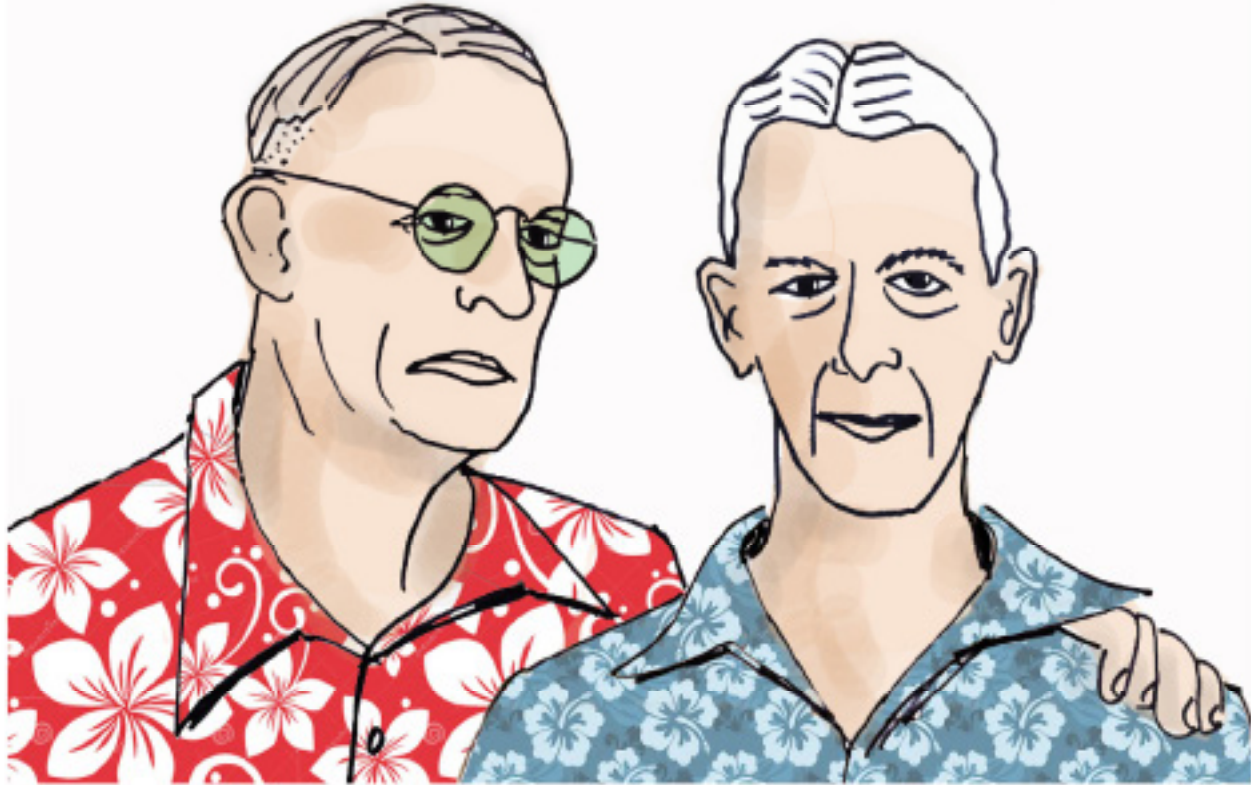
CITY: _____

Please send information to:

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

Email Info: tccof@hotmail.com

Tulare County Central Office Founders Day Picnic



SATURDAY - JUNE 10, 2023

MOONEY GROVE PARK - VISALIA - ARBOR #9

SPEAKER: Anita B. FROM Lemoore, CA

Lunch Served FROM 11:30 AM TO 12:30 PM

LUNCH: Adults: \$8.00 / Children Under 12: \$1.00

BBQ Hamburgers & Hot Dogs WITH Beans, Salad, Chips & Dessert - Sodas & Waters: \$1.00

GATES OPEN: 8:00 AM - Fun, Food & Fellowship - Speaker: 1:00 PM

BASKET RAFFLE

50/50

Volleyball

HORSESHOES

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.

**Need Help
with a Drinking Problem?**

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!!!

you're at the AA meeting when a battle breaks out.

one will protect you. the rest will try to destroy you. choose your fighter

"jason"
- has 18 months sober
if you don't count weed
- can blow a fat cloud
- has a reliable 2003
honda civic
- survived alcohol
poisoning 73 times



"jim"
- might have a concealed
carry license
- never goes anywhere
without dog named Clarice
- got sober in 1972
- killed a man once



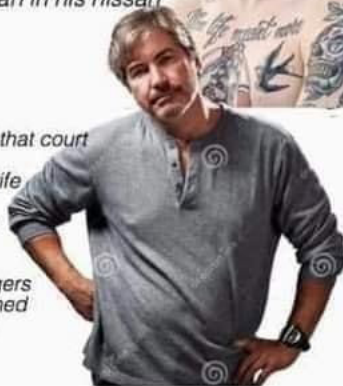
"dan"
- 22 months sober by the
grace of god and the
program of alcoholics
anonymous
- has 17 sponsees
- shift manager at Panera
- knows how to pick locks
- has 3 narcan in his nissan



"june"
- has nothing to lose
- 8 days sober
- on a lot of prozac
- identifies as tender
- backpack full of dried
flowers and crystals
- has a secret
death wish



"patrick"
- really needs that court
slip signed
- misses his wife
so much
- has a phone
attached to
his belt
- has 3 teenagers
locked in a shed
in colorado



"carol"
- big book thumper
- knows acceptance is
the answer
- you're going to die now
accept it
- shhhh
- it's almost over
- suffocates
you with a pillow



Hello, my name is Andrew and I'm addicted to memes

