

CENTRAL NEWS

September 2023

Website:

www.aa-tulareco.org

-September Equinox

“I’m An Alcoholic Who Quit Drinking”

“I am an alcoholic, but I haven’t had a drink in more than four years.

Contradictory, not at all. With me, alcoholism is a disease – like diabetes, for example. Once a man contracts diabetes, he and his affliction are as inseparable as Siamese twins, but he can arrest his disease by taking insulin.

Its the same with alcoholism. Once you have it, you carry it to the grave. There’s no such thing as an ex-alcoholic, but an alcoholic can stop drinking. Just as diabetics get their help from insulin, so nondrinking alcoholics find theirs in lending a helping hand to their drinking brothers. That’s why I’m telling my story.

It is estimated that about 5 percent of the people who drink are alcoholics, and for them there’s no moderation. Once they take a drink, they crave more and more. With them it’s a case of either total abstinence or uncontrolled drunkenness. Among the other 95 per cent are the cocktail drinkers –and those who at times get ingloriously drunk. But at no point in this drinking scale does liquor become the obsession it is to the alcoholic 5 percent.”

-Anonymous-The Rotarian, September 1946

Step 9

“Made direct amends to such people wherever possible, except when to do so would injure them or others.”

ACCORDING to the Big Book, cofounder Doctor Bob was the first AA member to have a slip. Coming off a roaring bender, he saw that he would have to face his problems squarely: “One morning he took the bull by the horns and set out to tell those he feared what his trouble had been. Stepping into his car, he made the rounds of people he had hurt. He trembled as he went about, for this might mean ruin, particularly to a person in his line of business.”

Far from bringing ruin. Doctor Bob’s bold action marked a new beginning, bringing great personal happiness and opportunities for service in the fifteen years remaining to him. He was, as the Grapevine noted after his death, a person who had truly become reconciled with his fellowman.

Doctor Bob also showed how the Ninth Step should be handled. He was a physician and often had to face hard decisions in his own work with patients, sometimes advising them of their need for risky, painful surgery. He knew that it was useless to put such matters off or try to avoid them altogether, so he faced the self-surgery of amends-making with acceptance and determination to do the job thoroughly.

The result? As the account in the Big Book continues: “At midnight he came home exhausted, but very happy. He has not had a drink since. He now means a great deal to his community, and the major liabilities of thirty years of hard drinking have been repaired in four.”

-Mel B.



Tradition 9

“A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.”

Step-Tradition Parallel

The first nine steps delivered us from the bondage of our past experiences with alcohol. We finally arrived at the place where we could say to ourselves, “I have totally faced my past. And there is nothing left in my past that I’m ashamed of. There’s nothing left that hurts anymore. There’s nothing left in my past that’s painful. There’s nothing left in my past I need to forgive or need to be forgiven for. I’m at total oneness and peace with my past.” Well, that’s a tremendous statement to be able to say. That’s an enormous statement for any person to be able to say about their life. And that’s what the first nine steps give us. And the ninth tradition assures me that once my ninth step amends have been made, I will be led to that profound place of peace I have always sought in my life: divine order.

The ninth tradition not only contains the secret of divine order but also contains the personal principle that will keep an alcoholic like me in divine order. It is so simple. I give up control. I stop organizing myself. I stop trying to organize God into my limited ideas of order.

How does this ninth tradition relate to the ninth step? My life gets unimpeded flow of divine love in a triangle consisting of you, myself and God. Whenever the divine order of that relationship is disturbed, I can restore order by making the unmade amend that put my life out of order. The ninth step poses the question, “After making amends, how do I stay reconciled with you today?” The ninth tradition answers that question by implying that I remain in the divine order by not organizing you, myself or God and spontaneously being of service to you and God.

**-Unity Insures Recovery Through Service A.A. Group, Los Angeles,
CA**

*Individual, Newsletter, Memorial & Birth-
day Club Contributions*
7/21/2023 thru 8/20/2023

Support the Central Office

Birthday Club

John W	Tulare	37
Patricia F	Exeter	29
Vickie B	Porterville	6
Sara S	Visalia	5

Grateful Giver's Club

Members **\$210.42**

Individual Contributions

Doris P
James K
John W
Robert T
Sandra K
Shannon S
Terry S

Newsletter Contributions

None

Memorial Contribution

None



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
 7/21/2023 through 8/20/2023

AA Members	68
Alanon & Alateen Info	1
Bridging the Gap	0
Churches and Schools	0
Court Referral/Info	1
E-Mail Contacts	402
General Info	6
H & I	0
Literature Sales	5
Meeting Information	11
Other 12 Step Programs	0
Prospective Members	1
Schedules & Info Mailed	2
Spanish Contacts	1
Specialty Sales	16
Twelve Step Calls	1
Visitors to the Office	12
Voice Mail Calls	13

Total Central Office Contacts:
540

<u>INCOME</u>	<u>MONTH</u>	<u>YEAR TO DATE</u>
B.Day Club	77.00	646.00
ERC	- 0.00	6,603.50
Grateful Givers Club	210.42	2,297.26
Group Cont.	3,422.87	17,018.51
Indiv Cont	856.00	3,103.99
Interest Income	0.00	537.37
Lit. Sales	320.30	5,027.31
Memorial Cont.	0.00	298.00
Misc.	0.00	0.00
Newsletter Contribution	0.00	54.00
S & H	2.50	7.00
Sales Tax	62.12	766.75
Service Charge	1.50	20.71
Spec. Events-picnic	0.00	4,797.25
Spec. Items	389.55	4,215.81
State fund dividend	0.00	25.00
State Fund Refund	0.00	0.00

TOTAL 5,342.26 45,418.46

<u>EXPENSES</u>	<u>MONTH</u>	<u>YEAR TO DATE</u>
Bank Charge	0.00	0.00
Fees-Taxes	0.00	50.00
Insurance	0.00	550.00
Lit. Costs	1,123.14	6,197.90
PI-CPC Expense	7.92	7.92
Misc Expense	0.00	0.00
Newsletter Cost	0.00	0.00
Office Exp	513.15	3,500.93
Office Equip.& Maint	0.00	379.73
Phone & ISP	0.00	930.79
Postage	66.00	137.13
Employee Taxes	382.08	6,255.25
Returned Check & Chg	0.00	0.00
Rent	650.00	5,200.00
Salary	1,510.65	12,728.91
Sales Tax-Paid	0.00	1,149.00
Spec. Events-picnic	0.00	2,821.69
Spec. Events-New Year	0.00	59.00
Spec. Items	119.25	3,222.73
Card Charge	15.27	134.26
Utilities	107.84	692.98
Ph-venmo	19.00	152.00
venmo fees	3.82	30.68
Website	4.95	37.07

TOTAL \$4,523.07 \$44,237.97

Net Gain(Loss) \$819.19 \$1,180.49

BEGINNING ACCOUNT BALANCES AS OF 07/20/2023:
 \$22,767.08

ENDING ACCOUNT BALANCES AS OF 8/20/2023:
 \$23,586.87

Established Prudent Reserve
 \$19,000.00

Speaker Meetings

September, 2023

Porterville Recovery Club Speaker Meeting

186 W. Walnut Ave.

Friday Sept 1st, 2023 at 8:00 PM

Speakers: TBA

Sunday AM Breakfast, Speaker Meeting

Veterans Memorial Building

36000 Hwy 190, Springville

Sunday September 9th, 2023

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

Speaker: Ruben L of Van Nuys, 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 August

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 September:

Sept 3rd Dave F from Visalia

Sept 10th Carol Ann G from Porterville

Sept 17th Mike B from Clovis

Sept 24th Sonia S from Visalia

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

& Addresses Sept 2023

Service Meetings

GSR Meeting at Central Office

449 E. Maple St., Exeter, CA

Wednesday, Sept 6th, 2023 at 7:00 PM

CSR Meeting at Central Office

449 E. Maple St., Exeter, CA

Tuesday, September 12th, 2023 7:00 PM

H&I Meeting (odd months only) in person at

526 N Bridge St (no Zoom)

2 nd Saturday September 9 th , 2023 9:00, Orientation, Business meeting 10:00

TUFYPAA

Zoom ID 839 4820 8237 Password: service

2 nd Sunday of the month, September 10th, 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

Send Contribution to:

General Service Board

P.O. Box 2407

James A Farley Station

New York, New York 10116-2407

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 Meetings

CENTRAL SERVICE MEETING MINUTES

Central Office and Central Service Representatives Meeting Report

Date: August 8, 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: Sheryl E.

Minutes of last meeting: Reviewed by all, no additions or corrections; Matt moved to approve, motion seconded by Brett. Vote: all in favor, none against.

Report of July Board meeting: Meeting called to order at 8:12 PM by Cheryl Hinton. All of the board members were present and none of the board members had any reports. Carol Ann has been attending the monthly meeting of Central Offices Managers on Zoom. They average around 40 attendees per meeting and she's been getting a lot out of that. Under old business, the New Year's Party was tabled to this month. We discussed the sound equipment we no longer need. Under new business, we discussed potential unity events: Softball and volleyball tournaments, barbecues, meals, speaker or sponsor events, and potential gatherings at lakes and parks. The meeting adjourned at 8:34 PM.

Treasurer and Office report: Carol Ann provided the report.

Treasurer / Office Report and Financial Report

6/21/2023 through 7/20/2023

August 8th, 2023

Good evening!

Central Office had an income of \$3,792.15 and expenses of \$6,777.26 for a loss of \$2,985.11.

During this accounting period we filed and paid the annual sales tax report, and our quarterly payroll taxes. I also placed another big book order because we were down to less than 2 cases of Big Books. We now have five cases.

Our Grateful Givers Club brought in \$353.28 and our Birthday Club brought in \$95 in much appreciated contributions.

We had \$159.91 in gross sales in 3 transactions for credit and debit cards, 0 transactions in PayPal., and \$166.10 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.

We have lots a great stuff here at the Central Office to help you share the message of recovery, come and see what's new!

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. We had three visitors the last Saturday in July. Please announce to other members and your groups that Central Office will be open the last Saturday in August.

Carol Ann Gable

Office Manager/Treasurer

(Cheryl): Are there any questions for Carol Ann? (David): The sales tax paid - is that quarterly? (Carol Ann): No, that is a year, from July to July.

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 anything new to report at this time. As always, I am looking for volunteers who are open and willing to go to local businesses where it might be good to have pamphlets, questionnaires and meeting guides.

Thank you for letting me be a service.

Patrick.

Any questions for Patrick? (David): I heard of the upcoming County of Tulare Health Fair, but I am pretty sure they *charge* people to have a booth there. (Patrick): Not a problem, that is typical. P.I./C.P.C. has a budget for that; we do pay entry fees, as long as they are reasonable. (George): Pride Visalia is going to be October 14th all day at the Rawhide stadium. The registration fee is \$178 or \$188 for non-vendors. (Patrick): We do need to ask them about vendor status, because we do sell books at cost at our booth. When was the Health Fair? (David): October 4th, which is a Wednesday, middle of the week, because they let county employees go there during work. (Patrick): It would be a great opportunity for me to create a committee and get people who are available to be able to go and represent P.I./C.P.C. (Cheryl): So great, talk about this in your groups that there are two events coming

up in October. And if anybody would like to volunteer to help man the P.I./C.P.C. booth to carry the message, Patrick would be most happy to have a committee. (Patrick): I thought about this and I think an ideal amount of volunteers will be six: three for an early shift and three for an afternoon shift. Please give anyone my telephone number if they want to volunteer, or they can call Central Office and Carol Ann will give them my number.

Volunteers to write Step and Tradition for Central News

Step for newsletter

Issue	Step	Member	Due date	Send to
September	9	Jerri T.	August 20	CentralintergroupNews@gmail.com
October	10	George J.	September 20	

Tradition for newsletter

Issue	Tradition	Member	Due date	Send to
September	9	Diana R.	August 20	CentralintergroupNews@gmail.com
October	10	Vicki Porterville	September 20	

Newsletter report: none at this time.

Website report: David G. provided the report.

Carol Ann updated the Exeter Sunday Afternoon Group - they went from 60 minutes to 90 minutes.

I added a new meeting: Young People on Fire, a part of the Valley Group on Wednesdays, 5:30 PM to 6:45 PM at St. Paul Episcopal in Visalia.

I deleted a meeting: Tulare Church of Christ Monday 7:00 PM, this was from someone who reported that there is never anyone there. (Blackstone and Cross, where the once a month Friday Speaker Meeting used to be).

I added three announcements:

Business Meeting / Group Conscience for the "2nd Sunday Breakfast Speaker Group"

New Years Eve 2023 Party planning meeting

New meeting: Young People on Fire

I added two events:

Business Meeting / Group Conscience - Springville Second Sunday Breakfast Speaker Group (August 5)

New Years Eve 2023 party planning meeting August 8)

I updated the NorCal AA event in October with their new flyer

Carol Ann and I did the normal monthly edits of the CSR meeting, GSR meeting, Springville Sunday Breakfast meeting, and Valley Group meetings.

Thank you for letting me be of service.

(Cheryl): Are there any questions for David? (Cody): When you update the web site, do they automatically go to the Meeting Guide app? (David): Yes, but with (up to) a twelve hour delay. Our website immediately shows the new information, but GSO in New York only retrieves our website every twelve hours. Your app on your phone immediately pulls new data from New York when it's there.

H & I report: Joyce R. provided the report, read by Paul B.

Tulare County Hospitals and Institution Committee

August, 2023 H&I Report

We are pleased to add an additional H&I meeting this month at TLC (Transitional Living Center) which brings us to 12 monthly facility meetings in 6 different facilities. This is triple the monthly H&I facility meetings since 2019 when we began to expand. In addition, we bring AA H&I meetings into Tulare County Jail, SATF, Corcoran and Avenal Prisons, when possible, as cleared volunteers are minimal. In July, 2023 we held 11 H&I meetings, utilized 26 H&I volunteers and delivered a total of 71 AA Books to the facilities we serve. We bring AA Big Books, 12 Steps and 12 Traditions, Daily Reflections and Living Sober in English and Spanish when we hold facility and Jail meetings. Inside members are encouraged to take the books they would like to have as a gift from our fellowship.

At our July 8, 2023 H&I Business Meeting, Joyce R. stepped down as Regional Chair to take the Area Chair position. We voted to create a co-chair position which will allow for a healthier rotation of service. We also discussed our new designated meeting format being used to run our H&I meetings in facilities and Tulare County Jail. It was the consensus that all is being well received with active participation from our volunteers and inside members.

The IVSS (Inside Visiting Sponsorship Service) is coming to CCWF Chowchilla. This is our opportunity to be involved in H&I's ground breaking program offering outside sponsorship to inmates. We are looking for women with five years' sobriety, solid sponsorship experience, knowledge & practice of AA's Steps and Traditions with a willingness to visit the prison at least once a month. Attached is a flyer with additional information. We are hopeful to expand IVSS to SATF at Corcoran in the near future. The contact information of the flyer can be used for any questions regarding this program.

At the July 23rd, NorCal Committee Meeting we reviewed and approved the policy changes. Julio B. was elected as our new General Chair. At this time, our financial position is neutral as literature purchases are increasing while income remains steady. Currently, we are \$30,000.00 less than our budget loss which was the target to expend our beginning of the year prudent reserve overage. We encourage all groups to continue to pass the pink cans to ensure literature is available for those in need. Please ensure that groups are passing the pink can separately from the 7th tradition and it is noted that money from the Pink Can is distributed separately from the 7th traditions fund and not meant to detract from the group's 7th tradition responsibilities. When funds from the Pink Can are sent to NorCal, please indicate that the contribution is coming from Area 93.

We are in need of additional volunteers in order to expand our services here in Tulare County. There is a need for AA H&I meetings in additional facilities. If any AA member is interested in this type of service work, please contact Joyce R. or attend our next orientation and business meeting.

Next H&I Orientation: September 9, 2023, 9:00 am followed by the Area H&I Business Meeting at 10:00 am. The meeting is held at Bridge Street Drunks Only, 526 N. Bridge St., Visalia, CA 93291.

In service,

Joyce R.

Area 93 Chair

(Cheryl): Are there any questions for Paul? (David): Joyce stepped down from Regional chair to Area chair: what did the Region cover versus the Area? (Paul) Area 93 is Kings county and Tulare county; the Region was larger than that.

GSO liaison report: provided by David G.

GSR Liaison meeting minutes 2023-08-02

Nine people attended; four in-person and five via Zoom.

Finances:

Balance Forward: \$1,776.20

Income: \$211.10 from four groups: Womens Amity Group, Valley Group, Women's Changes Discussion Group, and Keep It Simple Sunday

Outgo: \$0.00

Ending Balance: \$1,987.30

DCM report: Allen attended the July Area Committee Meeting.

Election Assembly 2023: hosting by District 22 (El Dorado County) will be held in Placerville, November 10 – 12.

Proposal to hire a bookkeeper to assist the treasurer and provide continuity; the proposal passed.

Job opportunity: Non- trustee director for AA Grapevine - resumes are being accepted through Sept. 15th.

The book Daily Reflections is now available as an audiobook.

Jenn is still available district Conference Delegate Reports.

Old business: Laura had some questions regarding updating the Native American in AA pamphlet. Her group has interest in bringing our delegate Jenn in to do a Post Conference Delegate's Report. Normally this is a District-wide event. Jenn is doing one in District 17 on August 12th.

New business: Mike C. Gave us info on Valley Group finances and that there is a new meeting called Young People on Fire.

(Paraphrased by secretary) (Cheryl): The Springville Book Study Group felt that it was very important to have the delegate come down and give us a conference report. If Laura was one of the only GSRs who expressed interest for their group, it concerns me. Our area is based in Sacramento: the area seems so far away. I just really think it's important for AA members to understand what this conference is all about and what the AA business is all about. (David): I think the biggest concern was around the cost and travel to host an in-person event as opposed to an online event which is zero cost and travel. If other groups are interested, we'd like to know that.

(Sheryl): Are the GSR meetings on the web site? On Zoom? (David): Yes they are.

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

No report at this time.

Sara.

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.

Civic Center Group, Presented by 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. Attendance is lower now than it has been in the past, but most meetings get twenty or more attendees.

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. Turnout is about average. We have coffee and dessert every Monday. We would love to have more visitors. The Lighthouse Chapel is located off the 190, turn on Bridge Drive south to Rio Vista.

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

The Thursday Night Gut Level open meeting is also located at the Lighthouse Chapel in Springville. We meet Thursdays from 7 to 8:30 PM. It is an open meeting with people sharing their experience, strength, and hope. Our birthday meeting is the last Thursday of the month, and we celebrate with cake and coffee. Turnout is pretty steady. It's a great meeting and we would love to have visitors.

Thank you for letting me be of service,
Cody.

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

We're also known as the Monday Night Men's Stag meeting. We meet at the P.P.A.V. Hall in Visalia. We are a closed men's meeting. We start at 7:30, and go to 9:00 PM. We celebrate sobriety milestones under a year each week with chips and a hug and cheers. On the last Monday of the month we celebrate annual birthdays with chips and a hug and dessert and cheers. Our business meeting is the first Monday of the month. Each 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.

Thank you for letting me be of service,
Paul.

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

Bridge Street Drunks is located at 526 N. Bridge St. in Visalia. We have a total of 18 meetings. Our birthday meetings are held the last Saturday of the month at the noon meeting - we give chips and hugs and have cake and balloons. We have literature available and books at cost. Our business meetings are the last Saturday of the month at 1:10 PM. We have coffee, candy and pastries available. All who have a desire to quit drinking are welcome. I did bring up the unity events to the group and they all seemed pretty excited about it. They threw out a bunch of ideas, so they're on board for it. I did hear a member on Saturday discussing possibly starting another meeting on Sunday; we'll see if that comes up during the business meeting.

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 topic meeting)

Thank you for letting me be of service,

Sara.

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 S D Street in Porterville. We are an open women's meeting. We each pick a stick from a jar and share on that topic. We average about 20 girls including the girls from PAAR who might have a couple of days to women with up to a whopping 43 years of continued sobriety, proving this program works.

The last Tuesday of each month we have a potluck that starts at 5:30 with good food and birthday cake. We pass around a card for everyone to sign for those who are celebrating that month.

Thank you for letting me be of service,

Sheryl.

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

We meet the second Sunday of every month at the Springville Veterans Memorial Building, 35994 Hwy 190. Breakfast is \$8.00 a plate per adult and \$1.00 per child under 12. The speaker part of the meeting is always free, so you don't have to eat breakfast to listen to an excellent speaker.

We open at 8:00 with fresh hot coffee. Breakfast is served from 8:30 until 10:00. The speaker meeting begins at 10:15 with a 10 minute speaker, a 15 minute break then the main speaker until 11:45. 50/50 tickets are sold from 8:30 until the main speaker begins.

We have done some restructuring again with PAAR guys helping to set up tables and PAAR girls serving food. Cody is our new treasurer and Marcie sells 50/50 tickets. We recently made a donation of \$3,000 with \$1,000 of it going here to Central Office.

Next months speaker is Ruben L. from Van Nuys Ca. Dusty is doing a great job finding speakers outside of Tulare County.

Thank you for letting me be of service,
Sheryl.

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. We have cake and ice cream *regardless* if anyone is celebrating a birthday. It's a great little meeting. Anyone may attend. 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.

Rainbow Group, Presented by George J., CSR.

I'm the grateful CSR for the Rainbow Group. Rainbow Group meets every Saturday at 5:30 PM at The Source in Visalia. We are located at 109 Northwest Second Avenue, which is on the south side of the oval park. We meet for one hour and we are an open hybrid group that meets on Zoom as well. If you are interested in getting the Zoom ID and passcode, please speak to me after this meeting and I can put it in the meeting notes. We offer a five o'clock meditation if you're interested in arriving early to prepare for a meeting. We have a speaker at the beginning of each meeting who speaks for 10 minutes after which the group is open. We give out chips at every session and celebrate birthdays at the end of the month with cake (no ice cream). We also have our business meeting on the second Saturday of the month.

Thank you for letting me be of service,
George.

Friday Freedom Fellowship, Presented by Matt H., CSR.

We meet Friday nights from 7 to 8 p.m. at 3830 West Tulare Avenue, Visalia. We are a closed meeting. We celebrate incremental amounts of sobriety with chips and hugs. We celebrate birthdays on the last Friday of the month with cake (and sometimes) ice cream (well, we have that option open to us). We have an average attendance of between 35 and 40; this fluctuated with COVID; we went down to two members during COVID and the meeting survived. So we're ever so grateful that we can weather that storm. We promote sponsorship and we are a closed meeting except for the birthday meeting once a month.

Thank you for letting me be a service,

Matt.

Keep It Simple Sunday, Presented by David G., secretary (we don't have a CSR).

Keep It Simple Sunday (K.I.S.S.) is an outdoor meeting in Blain Park at 3101 South Court Street in Visalia. We are currently on summer schedule, which means we meet at 9:00 AM. We meet down in the detention basin until 10:30 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.

Thank you for letting me of service,

David.

(Cheryl) Thank you for bringing up the reminder that if you know of a group that does not have a CSR, then the secretary of that meeting is the CSR. When Central Office started there was a great shortage of CSRs. It was discussed that the group secretary can be a CSR until the group elects one. So just put that out there.

Old business:

1. New Year's Eve party
 1. The chairperson missed the planning meeting this afternoon. The chairperson later texted Cheryl to let her know he resigned from the position.

New Business:

1. Service Linkage
 1. George presented ideas about getting information out about opportunities for volunteer service.

2. We could start with opportunities for service within A.A.: Public Information, Cooperation with the Professional Community, Bridging The Gap, Hospitals & Institutions.
3. Two channels for communication could be the Central News newsletter, and the Tulare County AA web site.
4. Later, we could expand to letting our membership know of opportunities for service outside of A.A. Ideas like volunteering at the SPCA or hospital (Hospital Guild) or other organizations could be presented.
5. We don't want our membership to say anything along the lines of "AA sent me" because AA doesn't send people to do volunteer work.

2. Fellowship Activities

1. There is a need for additional fellowship activities. Fellowship activities fall squarely in the Unity category of Recovery, Unity, and Service.
2. Newcomers to AA would be helped by learning that life sober does not have to be boring.
3. Discussion of different potential activities:

1. Sports

1. Softball is popular, but requires a league to join. Some softball leagues have people who drink a lot, which isn't necessarily enjoyable for who don't drink.
2. Volleyball. Central Office had a tournament years ago, and even has a trophy that was won and passed around.
3. Bowling and golf are enjoyable but may be too expensive for people on a limited budget.

2. Barbecue / picnics

1. This could include a sports activity for those who want, but also be a venue for non-sports activities like playing cards or games.
 3. In Porterville, they have done events like Game Night, Ice Cream competition and Karaoke night. A chili cook-off could be an event.
4. How to get information out?
 1. The web site does have an events calendar, although we don't have anything for sign-ups or mass communication.
 2. CSRs are pretty effective at getting information to and from their groups.
 3. Carol Ann will check with other Central Offices to see how they do events.
 4. Cody suggested we have an events coordinator. He may even have been volunteered.
 5. CSRs, please go back to your group and discuss. We're looking for ideas and venues.

Seventh Tradition: \$37.00

Announcements:

- **None at this time.**

Meeting adjourned: 8:31 PM.

District 47 Meeting Minutes

District 47 Meeting Minutes

August 2, 2023

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

Meeting Called to Order: 7:02 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; Laura B., GSR for the Springville Monday Night Book Study; Courtney R. Alternate for Unity Through Traditions meeting; 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 David G.

Concept 8: Concept 8 long form read and explained by Allen L

Approval of Minutes: July 5, 2023 minutes approved.

Treasurer's Report: Josh F. Reporting

Balance Forward \$1,776.20. Income-Tuesday **Women Amity Group** \$49.50; **Valley Group** \$68.00; **Women's Changes Discussion Group** \$51.00; **Keep It Simple Sunday** \$42.60 **Total Income** \$211.10. Expenses-0; **Current Balance** \$1,987.30.

CSO Liaison Report: David G. Our July CSR Meeting was held 2023-07-11. The meeting was set up to be a hybrid meeting, however no-one joined via Zoom. There were eleven people present. **Central Office finances:** for May 21 through June 20, Central Office had an income of \$8,867.71 and expenses of \$7,882.01 for a gain of \$985.70. **Old business:** New Year's Eve Party: planning meeting this coming Tuesday, immediately before the CSR meeting. Both in-person at Central Office and on Zoom. **New business:** Elections for Central Office in December. Nominations will be in November. Cheryl H. is no longer eligible to serve due to term limits.

Announcements: A new meeting has started at the the old Quaker Church Friendship Hall with people from the Three Rivers group: Saturdays at 5:30 PM. The first meeting was well attended. Please tell our membership about this new meeting. You take the 198 Farmersville exit, turn north and follow the frontage road until it ends. Then you keep going into the Quaker Church Friendship Hall.

At the Tulare County Central Office Inc. business meeting: Old business: Sound equipment we no longer use: will sell to a member who is interested. **New business:** Unity events discussion; although time for this year may be past.

Registrar: David G. No report.

H&I Report: Rafael D. Tulare County Hospital & Institution Committee

The IVSS (Inside Visiting Sponsorship Service) is coming to CCWF Chowchilla. This is our opportunity to be involved in H&I's ground breaking program offering outside sponsorship to inmates. We are looking for women with five years' sobriety, solid sponsorship experience, knowledge & practice of AA's Steps and Traditions with a willingness to visit the prison at least once a month. Attached is a flyer with additional information. We are hopeful to expand IVSS to SATF at Corcoran in the near future.

At the July 23rd, NorCal Committee Meeting we reviewed and approved the policy changes. Julio B. was elected as our new General Chair. At this time, our financial position is neutral as literature purchases are increasing while income remains steady leaving us slightly under our prudent reserve. We encourage all groups to continue to pass the pink cans to ensure literature is available for those in need.

At our local Area H&I Business meeting, we discussed the new meeting format being utilized in the facilities we serve. We now bring a structured AA meeting into the facilities, utilize a meeting format and have a topic for discussion in which all participate in sharing. This has been well received with active participation from our inside members. When available, we include a time for a bilingual volunteer to share in Spanish which has brought inclusion of all present.

Joyce R. has stepped down as Regional Chair to take the Area Chair position. We voted to create a co-chair position which will allow for a healthier rotation of service. In July, 2023 we held 11 AA H&I meetings, with the help of 26 volunteers and distributed 71 AA books to our inside members at: Pine Recovery; Mothering Heights; Robertson Recovery; Turning Point; Visalia Rescue Mission; TLC and Tulare County Jail.

In August we are adding an additional monthly meeting at TLC. This brings our monthly facility meetings to a total of 12 which is triple the 4 we held in 2019 when expansion began. In addition to these meetings, we bring AA H&I meetings into Tulare County Jail, SATF, Corcoran

and Avenal Prisons when possible as cleared volunteers are minimal. We are in need of additional volunteers in order to expand as there is a need for AA H&I meetings in additional facilities. If any AA member is interested in this type of service work, please contact Joyce R. or attend our next orientation and business meeting.

Next H&I Orientation: September 9, 2023, 9:00 am followed by the Area H&I Business Meeting at 10:00 am. The meeting is held at Bridge Street Drunks Only, 526 N. Bridge St., Visalia, CA 93291.

DCM Report: **DCM Allen L.** July 15th ACM highlights—1. Election Assembly hosted by District 22 in Placerville Nov. 10-12. 2. Proposal to hire a book keeper to assist the treasurer was discussed and voted on. The proposal passed, and the CNIA Service Manual will be revised to reflect the change. 3. Job opportunity: Non- trustee director for AA Grapevine—resumes are being accepted through Sept. 15th. 4.The book Daily Reflections is now available as an audiobook. 5.Jenn is still available district Conference Delegate Reports.

Old Business: Laura had some questions regarding updating the Native American in AA pamphlet. She also had questions with the IVSS program for Rafael, and also stated there was interest in a group for bringing our delegate Jenn in to do a Post Conference Delegate's Report. Normally this is a District wide event. Jenn is doing one in District 17 which may be online.

New Business: Mike C. Gave us info on Valley Group finances and that there is a new meeting called Young People on Fire which will begin August 9, at the St Paul's Episcopal Church in Visalia from 5:30 - 6:30 pm. It will be held in the basement.

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 7:49 p.m.

Respectfully submitted,

Jim K, Recording Secretary

September 2023 Birthdays

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AA BIRTHDAYS		
September	2023	
Joe F	Porterville	45
Margie C	Exeter	42
Robert H	Exeter	41
Lawrence S	Visalia	41
Rebecca M	Lemore	41
Gerald V.B.	Andover N.M.	38
Joan C	Visalia	38
Ruth B	Visalia	37
Cliff L	Visalia	37
John W	Tulare	37
David H	Visalia	36
Ken R	Visalia	36
Warren G	Visalia	36
Hal W	Lemon Cove	36
Jerry "Bubba" W	Tulare	35
Kelley N	Tulare	35
Linda P	Visalia	35
Ty N	Tulare	35
Cary K	Visalia	33
Mike H	Visalia	33
Kim A	Tulare	32
Tom C	Visalia	32
Russell W	Visalia	31
Elly Q	Three Rivers	30
Ken F	Visalia	30
Linda J	Porterville	28
Cruz J	Tulare	28
Cindy S	Porterville	27
Anetta P	Porterville	24
Mark H	Exeter	21
Barbara W	Quincy CA	19
Melanie M	Visalia	19
Kim H	Tulare	19
Vendy	Visalia	18
Al S	Visalia	17
John	Dinuba	17
Jose G	Dinuba	16
Diane O	Visalia	10

Eric J	Springville	5
Amber K	Visalia	4
Jason L	Three Rivers	4
Jill R	Visalia	3

*That's 1,181
Total Years of
Continuous
Sobriety!!!*

Group Contributions 7/1/23-8/20/23

Group Contributions 7/21/2023 Thru 8/20/2023					
				Month	YTD
1st Friday Speaker Meeting				\$15.00	\$105.00
10th Ave Men's Group				\$-	\$696.85
ABC Group				\$-	\$21.04
ACYPAA				\$-	\$-
Anonymous Group				\$-	\$2,100.00
Breath of Fresh Air				\$550.00	\$2,150.00
Bridge St "Drunks Only"				\$341.29	\$923.90
Central California Round Up				\$-	\$200.00
Civic Center Group				\$-	\$40.00
Clodbusters-Tulare				\$-	\$-
Crossroads-Tulare				\$-	\$300.00
CSO Meeting				\$37.00	\$356.98
District 47				\$-	\$400.00
Bill & Friends				\$-	\$-
Dr Bob and Friends				\$400.00	\$400.00
Exeter-Quiet Trails				\$100.00	\$400.00
Exeter Sunday Afternoon				\$-	\$50.00
Foundation Group				\$-	\$-
Freedom Fellowship				\$34.00	\$34.00
Friday Candlelight Meeting				\$-	\$246.00
Friends of Bill W and Dr Bob Tulare				\$-	\$200.00
Half & Half				\$-	\$200.00
Keep it Simple Sunday				\$-	\$398.50
Men's Valley Book Study					\$-
Monday Men's Valley Big Book Study				\$200.00	\$441.72
Monday Men's Mtg (PPAV)				\$-	\$1,000.00
Monday Men's Stag				\$-	\$-
Mid-Valley-Tulare				\$200.00	\$200.00
Monday Book Study Springville				\$100.00	\$152.00
Gem St Noon Book Study				\$-	\$-
Monday Women's Reflections				\$-	\$174.00
Nooners Group-Visalia				\$-	\$-
Pine Recovery AA Meeting				\$-	\$-
Practicing the Principles				\$113.00	\$113.00
Rainbow Group				\$-	\$341.48
Rule 62-Visalia				\$-	\$111.00
Serenity Junction-Tulare				\$-	\$-
Serenity Seekers AM-Visalia				\$-	\$-
Saturday Night Believers				\$-	\$-

St Ritas AA Group	\$-	\$-	
Springville Breakfast Meeting	\$1,000.00	\$1,000.00	
Sunday PM Serenity Seekers	\$-	\$-	
Tulare Young People	\$-	\$159.00	
TUFYPAA	\$-	\$-	
Tulare Friday Book Study	\$-	\$-	
Tulare Thursday Noon	\$-	\$-	
Tulare Sunday Night	\$-	\$-	
Tuesday Men's Porterville	\$-	\$-	
Three Rivers Monday	\$-	\$100.00	
Tuesday Women's Amity Group (TWAG)	\$247.58	\$660.52	
Unity through Traditions	\$-	\$600.00	
Valley Group	\$-	\$301.09	
Valley Speaker Series	\$-	\$782.13	
Visalia Alano Club	\$-	\$151.75	
Wandering Couples	\$-	\$181.00	
Wednesday Acceptance Group (WAG)	\$-	\$500.00	
Weekend Attitude Adjustment	\$-	\$-	
Women's Changes Group	\$85.00	\$85.00	
Women's Friday Night-Porterville	\$-	\$-	
Wom- en's Happy	\$-	\$104.12	
Women's Saturday AM 12x12	\$-	\$488.43	
Totals	\$3,422.87	\$17,018.51	



Dear friends,

It is a common misconception that Alcoholics Anonymous is a religious-based or Christian organization, but that is not the case. In fact, a fundamental principle of A.A. is that the Fellowship is not affiliated with any religion, nor is it allied with any sect, denomination, politics, organization, or institution. In A.A., each person determines their own pathway in their recovery from alcoholism. [Click here to read more.](#)

In Fellowship,

Public Information Desk
publicinfo@aa.org

Chers amis,

L'idée fautive voulant que les Alcooliques anonymes soient une organisation religieuse ou chrétienne est très répandue, mais ce n'est pas le cas. En fait, l'un des principes fondamentaux des AA est qu'ils ne sont affiliés à aucune religion ni associés à aucune secte, confession religieuse ou politique, à aucun organisme ou établissement. Chez les AA, chaque personne trace sa propre voie dans son rétablissement de l'alcoolisme. [Cliquez ici pour en savoir plus.](#)

Amitiés,

Bureau de l'Information publique
publicinfo@aa.org

Estimados amigos:

Es un concepto erróneo bastante común pensar que Alcohólicos Anónimos es una organización religiosa o cristiana, pero no es así. De hecho, un principio fundamental de AA es que la Comunidad no está afiliada a ninguna religión, ni tiene relación con ninguna secta, denominación, partido político, organización o institución alguna. En AA, cada persona determina su propio camino en su recuperación del alcoholismo. [Haga clic aquí para leer más.](#)

Fraternalmente,

Información Pública
publicinfo@aa.org

**Alcoholics
Anonymous®**

www.aa.org

General Service Office of Alcoholics Anonymous

475 Riverside Drive, 11th Floor, New York, NY 10115 / Telephone: (212) 870-3400

**Please direct all
communications to:**

P.O. Box 459
Grand Central Station
New York, NY 10163
Fax: (212) 870-3003

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."



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

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!!!