

# CENTRAL NEWS

January 2024

Website:

[www.aa-tulareco.org](http://www.aa-tulareco.org)

Winter In January

## *How One AA Wife Lives the 12 Steps*

**Lois W., AA's "first lady" as the non-alcoholic wife of Bill, the co-founder of Alcoholics Anonymous, tells the story of her own adventure in growth applying AA principles to her own life.**

**"We have often heard it said that the Twelve Steps of AA are a way of life for anyone, if you substitute for the word "alcohol" any particular problem of life. For a close relative of an AA, a wife or husband, even the word alcohol does not need to be changed in the First Step; simply leave out "alcoholic" in the last, thus: "carry the message to others, etc."**

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# Step 1

*"We admitted we were powerless over alcohol... that our lives had become unmanageable."*

**I was just as powerless over my husband's alcoholism as he. I tried in every way I knew to control his drinking. My own life was indeed unmanageable. I was forced into doing and being that which I did not want to do or be. And I tried to manage Bill's life as well as my own. I wanted to get inside his brain and turn the screws in what I thought was the right direction. But I finally saw how mistaken I was. I, too, was powerless over alcohol.**

**-Lois W.**



# ALCOHOLICS ANONYMOUS

# *Tradition 1*

*“Our common welfare should come first; personal recovery depends on A.A. unity.”*

**Unity is a very powerful word in this program. The Unity of AA is the most cherished quality our Society has. Our lives, the lives of all to come, depend squarely upon it. Without Unity, the heart of AA would cease to beat; our world arteries would no longer carry the life-giving grace of God (Twelve and Twelve, page 129).**

**We have found in this program that we are not alone, but we are united, and every member should have a commitment to the unity of the program. There is sentence in a letter from Bill that I really hold near and dear to my heart. “As sobriety means long life and happiness for the individual, so does unity mean exactly the same thing to our Society as a whole. Unified we live; disunited we shall perish (letter from Bill W. 1949). Very powerful words and really drives home this 1 st tradition, united we live; disunited we shall perish.**

**-Cody R.**

*Individual, Newsletter, Memorial & Birth-  
day Club Contributions*

*Support the Central Office*

11/21/2023 thru 12/20/2023

**Birthday Club**

<b>Michele S</b>	<b>Exeter</b>	<b>\$16.00</b>
<b>Jerry S</b>	<b>Tulare</b>	<b>\$17.00</b>
<b>Keith A</b>	<b>Visalia</b>	<b>\$23.00</b>

**Grateful Giver's Club**

**Members      \$157.81**

**Individual Contributions**

**Anonymous**

- Ally A**
- Bob T**
- Doris P**
- Elly Q**
- Felipe S**
- James K**
- Sandra K**
- Scot L**
- Shannon S**



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

**Donate Today using Venmo!**

**Newsletter Contributions**

**None**

**Memorial Contribution**

**None**

# Central Office Contacts

## TULARE COUNTY CENTRAL OFFICE

### Income & Expense Statement

11/21/2023 through 12/20/2023

## Central Office Contacts 11/21/2023 thru 12/20/2023

<b>AA Members</b>	<b>85</b>
<b>Alanon &amp; Alateen Info</b>	<b>1</b>
<b>Bridging the Gap</b>	<b>0</b>
<b>Churches and Schools</b>	<b>0</b>
<b>Court Referral/Info</b>	<b>0</b>
<b>E-Mail Contacts</b>	<b>273</b>
<b>General Info</b>	<b>2</b>
<b>H &amp; I</b>	<b>1</b>
<b>Literature Sales</b>	<b>6</b>
<b>Meeting Information</b>	<b>10</b>
<b>Other 12 Step Programs</b>	<b>1</b>
<b>Prospective Members</b>	<b>2</b>
<b>Schedules &amp; Info Mailed</b>	<b>0</b>
<b>Spanish Contacts</b>	<b>3</b>
<b>Specialty Sales</b>	<b>22</b>
<b>Twelve Step Calls</b>	<b>1</b>
<b>Visitors to the Office</b>	<b>15</b>
<b>Voice Mail Calls</b>	<b>10</b>
 <b><u>Total Central Office Contacts:</u></b>	 <b>432</b>

<b>INCOME</b>	<b>MONTH</b>	<b>YEAR TO DATE</b>
B.Day Club	24.00	799.00
ERC	0.00	6,603.50
Grateful Givers Club	160.00	2,884.65
Group Cont.	1,212.79	21,549.89
Indiv Cont	205.31	3,949.30
Interest Income	0.00	537.37
Lit. Sales	506.75	6,998.79
Memorial Cont.	0.00	298.00
Misc.	0.00	200.00
Newsletter Contribution	0.00	74.00
S & H	0.00	9.00
Sales Tax	94.14	1,097.05
Service Charge	0.00	20.71
Spec. Events-picnic	0.00	4,797.25
Spec. Items	568.87	6,048.37
State fund dividend	0.00	25.00
State Fund Refund	0.00	0.00
<b>TOTAL</b>	<b>2,771.86</b>	<b>55,891.88</b>

<b>EXPENSES</b>	<b>MONTH</b>	<b>YEAR TO DATE</b>
Bank Charge	0.00	0.00
Fees-Taxes	0.00	50.00
Insurance	0.00	550.00
Lit. Costs	468.88	7,474.33
PI-CPC Expense	175.00	299.77
Misc Expense	0.00	0.00
Newsletter Cost	0.00	0.00
Office Exp	239.08	4,075.38
Office Equip.& Maint	60.39	440.12
Phone & ISP	132.97	1,462.67
Postage	0.00	137.13
Employee Taxes	0.00	8,231.84
Returned Check & Chg	0.00	0.00
Rent	650.00	7,150.00
Salary	1,510.65	17,908.29
Sales Tax-Paid	0.00	1,149.00
Spec. Events-picnic	0.00	2,821.69
Spec. Events-New Year	758.40	817.40
Spec. Items	885.17	4,561.43
Card Charge	20.15	202.66
Utilities	44.39	825.55
Ph-venmo	38.00	209.00
venmo fees	0.00	39.25
Website	4.48	121.50
<b>TOTAL</b>	<b>\$4,987.56</b>	<b>58,527.01</b>
<b>Net Gain(Loss)</b>	<b>(\$2,215.70)</b>	<b>(2,635.13)</b>

BEGINNING ACCOUNT BALANCES AS OF 10/20/2023:  
\$21,986.95

ENDING ACCOUNT BALANCES AS OF 11/20/2023:  
\$19,771.25

ESTABLISH PRUDENT RESERVE:  
\$19,000.00

# Speaker Meetings

January 2024

**Porterville Recovery Club Speaker Meeting**

186 W. Walnut Ave.

Friday January 5th 2024 at 8:00 PM

**Speakers: To be announced**

**Sunday AM Breakfast, Speaker Meeting**

**Veterans Memorial Building**

**36000 Hwy 190, Springville**

**Sunday January 14th 2024**

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

**Speaker: Vikki L from Meadow Vista California**

**The Valley Group, Speaker Meeting**

**St. Paul's Episcopal Church**

**120 N. Hall St. Visalia, CA 93291**

**Every Wednesday from 7-8 pm.**

**Speakers for January**

**January 3 - Pat with 26 years, 1 month, 28 days!**

**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 January:**

**January 7 - Joseph A of Visalia, with 4 years, 1 month, 12 days!**

**January 14 - Sara S of Visalia with 5 years today!**

**January 21 - Henry R of Bakersfield, with 2 years, 5 months, 21 days!**

**January 28 - Colette B of Clovis, with 30 years, 9 months, 17 days!**

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 January 2024

### Service Meetings

GSR Meeting at Central Office

449 E. Maple St., Exeter, CA

Wednesday, January 3rd 2024 at 7:00 PM

CSR Meeting at Central Office

449 E. Maple St., Exeter, CA

Tuesday, January 9th 2024 7:00 PM

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

2nd Saturday January 13th 2024 9:00, Orientation, Business meeting 10:00

TUFYPAA

Zoom ID 839 4820 8237 Password: service

2nd Sunday of the month, January 14th 2024

### 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

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: December 12, 2023

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

Board members present: Cheryl H., Bill E., Sara S., Patrick A., David G., Carol Ann G. Absent: none

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

12 Traditions (long form): Glenda.

Minutes of last meeting: Reviewed by all. One correction: CSR report for Tuesday Women's Amity Group is missing the word "meet" in the first sentence. Cody moved to approve, motion seconded by Bret. Vote: all in favor, none against.

Report of November Board meeting: Meeting called to order November 14<sup>th</sup> at 8:45 PM by Cheryl Hinton. Four of five board members were present; Patrick was absent with notice. During the board meeting, Cheryl, the President, reported that she had nothing specific to share but expressed her pride in serving as the president for the past four years. She highlighted the accomplishment of her set goals and emphasized the importance of each board member having specific objectives for office improvement. Bill, the Vice President, echoed a similar sentiment, trusting in the leadership and noting the positive financial position. He mentioned his two years as secretary and expressed a bit of sadness about leaving due to a personal situation but left open the possibility of returning in two years. David, the Secretary, apologized for being late with the minutes and expressed optimism about improving in the coming month. Sara, the Member At Large, shared her learning experience and outlined her goal of establishing a foundation for Bridging The Gap. She expressed joy in being part of the team and sadness about leaving. Carol Ann, the Office Manager, reassured the board about financial stability and expressed excitement about the future, despite some nervousness about the upcoming transition with the new board. During the discussion of old business, the board addressed current price changes, particularly the Big Book, which presently costs \$11.28 while the catalog price is \$12. Due to inflation, the decision was made to delay ordering until January and then adjust prices accordingly. The topic of changing pamphlet prices was also revisited, with all pamphlets experiencing a 30% increase, some even reaching 50%, due to challenges faced during the COVID pandemic. Ultimately, the board agreed to raise the price of the older alcoholic pamphlet to \$1 and change other pamphlet prices to 25 cents. The importance of maintaining the website's content within the scope of AA traditions and concepts was emphasized, particularly in regards to events without a direct affiliation. Nominations and elections for new board members were on the agenda, with a reminder for the new board to be in place for the January meeting. The meeting adjourned at 9:17 PM.

Treasurer and Office report: Carol Ann provided the report.



## Treasurer / Office Report and Financial Report

10/21/2023 through 11/20/2023

December 12<sup>th</sup>, 2023

Good evening!

On November 17<sup>th</sup> I had a dentist appointment, Claudia covered the office for me. Claudia will be covering the office on December 19<sup>th</sup> for my doctor's appointment. Thank you Claudia! Central Office will be closed on Monday December 25<sup>th</sup> and Monday January 1<sup>st</sup> – New Year's Day in honor of the holidays. The Central Office will be open the last Saturday of the month which is December 30<sup>th</sup> 2023!

I had to notify Deluxe (the company that we bought our sales books from) to notify them that we had a duplicate invoice number in one of our sales booklets, in the sales registry we have 2 invoice number 9920 listed. A member suggested we use Porterville Sheltered Workshop; I got a quote; we switched printing companies for a savings of over \$200!

As per our rental contract with our landlord, our rent goes up \$35 effective Jan 1<sup>st</sup> 2024 bringing it up to \$685.00 per month effective until the end of 2027.

Central Office had an income of \$2,771.86 and expenses of \$4,987.56 for a loss of \$2,215.70

Our Grateful Givers Club brought in \$160.00 and our Birthday Club brought in \$24.00 in much appreciated contributions.

We had \$630.29 in 18 gross sales in transactions for credit and debit cards, \$20 in 1 transaction in PayPal, and 0 VENMO transactions this accounting period.

Traffic and calls have been average.

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 holiday stuff here at the Central Office to help you share the message of recovery, come and see what's new!

I would like to thank all of the groups and individuals who contributed to Central Office to make 2023 an awesome year!

Grateful to be here!

Carol Ann Gable

Office Manager/Treasurer

(Cheryl): Are there any questions for Carol Ann? (Sheryl): Off the top of your head, is Venmo in general making money? (Carol Ann): Yes. (Cody): If I'm selling New Year's party tickets, and someone has asked me if they want to use Venmo, can they? Would they just use that QR code and send the money to the office? How does that work? (Carol Ann): Yes, they can. It does make my bookkeeping more difficult, but yes, they can use the QR code and put a memo in for New Years Eve Party. (Bill): What was Special Items for \$885? (Carol Ann): Chips or anything not literature (but is purchased for inventory) is put in Special Items.

Public Information report: Patrick A. provided the report.

I was absent last week, so I want to express my gratitude to those who filled in for me, namely David and George. I appreciate George providing his report and representing us at the Pride event at Rawhide Stadium, even though it was a last-minute and less-than-ideal situation. You made the most of it, and I'm thankful for the representation. Thank you for your service. David, thank you for presenting my CSR report as well. Currently, I don't have any new updates, but I'm looking forward to the New Year and what we can achieve, especially if we have a full board with positions sorted out. Thank you for your commitment. Love you all, and let's continue being of service.

Volunteers to write Step and Tradition articles for Central News

Send your articles to [CentralIntergroupNews@gmail.com](mailto:CentralIntergroupNews@gmail.com)

Cheryl notes that there was a problem with the December newsletter not having the Step Twelve and Tradition Twelve. Carol Ann called the publisher. Sheryl E. apologized for not getting her article in due to a family emergency.

Step for newsletter

Issue	Step	Member	Due date
January	1	Glenda V.	December 20
February	2	George J.	January 20

Tradition for newsletter

Issue	Tradition	Member	Due date
January	1	Cody R.	December 20
February	2	Cheryl H.	January 20

Newsletter report: none at this time.

Website report: David G. provided the report.

Report covers the time since the previous CSR Meeting, November 14<sup>th</sup>, 2023.

Carol Ann added a new meeting: Sunday mornings at the Visalia Alano Club: 8:00 AM to 9:00 AM.

Carol Ann added several announcements:

New Year's Eve event planning committee meeting

New Year's Eve event tickets

The Saturday 5:30 PM Friends of Bill W meeting needs support!

Central Office will be open Saturday December 30<sup>th</sup> 2023 9:00-1:00

Bake Items Needed for New Year's Eve Event Bake Auction

The New Year's Eve event was added.

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

For an unknown reason, three times the website was down Sunday and Monday (December 10<sup>th</sup> and 11<sup>th</sup>).

Thank you for letting me be of service.

H & I report: Joyce R. provided the report.

Tulare County Hospitals and Institution Committee

December, 2023 H&I Report

In November, we conducted 10 H & I facility meetings. Unfortunately, one facility had to cancel both of their meetings due to Thanksgiving. However, we successfully held ten meetings and had two additional ones at the Tulare County Jail. Our efforts involved 33 volunteers, and we distributed 89 AA books.

In December, we are excited to announce the initiation of our monthly meetings at the Visalia Recovery Center. This will bring our total facility meetings to 13 per month, marking a positive growth for the year.

On December 9<sup>th</sup>, we hosted a voluntary appreciation luncheon to express gratitude to our dedicated volunteers. We value their commitment in spreading the message of AA and contributing to our continuous growth. As one speaker noted during the luncheon, the significance lies not only in what we do but in who we do it with. Over the past year, we've been fortunate to have around 35 steadfast volunteers consistently supporting and conducting meetings.

In terms of finances, NorCal has achieved a neutral position. This month, we experienced higher-than-average income and lower literature expenses, resulting in a reserve slightly above the recommended six months of operating expenses. However, we are mindful of a 42% increase in literature expenses compared to last year, with only a 16.8% increase in income. While it's an improvement from last month, we urge everyone to continue passing the pink cans to ensure a steady revenue stream, which would help bridge the gap comfortably.

For those interested in contributing, Carol Ann has pink cans, and you can contact her directly for more information. We also need more volunteers to support our initiatives. Several requests are pending, but we're hesitant to proceed until we have additional support. Our next volunteer orientation is scheduled for January 13<sup>th</sup> at 9 AM, followed by a business meeting at 10. The location is Bridge Street Drunks at 526 North Bridge Street in Visalia.

I'm grateful for the opportunity to be of service. Thank you all for your continued support.

Joyce R.

Area 93 Chair

(Cheryl): Are there any questions for Joyce? (Cody): For the pink cans after they passed through, how often does the money get turned in? (Joyce): Each group can decide for themselves how to handle things because they're autonomous. At Bridge Street, we send money every month, but some groups do it every three months. It depends on what your group decides. (Cody): Does the money come directly to you? (Joyce): No, it goes to a P.O. Box in San Francisco. Then we contact the literature chair and they send us the literature. That's how that works. Thank you.

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

We had our Bridging The Gap meeting, December 2<sup>nd</sup> via Zoom. There were three attendees: myself, David G. and Mike S. We've developed a plan, or as we like to call it, "the plan." The idea is to establish a foundation and create a committee, bringing people on board and providing training for when we receive a blue card. If you're wondering what "Bridging The Gap" (BTG) is, it's all about connecting members who are transitioning out of facilities or incarceration with their AA community. Our committee members meet them at meetings, introducing them to the principles of Alcoholics Anonymous.

To make this happen, we're working on building a committee and organizing a training session. We want everyone to understand the do's and don'ts of Bridging The Gap. Recently, we nominated David G to be our facility coordinator. His role involves presenting information about BTG to various facilities, making sure they understand what we're all about and ensuring the availability of our resources for individuals who are incarcerated or in facilities.

We're thrilled about the prospect of expanding our committee and spreading awareness about BTG. Our meetings are currently held on Zoom, providing a convenient way for people to join

in. Our next meeting is scheduled for Saturday, January 6<sup>th</sup>, at 11 AM via Zoom. You can find the Zoom link on our website. Thanks for allowing me to be of service.

GSO liaison report: provided by David G.

GSR meeting was December 6th, 2023

Ten people attended; five in-person and five via Zoom.

Finances: Two month's report

Balance Forward	\$2,894.90
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Income

Valley Group	\$40.00
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Unidentified Group	\$100.00
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Sat. AM Women's 12x12	\$24.09
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Unity Through Traditions	\$75.00
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Valley Speaker Series	\$115.68
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Tuesday Women Amity	\$22.60
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Tuesday Men's Stag	\$75.00
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Monday Men's Stag	\$60.00
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Total Income	\$512.37
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Expenses

DCM Reimbursement	\$264.47
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Total Expense	\$264.47
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Current Balance	\$3,142.80
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DCM report:

Election Assembly 2023: three of us went to Placerville.

The spending plan was approved.

The new position of A/V Technician was approved.

The position of Oral Translation Chair was not eliminated.

The bylaws were amended to send both the Chair and Alternate Chair of Archives to the national Archives Conference.

#### Old business

Mike C. was elected DCM (District Committee Member)

Courtney R. was elected Treasurer

David G. was elected Recording Secretary

Keith A. was elected Alternate DCM

Josh F. was elected Registrar

#### New business

Greg G. is no longer the official representative for the District 47 Post Office Box. Josh F. is no longer the official Treasurer. The district will need to update its signature card with Chase Bank to reflect the new official signers, and notify the Post Office of the change for the P.O. Box.

Discussion was held for changing the ownership of the Zoom account for putting this meeting on from Allen L. It was discussed that we would request the use of the Central Office Zoom account.

Copies of the final report from the General Service Conference from last year were distributed to members to take to their groups.

#### Announcements:

Mike C. – New Years Eve Dance at St Paul's Church. We need baked goods. Dinner is \$20 pre-sale, \$25 at the door.

(David): Are there any questions for stuff going on in the District? (Cheryl): The Final Conference Reports – are they available? (David): Yes, we brought back twenty of them in paper form. (Carol Ann): We have two here at Central Office. (Bill): Do you have a ballpark price of what going to Placerville will actually cost? (David): The three of us went for \$264; that included half of the lodging, plus registration and meals for the DCM. My half of the lodging was paid for by my group. Gasoline for everyone was in there too. (Bill): I'm trying to get a feel of what the cost would be for these type of events. (David): My group just budgeted for the January Winter Assembly in Merced, and we budgeted \$175. If the expenses turn out to be less than that, the GSR gives back the surplus to the group.

## 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.

### 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 down to about the last 70 pages. 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 to Bridge Drive, and then 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 steady. We have cake whether anyone is celebrating a birthday or not. It's a great meeting and we would love to have visitors.

Thank you for letting me be of service,

Cody.

### AA Loose Women's Meeting, Presented by Glenda V., CSR.

We meet every Friday night at 6:30 PM at the Twelve Step Recovery Club at 186 South D Street in Porterville. We are an Open discussion meeting for Women only. It's a discussion meeting: somebody picks a topic and people talk about the topic. Cross-talk is welcome. We average about five to ten people. Ladies from PAAR attend our meeting, who might have a couple of days of sobriety, to women with up to 43 years of sobriety, proving the program works.

Thank you for letting me be of service,

Glenda.

### Rainbow Group, Presented by George J., CSR.

The Rainbow Group meets every Saturday for an hour at 5:30 PM at The Source in Visalia, 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. The Zoom ID and passcode are on the website

and in the Meeting Guide app. 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.

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 East Prosperity Avenue 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.

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

We meet on Tuesdays from 6:30 to 7:30 PM at Trinity United Reformed Church located at 6400 West Walnut Avenue in Visalia. We begin each meeting with a 10 minute individual sharing her experience, strength and hope, followed by group participation. Weekly we celebrate various lengths of sobriety and annual birthdays the last Tuesday of the month. This is a closed meeting reserved for those women who have a desire to stop drinking.

Thank you for allowing me be of service,

Ally.

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

We are a large group of fun drunks located at 526 North Bridge Street in Visalia. We have a total of 19 meetings. Our business meetings are held the last Saturday of the month at 1 PM directly following the noon meeting. We have our birthday meeting the last Saturday of the month at the noon meeting. We have cake and chips for one year or more of sobriety; we give hugs and balloons (although that might change because people are changing positions). We encourage anyone with a desire to stop drinking to join us.



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 (Twelve and Twelve 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)

Sunday evening 6 to 7 PM (Joe and Charlie Big Book study)

We are looking for a few positions to be filled. If you would like to be of service, join us at our Business meeting Saturday December 30<sup>th</sup> at 1 PM.

Thank you for letting me be of service,

Sara.

Monday Men's Meeting at PPAV, Presented by Jason S., (new) CSR

We meet on Mondays at 7:30 PM and go to 9 PM. We meet at the PPAV Hall at Burke and Main in Visalia. This is a closed men's meeting. There are on average 30 to 40 men in attendance. Weekly, we celebrate various lengths of sobriety and annual birthdays the last Monday of the month.

Thank you for letting me be of service,

Jason.

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. Most meetings get fifteen to twenty or more attendees.

Thank you for letting me be of service,

Brett.

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 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 each month at the Veterans Memorial Building, 35994 Highway 190 in Springville. 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 to enjoy 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 the readings, 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 had our elections on Sunday. Dusty remains secretary, Cody remains treasurer, Ken is still cooking, and I'm still selling tickets at the door.

We really need a couple of strong, young people to stay after the meeting to sweep and mop the floor. It only takes a few minutes and is an easy way to be of service. So please help.

Thank you for letting me be of service,

Sheryl.

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 winter schedule, which means we meet at 10:00 AM instead of 9:00 AM. We meet down in the detention basin until 11:30 AM: it is a 90 minute meeting. 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.** You might want to bring a blanket too, if the weather is cold. We give out chips every Sunday for all sobriety milestones. Our business meeting is the first Sunday of the month, immediately after the meeting. We meet no matter what: if it's raining, bring an umbrella. Our meeting has gotten a little bit

smaller recently: now we're in the fifteen to twenty person range, whereas before we would get up to 40 people.

Thank you for letting me of service,

David.

Ally attended the new Sunday morning meeting at the Visalia Alano club. She's not the CSR, but had this: The Alano Club holds a meeting every Sunday from 8 to 9, and while they're still refining the format, I want to share an interesting aspect from last Sunday. They took a unique approach by randomly selecting someone from the group, having them choose a favorite part from the big book, and then creating a topic based on that selection. The group engaged in a discussion, much like a book study, but with a refreshing departure from chronological order. If anybody is looking for a Sunday morning meeting, it was really good.

Old business:

1. Elections for two (three) new members of the board.
  1. Sara nominated Ally. Ally accepted the nomination.
  2. The three new board members are Ally A., Cody R., and George J.
2. New Year's Eve Party
  1. We had a planning meeting will be December 12<sup>th</sup>, from 6:00 to 6:55 PM, immediately prior to the CSR meeting. Both were available on Zoom; one member joined via Zoom.
  2. Setup for the event will begin at noon.

New business:

1. Board member election – Sara has to step down due to scheduling conflicts beginning in February. This changed the number of new board members from two to three.

Seventh Tradition: \$57.00

Meeting adjourned: 8:07 PM.



# District 47 Meeting Minutes

## District 47 Meeting Minutes December 6, 2023

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

**Meeting Called to Order:** 7:05 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, Laura B., GSR for the Springville Monday Night Book Study, Keith A. member; Fred F. GSR for Unity Through Traditions; Mike C. Alternate DCM and GSR for the Valley Group, Courtney R, Alternate GSR for Unity Through Traditions, Josh F. Treasurer, Sean A. GSR for Practicing the Principals

**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 Keith A.

**Concept 12:** Concept 12 long form read and explained by Mike C

**Approval of Minutes:** November 1, 2023 minutes approved.

**Treasurer's Report:** Josh F. Two month Report. Balance Forward \$2,894.90. INCOME-Valley Group-\$40, Unidentified Group- \$100, Sat. AM Women's 12 X 12-\$24.09, Unity Through Traditions \$75, Valley Speaker Series- \$115.68, Tuesday Women's Amity Group \$22.60, Tuesday Men's Stag- \$75, Monday Men's Stag \$60, TOTAL INCOME \$512.37 EXPENSES DCM Reimbursement for travel to election assembly - \$264.47 TOTAL EXPENSES- \$264.47 CURRENT BALANCE- \$3,142.80.

**CSO Liaison Report: David G.** Our November CSR Meeting was held November 14. The meeting was a hybrid meeting, with one member joining via Zoom. There were thirteen people present in-person. **Central Office finances:** for September 21 through October 20, Central Office had income of \$4,615.46 and expenses of \$5,824.58 for a loss of \$1,209.12. **Old business:** 1. Nominations for members of the board for TCCOF: Cody, Debbie, George, and

Glenda have been nominated. Nominations will remain open until election night. Election will be December 12, by paper (secret) ballot. 2. New Year's Eve event: please bake a delicious baked good for the Bake Sale Auction. Please announce to your groups that we need people to bake goods for the auction. 3. New Year's Eve event: Dinner tickets are for sale at Central Office. Contact Carol Ann. Dinner is \$20 pre-sale, but \$25 the day of the event. 4. The next planning meeting for the New Year's Eve event will be December 12th, from 6:00 to 6:55 PM, immediately prior to the CSR meeting. Both will be available on Zoom. **Non-AA Announcement:** The Visalia Alano Club is changing the way they do membership and having a name with sobriety date on a brick on the wall. Membership prices is lowered 50% to \$5 per month or \$50 per year. People without an active membership will lose their brick on the wall. If a member passes away sober, their brick will be memorialized forever with a black outline. If you know of a member who has passed and was sober, please make sure the Alano Club knows who they were so their brick does not get erased.

**At the Tulare County Central Office Inc business meeting: Old business:** 1. **AAWS literature prices have risen:** raising our prices tabled until November. 2. **Central Office open on last Saturday of the month:** decision is to keep going through December. (Zero people showed up Saturday October 30). **New business:** 1. **Request that we loan our P.A. sound equipment:** decision was no, unless it is an official AA event. 2. **Scope of events (AA or not) listed on the Central Office website:** tabled to November.

**Registrar:** David G. No report.

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

In November, we held 9 facility meetings and 2 meetings at Tulare County Jail, utilized 33 volunteers and distributed 89 AA books to our inside members. In December we will begin a new meeting at Visalia Recovery Center. This will bring our facility meetings to 13 monthly. We are grateful to all our dedicated volunteers for this tremendous growth as we began this year 7 facility meetings monthly. We are continuing to work with Tulare County Jail and hope to get more volunteers cleared soon.

At this time, NorCal's financial position is **poor**. Year to Date our literature expense has increased 63.1% over last year while our contributions increased only 11.3%. While this has left us utilizing prudent reserve, the issue to watch is the increase in expenses versus the increase in income. We hope that all groups continue to pass the pink can. The Pink Can is not meant to detract from the group's 7<sup>th</sup> tradition responsibilities. Please ensure that the pink can is passed separately from the 7<sup>th</sup> tradition basket. When funds from the Pink Can are sent to NorCal, please indicate that the contribution is coming from **Area 93**.

In order to continue to expand services, we are in need of more volunteers. Please encourage any interested AA member to attend our next H&I Orientation: January 13, 2024, 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. Allen attended the Election Assembly: Here are the results- **New CNIA officers: Delegate:** Matthew L; **Alt-Delegate:** Claudio B; **Chair:** Holly J; **Alt-Chair:** Emily L; **Treasurer:** Don H; **Secretary:** Jose U; **Registrar:** Jessica J. **Motions voted on: 1.** Create a fully funded position of A/V Technician to serve on the Area 07 Standing Technology Committee—Passed. **2.** Combine the Area Secretary and Accents Appointed Chair positions—Passed. **3.** Eliminate the appointed position of Translation Chair since oral and verbal translation is now being hired out to special workers to ensure sustainability—Defeated. **4.** Provide funding for both the Archives Chair and the Alt. Archives Chair to attend yearly archives conference. **5.** Approve 2024 Spending Plan (with changes to reflect motions passed and an expected increase of \$9,180 to rent a new archives space)—Passed.

**Old Business:** At the November meeting we received these nominations for District 47 officers: Mike C.—DCM; David G.—Recording Secretary; Josh F.—treasurer; Keith A.—Alt. DCM; and Courtney R.—Treasurer. **All were elected, as was Josh F. for registrar.**

**New Business:** Greg G. Is no longer the official representative for the District 47 Post Office Box. That person will be the newly elected treasurer, Courtney R. Josh F. Is no longer the official treasurer. The district will need to update its signature card with Chase Bank to reflect the new official signers. It is suggested that they be the Treasurer, DCM, and Secretary. Discussion was held for changing the ownership of the zoom account for putting this meeting on from Allen L It was discussed that we would request the use of the Central Office zoom account to share during our online meetings, possibly assisting in the expense of the annual zoom bill. Allen made the motion and it passed. Many copies of the final report from the General Service Conference from last year were distributed to members to take to their groups.

**Seventh Tradition:** None

**Announcements:** Mike C. - New Years Eve Dance at St Pauls Church. We need baked goods. Dinner is \$20 presale, \$25 at the door.

**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 8:01 p.m.

Respectfully submitted,

Jim K, Recording Secretary

# *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?**



Janice M	Exeter	51	1/23/1973
Rosemary H	Three Rivers	50	
Ray C	Corcoran	49	
Wilma L	Tulare	48	
Margie M	Visalia	46	
Ray C	Exeter	46	1/11/1978
John S	Ivanhoe	45	
Lyna H	Three Rivers	44	
Neva H	Visalia	44	
Edith M	Visalia	42	1/28/1982
Gary P	Visalia	42	1/4/1982
Peggy F	Dinuba	41	
Paul P	Farmersville	40	
Ramon V	Porterville	39	1/1/1985
Avg Dave	Visalia	38	1/6/1986
Mike K	Visalia	38	1/2/1986
Mike S	Visalia	38	
Mike S	Hanford	38	1/13/1986
James R	Visalia	37	
Monte W	Visalia	36	
Karen B	Visalia	36	
Don W	Tulare	35	1/24/1989
Janet I	Lemon Cove	35	1/29/1989
Jim B	Visalia	34	
Jack R	Visalia	34	1/18/1990
Sandi M	Porterville	34	1/8/1990
Paul S	Visalia	33	
Raymond C	Visalia	33	
Dusty A	Visalia	32	
Scott O	Visalia	32	1/28/1992
Linda A	Visalia	31	
Raleigh A	Visalia	31	
Tim M	Visalia	31	
Dick	Visalia	31	
Ed F	Visalia	31	1/4/1993
Sandy W	Woodlake	30	
Gale D	Visalia	29	1/9/1995
Eric M	Visalia	29	1/29/1995
Fred F	Visalia	29	1/24/1995
Bob Y	Hanford	27	1/29/1997
Stan B	Terra Bella	26	1/1/1998
Patrick S	Visalia	26	1/5/1998
Greg G	Porterville	25	1/15/1999

## January 2024 Birthdays

Laura B		24	1/9/2000
Martin	Dinuba	23	
Catherine C	Visalia	20	1/24/2004
Bob M	Visalia	19	1/5/2005
Jim P	Visalia	19	1/8/2005
Linda I	Visalia	18	1/27/2006
Martha M	Porterville	17	1/20/2007
Miguel S	Dinuba	16	
Maria G	Dinuba	16	
Kim L	Tulare	10	1/28/2014
Daniel G	Visalia	5	2/14/2019
Cheri C	Porterville	3	1/2/2021
Joe C	Porterville	3	1/2/2023
Angela H	Porterville	3	1/18/2021

*That's 1,769  
Years of  
Continuous  
Sobriety!!!*



# Group Contributions 11/1/23-12/20/23

Group Contributions 11/21/2023 Thru 12/20/2023					
				Month	YTD
1st Friday Speaker Meeting				\$20.00	\$145.00
10th Ave Men's Group				\$-	\$827.35
ABC Group				\$-	\$21.04
ACYPAA				\$-	\$-
Anonymous Group				\$-	\$2,100.00
Breath of Fresh Air				\$-	\$2,150.00
Bridge St "Drunks Only"				\$114.33	\$1,622.92
Central California Round Up				\$-	\$200.00
Civic Center Group				\$-	\$40.00
Clodbusters-Tulare				\$-	\$400.00
Crossroads-Tulare				\$-	\$300.00
CSO Meeting				\$57.00	\$532.48
District 47				\$-	\$400.00
District 49				\$400.00	\$1,000.00
Exeter-Quiet Trails				\$50.00	\$750.00
Exeter Sunday Afternoon				\$50.00	\$175.00
Freedom Fellowship				\$-	\$64.00
Friday Candlelight Meeting				\$-	\$246.00
Friends of Bill W and Dr Bob Tulare				\$-	\$600.00
Friends of Bill W				\$100.00	\$100.00
Gem St Noon Book Study				\$-	\$-
Half & Half				\$-	\$200.00
Keep it Simple Sunday				\$-	\$398.50
Monday Men's Valley Big Book Study				\$200.00	\$641.72
Monday Men's Mtg (PPAV)				\$-	\$1,400.00
Mid-Valley-Tulare				\$-	\$200.00
Monday Book Study Springville				\$-	\$152.00
Monday Women's Reflections				\$-	\$289.83
Nooners Group-Visalia				\$-	\$300.00
Pine Recovery AA Meeting				\$-	\$-
Porterville Friday Night Candlelight				\$15.00	\$15.00
Practicing the Principles				\$-	\$113.00
Rainbow Group				\$-	\$341.48

Rule 62-Visalia	\$-	\$334.00
Serenity Junction-Tulare	\$300.00	\$300.00
Saturday Night Believers	\$-	\$-
Sober Sisters	\$-	\$50.00
Springville Gut Level	\$-	\$100.00
Springville Breakfast Meeting	\$-	\$1,000.00
Sunday PM Serenity Seekers	\$-	\$-
Tulare Young People	\$-	\$159.00
TUFYPAA	\$-	\$-
Tuesday Men's Porterville	\$-	\$175.00
Three Rivers Monday	\$-	\$200.00
Tuesday Women's Amity Group (TWAG)	\$-	\$773.48
Unity through Traditions	\$-	\$754.23
Valley Group	\$-	\$301.09
Valley Speaker Series	\$-	\$1,360.51
Visalia Alano Club	\$63.29	\$328.33
Wandering Couples	\$55.00	\$236.00
Wednesday Acceptance Group (WAG)	\$-	\$500.00
Women's Changes Group	\$-	\$85.00
Women's Friday Night-Porterville	\$-	\$-
Women's Happy	\$-	\$104.12
Women's Saturday AM 12x12	\$289.09	\$777.52
Totals	\$1,713.71	\$23,263.60





# SHASTA WINTERFEST



## ABOUT

Shasta Winterfest 2024 is a weekend-long gathering of fellow members and non-members of Alcoholics Anonymous, Al-Anon & Alateen. The event is inspired by recovery and filled with guest speakers, marathon meetings, special events, prize drawings, literature and other resources. Shasta Winterfest will be held on January 26th – 28th, 2024, at the Holiday Inn; 1900 Hilltop Drive, Redding, CA 96002

## PRE-REGISTRATION ONLINE

Pre-registration is only \$30.00 online at [www.shastawinterfest.com](http://www.shastawinterfest.com) (or scan QR code)

## REGISTRATION DAY OF EVENT

Registration the day of the event at the Holiday Inn; 1900 Hilltop Drive, Redding CA for \$35.00

## ACCOMODATIONS

Room reservation can be made online at [www.ihg.com](http://www.ihg.com) or by calling 1-844-201-1757  
Discount code is AAW / \$151.00 per night.



### SHASTA WINTERFEST 2024

Holiday Inn, 1900 Hilltop Drive, Redding, CA 96002



### HATS • T-SHIRTS • SWEATSHIRTS • BEANIES & MORE

Merchandise can only be purchased online  
[www.shastawinterfest.com](http://www.shastawinterfest.com)



Visit our website at [www.shastawinterfest.com](http://www.shastawinterfest.com) for additional information & conference updates.

## Lighter Side of AA

An Alcoholic walks into a bar. He orders two shots, drinks them both, and then leaves.

The next day, the Alcoholic returns, orders another two shots, drinks them both, and then leaves.

He continues to do this for some time, when one day the bartender questions him, "How come you always order exactly two shots?"

The Alcoholic replies, "well, you see my brother and I used to go out drinking every night, but he lives across the country now, so every night, I order two drinks. One for myself, and one for my brother."

Things remain the same for a while until one day the Alcoholic comes in and orders only one shot. The bartender becomes concerned and asks him

"how come you're only ordering one shot? Did something happen to your brother? Is he ok?"

The Alcoholic replies, "of course not, my brother's fine. I just quit drinking"

-David G.



# **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:** \_\_\_\_\_

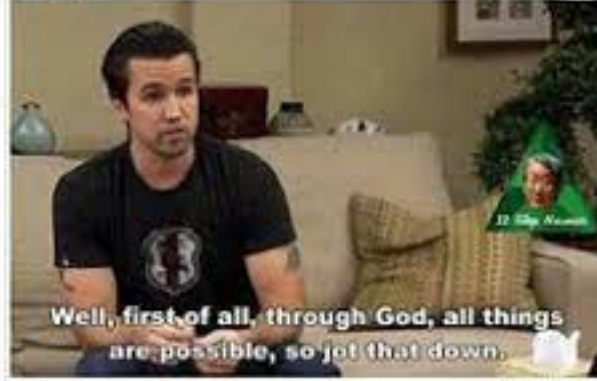
**Please send information to:**

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

**Email Info: [tccof@hotmail.com](mailto:tccof@hotmail.com)**

People: You can't keep doing what you've been doing, and expect to not keep getting what you've been getting.

Me:





# EXPLAINING RECOVERY

$z^n = |z|^n (\cos \varphi + i \sin \varphi)^n$   
 $y = \cos x$   
 $z = a + bi$   
 $P(A) = \sum p(\omega)$   
 $S_n = a^n + \binom{n}{1} a^{n-1} b + \binom{n}{2} a^{n-2} b^2 + \dots + \binom{n}{n-1} a b^{n-1} + b^n$   
 $g = ax^2 + bx + c$   
 $x_{1,2} = \frac{-b \pm \sqrt{D}}{2a}$   
 $e = 2.718281828$   
 $\int f(\varphi(x)) \varphi'(x) dx = \int f(u) du$   
 $\lim_{n \rightarrow \infty} a_n = a$   
 $\lim_{n \rightarrow \infty} \frac{a_n}{b_n}$   
 $P(A \cap B) = \frac{P(A \cap B)}{P(B)}$

**TO SOMEONE NOT IN RECOVERY**

# *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](mailto:centralintergroupnews@gmail.com)

... and we will help you communicate to district 47!!!