

CENTRAL NEWS

March 2024

Website:

www.aa-tulareco.org

Ireland In March

ALCOHOLICS ANONYMOUS

“THREE MEN sat around the bed of an alcoholic patient in the psychopathic ward of Philadelphia General Hospital one afternoon a few weeks ago. The man in the bed, who was a complete stranger to them, had the drawn and slightly stupid look the inebriates get while being defogged after a bender. The only thing that was noteworthy about the callers, except for the obvious contrast between their well-groomed appearances and that of the patient, was the fact that each had been through the defogging process many times himself. They were members of Alcoholics Anonymous, a band of ex-problem drinkers who make an avocation of helping other alcoholics to beat the liquor habit.”

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March 1, 1941

STEP THREE-SURRENDER

*"Made a decision to turn our will and our lives over to the care of God
as we understood Him."*

*The easiest way to comprehend this is to view my will as my decisions,
and my life as my fate.*

*Step Three is often lumped together with Step One and Step Two as one
of the primary steps*

*that must be taken before I can move forward & take action to solidify
my recovery.*

*All three of these first steps are geared toward letting go of my self-will
&*

learning to accept that I am powerless on my own.

In Step Three, I began making a move toward real action.

*I have developed the necessary faith and willingness to begin my true
work in the 12 steps;*

I will begin a new freedom and a new happiness.

I must understand what it really means to give up my self-will,

I must gain a sense of humility and embrace my powerlessness.

*After taking Step Three, I will be prepared to do the rest of the Twelve
Steps,*

which require some degree of much action indeed.

This will take some will of my own.

*The difference is that I am no longer deciding what my will should be &
enforcing it without regard to the consequences.*

*Instead, I am paying attention to what is right and what is wrong,
and I am using my will to be the best person that I can be.*

Once I have learned to do this,

I have begun to grasp what Step Three is really all about.

I cannot do it without faith, as well as prayer & meditation.

*But once I have begun to truly accept the faults of my previous uses of
willpower*

*& have sought to utilize my will only as much as it is needed to make
things right,*

I will be ready to move on from Step Three

& begin my true work in recovery.

-Ally A.

Tradition 3

“The only requirement for AA membership is a desire to stop drinking”.

The first couple of times I heard the word “membership” in the preamble I thought “What am I getting myself into? “I’m not going to fill out papers and apply for a membership,” I thought. Was this some sort of club? I just wanted to quit drinking like my husband did about a year before. As I found out, that’s not how it works. I didn’t need to sign anything or pay outrageous fees. I simply had to admit I wanted to stop drinking.

Nobody can tell me I’m an alcoholic or not an alcoholic. They can not keep me from going to meetings, or sitting where I want. My religious beliefs or lack of, don’t matter. I can walk into a meeting in another country if I choose.

Our founders thought of putting restrictions on who can attend, but realized it could grow into a long list and too many people would be turned away for the silliest of reasons. The whole purpose of AA is to help anyone get out from under the deadly grip of alcohol, for any reason and no matter who they are.

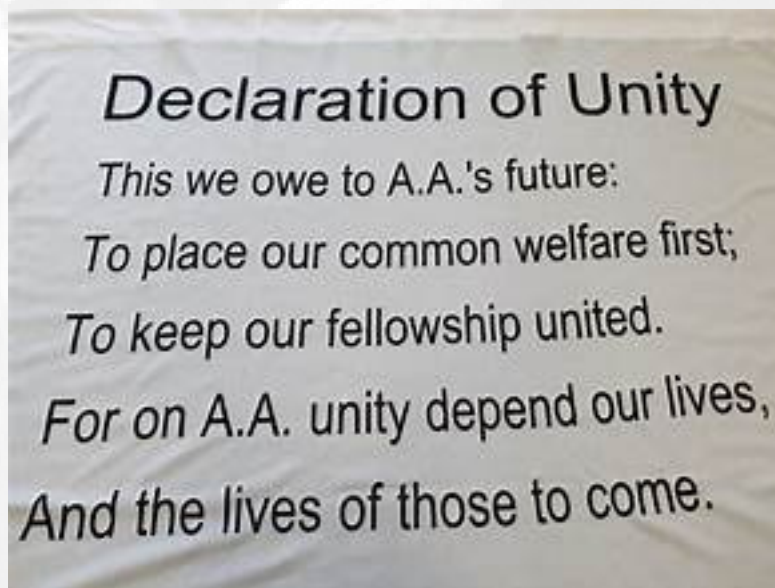
There is a certain peace I feel when I walk into a meeting, I am with my AA family and I can talk about whatever I need to. I won’t be judged for what I’ve done in the past, and people can relate to me in a way no one has ever done before. All I had to do was say “My name is Sheryl and I don’t want to drink any more.

Sheryl E. Springville.

Taking a Trip?

The women's Saturday am 12x12 is hosting the **WOMEN IN UNITY** Retreat at St Anthony's retreat center. October 11,12,13,2024. Business meetings are 3rd Sat of each month after the 12x12 meeting at Christ Lutheran Church. We would love to have women attend the meeting to have your input in the development of this event. Registration forms will be available after 1/20/24. We will send to district office, and circulation throughout the fellowship. Retreat theme is Self Compassion.

-Jerri T.



2/21/2024 thru 3/20/2024

Birthday Club

Michelle W	Exeter	5
Laura P	Visalia	7
Linda N	Tulare	22



Grateful Giver's Club

Members \$110.00

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

Donate Today using Venmo!

Individual Contributions

- Bob T**
- Felipe S**
- James K**
- Sandra K**
- Shannon S**
- Trevor S**



Newsletter Contributions

None

Memorial Contribution

None

Central Office Contacts

TULARE COUNTY CENTRAL OFFICE Income & Expense Statement

Central Office Contacts 2/21/2024 thru 3/20/2024

AA Members	71
Alanon & Alateen Info	0
Bridging the Gap	1
Churches and Schools	0
Court Referral/Info	0
E-Mail Contacts	193
General Info	3
H & I	0
Literature Sales	15
Meeting Information	4
Other 12 Step Programs	0
Prospective Members	0
Schedules & Info Mailed	1
Spanish Contacts	1
Specialty Sales	24
Twelve Step Calls	0
Visitors to the Office	10
Voice Mail Calls	16
<u>Total Central Office Contacts</u>	339

	2/21/2024	through	3/20/2024
<u>INCOME</u>	<u>MONTH</u>		<u>YEAR TO DATE</u>
B.Day Club	34.00		106.00
Grateful Givers Club	110.00		251.13
Group Cont.	1,353.46		3,519.40
Indiv Cont	497.85		780.75
Interest Income	0.00		0.00
Lit. Sales	738.95		1,120.95
Memorial Cont.	0.00		0.00
Misc.	0.00		0.00
Newsletter Contribution	0.00		0.00
S & H	0.00		0.00
Sales Tax	150.77		233.66
Service Charge	0.00		0.00
Spec. Events-New Year's Eve	0.00		4,705.00
Spec. Items	983.75		1,537.99
State fund dividend	25.00		25.00
State Fund Refund	0.00		0.00
TOTAL	3,893.78		12,279.88

	MONTH	YEAR TO DATE
<u>EXPENSES</u>		
Bank Charge	0.00	0.00
Fees-Taxes	20.00	70.00
Insurance	550.00	550.00
Lit. Costs	0.00	0.00
PI-CPC Expense	0.00	0.00
Misc Expense	0.00	0.00
Newsletter Cost	0.00	0.00
Non Employee Compensation	75.00	75.00
Office Exp	20.84	52.09
Office Equip.& Maint	0.00	0.00
Paypal charges	1.07	2.14
Payroll Taxes	0.00	2,228.40
Phone & ISP	132.97	265.94
Printing and copy expense	0.00	0.00
postage	10.16	10.16
Returned Check & Chg	0.00	0.00
Rent	685.00	1,370.00
Salary	1,509.25	3,091.84
Sales Tax-Paid	0.00	0.00
Spec. Events-picnic	0.00	245.00
Spec. Events-New Year	39.92	2,776.10
Spec. Items	702.79	741.79
Square Card Charges	28.09	50.88
Utilities	116.73	225.06
Ph-venmo	14.00	28.00
venmo fees	0.23	20.69
Website	4.45	168.83
TOTAL	\$3,910.50	11,971.92
Net Gain(Loss)	(\$16.72)	307.96

BEGINNING ACCOUNT BALANCES AS OF 1/20/2024:
\$20,720.05

ENDING ACCOUNT BALANCES AS OF 2/20/2024
\$20,743.25

Established Prudent Reserve
\$19,000.00
(559) 592-6999 VOLUME 34 ISSUE 03

Speaker Meetings

Service Meetings

& Addresses March 2024

Speaker Meetings for March

Porterville Recovery Club Speaker Meeting

186 W. Walnut Ave.

Friday March 1st 2024 at 8:00 PM

Speakers: To be announced

Sunday AM Breakfast, Speaker Meeting

Veterans Memorial Building

36000 Hwy 190, Springville

Sunday March 10th 2024

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

Speaker: TBA

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 March

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 March

March 3 - Stacy B of Bakersfield, with 11 years, 7 months, 2 days!

March 10 - Ryan B of Visalia, with 18 years, 6 months, 21 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

GSR Meeting at Central Office

449 E. Maple St., Exeter, CA

Wednesday, March 6th 2024 at 7:00 PM

CSR Meeting at Central Office

449 E. Maple St., Exeter, CA

Tuesday, March 12th 2024 7:00 PM

Bridging the Gap meeting

449 E Maple St Exeter, CA

March 2nd 2024 11:00 AM

H&I Meeting (odd months only) in person at 526 N

Bridge St (no Zoom)

2nd Saturday March 9th 2024 9:00, Orientation,

Business meeting 10:00

TUFYPAA

Zoom ID 839 4820 8237 Password: service

2nd Sunday of the month, March 10th 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

<http://contribution.aa.org>

H&I-Contributions

P.O. Box 192490

San Francisco, CA 94119-2490

Central Service Meeting Meetings

CENTRAL SERVICE MEETING UN-APPROVED MINUTES

Central Office & Central Service Representatives Meeting Report

Date

February 13, 2024

Meeting called to order

David G @ 7:10pm

Board members present

David G, Patrick A, Cody A, George J, Absent: Ally A

Serenity Prayer

Cody A.

Previous Minutes

George Rainbow Group CSR Report missing
Another report missing Cody Mon and Thursday Springeville
Sheryl motion to approve minutes, Cody second all in favor

Board Meeting Report

David apologies re being ill last meeting
Appreciates Patrick stepping up and running meeting
Carol Ann W-2 completed, and signature cards being completed
District 47 using zoom account with approval of increased rent to cover charge

New Business...

Approval of Central Office no longer being open on Saturdays
Venue New Years Event ongoing discussion
Literature prices approved to bring books up to list price
Looking for next year new years less expensive option for DJ/entertainment
List of 12 step call volunteers needed

Treasurer and Office Report

January was a busy month! I was able to submit all the forms required for the Social Security Office, The Secretary of State and Attorney General's Office to keep our non-profit in compliance. We also filed our 990EZ forms with the IRS.

Central Office had an income of \$8,386.10 and expenses of \$8,101.34 for a gain of \$284.76
Our Grateful Givers Club brought in \$141.13 and our Birthday Club brought in \$72.00 in much appreciated contributions.

We had \$757.53 in gross sales in 17 transactions for credit and debit cards, \$20 in 1 transaction in PayPal, and \$1012.36 in 12 VENMO transactions this accounting period.

Traffic and calls have been average.

Our Bi-plate and Gold Plate chip supplier informed me they will be discontinuing these products in the future because of the high cost of precious metals.

Also, I ordered some aluminum chips and they changed the color on us, the 4-month chips I had are gold and the new 4-month chip they sent us are purple! I still have some gold 4-month chips but I wanted to give you guys a heads up on that. Same goes for the 7-month aluminum chips, the ones I had are purple, the new ones they send are red! Again, I still have some purple 7-month aluminum chips left but the new ones I have are red.

The office will be closed on Monday February 19th in observance of President's Day. The office will no longer be open on the last Saturday of the month.

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

I would like to thank all of the groups and individuals who contributed to Central Office!

Grateful to be here!

Carol Ann Gable

Office Manager/Treasurer

George...what is our annual average income per month..approx \$5164.88

2023 was a very good year

PI/CPC Report

George- had a meeting with a volunteer, went over ideas..in preliminary conversations working on getting flyers out to mental health and doctors offices

Working on getting volunteers in each city

Are there any health fairs coming up? Suggestions...

Sheryl- fairs typically will be starting up soon

Tule River Tribe Health fair...previously had NA represented

Patrick-network via email, zoom, and check the Web for upcoming events, Iris festival for example.

The Ag show would be worth a discussion,

Carol Ann-Alcohol and Drug awareness day

George- speaking engagements to possibly C.O.S., High Schools etc.

Sheryl- if we get presenters at non AA events we do have a pamphlet available on the topic

David- willing to be a public speaker...aprox 10-15 minutes is preferred

Take back to home group re handing out pamphlets, being a speaker etc.

STEP FOR NEWSLETTER-VOLUNTEER

Issue Step Member

March 3 Ally 2/21/2024

April 4 Glinda V 3/21/2024

TRADITION FOR NEWSLETTER-VOLUNTEER

Issue Step Member

March 3 Sheryl 2/21/2024

April 4 Cheryl 3/21/2024

Website Report

Report covers the time between the January and February CSR Meetings (2024-01-09 through 2024-02-13).

Calendar of events:

David added the Spring Into Sobriety 2024 Planning meeting, first Wednesday of each month through April.

Announcements:

Carol Ann posted an announcement that Saturday, January 27th, would be the last time Central Office would be open on the last Saturday of the month.

Carol Ann posted an announcement that a new meeting, once-a-month, has started for CVRS alumni.

David posted an announcement that the Tulare County Bridging The Gap committee meeting moved one hour later (single time adjustment).

David posted an announcement that the Zoom link for the GSR meeting has changed.

Carol Ann posted the announcement that Central Office would be closed on President's Day holiday.

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.-David

H & I Report

February, 2024 H&I Report

In January, we were able to hold 12 H&I Facility Meetings (one was cancelled by the facility) and 2 H&I meetings in the Tulare County Jail. We utilized 31 volunteers and distributed 102 AA Books. This month, we had 9 volunteers attend training at the Tulare County Jail which included two Spanish speaking volunteers. We hope to have all cleared in the upcoming months and increase our H&I meetings at that facility.

NorCal's financial position moved to sound at the end of January 2024. We ended the month with a positive cash flow of \$9,432.17. This was due to a one-time bequest of \$9,000 and an individual member contributed \$5,000, (the yearly max per individual) for a total of \$14,000. While we are grateful for the contributions. In order to maintain distributing literature as we have been accustomed, we will need steady monthly contributions which match our monthly expenses. We encourage all groups to continue to pass the pink can at their meetings and have the treasurer send in the money on a consistent basis. If your group does not have a pink can, they are available at Central Office or by contacting me directly.

The Inside Visiting Sponsorship Service which provides inmates with outside sponsors is gearing up to begin at the Women's facility in Chowchilla. Please encourage any women with 5 years of sobriety and sponsorship experience who are interested in this type of service, reach out to me to be connected with the new coordinator.

We need more H&I Volunteers in order to continue growing. Please send any interested AA members to our next Orientation: March 9, 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.

In service,

Joyce R., Area 93 Chair

BTG Bridging the Gap

Cody- orientation/meeting Feb 3rd 3 people in attendance,, volunteers needed

March 2 11:00 am will be the next meeting, will be available via zoom

Meeting always the first Saturday of the month

Spring into Sobriety Event Cody will be doing a BTG presentation

A letter was received already from an interested member

We are able to modify our cards to have our Central office address to speed up connections with future members

GSO Liaison:

GSR meeting was February 7th, 2024

Eleven people attended; five in-person and six via Zoom.

Treasurer's Report: Courtney R., had notified Mike that he was stepping down from the position of Treasurer. Joshua F., previous treasurer, gave the report for the month.

Balance Forward \$3,142.80

Income

Unity Through Traditions \$75.00

Tuesday Women's Amity \$75.12

Springville Gut Level \$75.00

Keep It Simple Sunday \$46.60

Springville Book Study \$60.00

Valley Group \$60.00

Total Income \$391.72

Expenses

DCM Reimbursement \$175.00

P.O. Box Rental \$102.00

Central Office Rent \$480.00

Total Expense \$757.00

Current Balance \$2,777.52

DCM report:

Mike went to the Winter Assembly in Merced. Items of note: our Delegate, Matthew, suggested we compile a binder of service positions, with a one page description of responsibilities. We should hold a GSR Workshop, which Emily L. can lead. The agenda topics for the annual conference in New York will be available in mid-February. Matthew said it was important to get a Service Sponsor. Our Archives facility rent is being raised, so Area 7 has created a committee to find a new location. In an ideal world, it would be storage for the A/V equipment, and a meeting place for Area Committee Meetings (ACM), and the new Archives location, with high speed Internet for a low price.

Old business

Zoom account sharing with Intergroup was approved.

New business

Discussion about possible fundraising activities to help support GSRs whose home groups can't pay for the full cost for them to go to PRAASA in San Francisco, or the Pacific Region conference coming up in Las Vegas in July.

Co-hosted agenda items workshop with Fresno County. We were approached by Bill, a DCM from Fresno: he had asked Matt (Delegate) if can come do an agenda items workshop. Then Bill asked us if we want to co-host. Motion made and passed that we co-host the agenda items workshop with Fresno County.

Co-hosted Post-Conference Assembly with Spanish District 55 in May. Mike met Simon, the DCM and he asked if, because a lot of their members don't speak English very well, if we'd be willing to help co-host with them with the registration and some of the sales. If we wanted to sell some breakfast items or lunch items and then we could split the profits on that. Motion made and passed that we agree to co-host and supply volunteers for the event.

Discuss attending PRAASA in San Francisco, March 1st through 3rd. Does anyone else want to go and carpool? Mike will likely go to the NCCAA conference in San Jose March 15th through 17th. Discuss dates for hosting hybrid GSR workshop. Emily, alternate chair for CNIA 7, is willing to do a GSR School / GSR Workshop on Zoom. Consensus was yes, we should do this in March. Mike will ask Emily how long it will take; depending on the answer we will do it either during the GSR meeting or on a separate event.

Remaining three items on the agenda tabled to next month.

CSR Reports

Saturday morning women's 12 x 12 Tracy Jo., CSR

Held from 9-10 am Saturday morning held weekly

Approx 25-35 women

We are hosting a women's retreat in October at St Anthonys in three rivers we are looking for volunteers and donations, there will be a limited number of spaces, next committee meeting will be Saturday 10:15 on the third Saturday of each month until October

Friday Freedom Fellowship Arlee CSR

We meet weekly on Fridays at Christ Lutheran Church in Visalia from 7-8 P.M.

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.

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. Turnout is about average. Emotional Sobriety will be the next book we will be reading. 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 for men and women, 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.

Civic Center Group Presented by Trevor., CSR

Tuesday at Christ Lutheran 7-8 pm closed speaker discussion last day of the month welcome to family and friends. As well as a birthday meeting the last Tuesday of the month

Springville Breakfast Speaker Meeting, Presented by Cody for 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 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

Attendance was doubled last Sunday for the 50th anniversary! We served 92 breakfast! And it was offered at no charge. It was a great turn out!

Friends of Bill W and Dr Bob, presented by Patrick., CSR

Tuesday night open meeting held at St Johns Episcopal Church 1701 e prosperity ave in tulare from 7-8:30 pm fellowship of men and women sharing our experience strength and hope, averaging 15-20.

We celebrate the last Tuesday of the month. We give out chips of various lengths of continuous sobriety. Newcomers are welcome, we have members who are open to sponsor.

Women's Changes Meeting, Presented by Cheryl for 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. Pam S is the new secretary, replacing Vicki B who did an outstanding job.

Thank you for letting me be of service, Sheryl.

Noon AA meeting Cheryl, CSR

Noon meetings that meet at the Porterville 12 step recovery club at 186 S B Street in Porterville

Monday through Friday 12-1 pm

Mon, Tues, and Thursday use the Daily Reflections as the topic source

Wed is a chip meeting

Friday is a big book meeting

Steps sponsorship if encouraged

Hal E was presented his 39th AA birthday, his son daughters are members

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

Old Business

Jason and George are the chairpersons for the founders day picnic

June 8th 2024

Reservations have already been made at Mooneys grove.

Looking for suggestions for a speaker...discussion for various options...

Central Office Unity Events...discussion ideas for future events

Bowling event, softball, art, etc

New Business

No new business

7th tradition

\$33.00

Announcements

Spring into Sobriety Event Saturday April 6th \$20.00

Yvonne S Los Angeles will be keynote speaker including a 12 step

workshop if attended new comers receive dinner at no charge. This event happens twice a year, lunch is not provided,

Meeting Adjourned

8:39 P.M.

District 47 Meeting Minutes

District 47 Meeting Minutes
February 7, 2024

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

Meeting Called to Order: 7:00 PM by District Committee Member (DCM) Mike C.

Committee members present:

- Mike C., DCM and General Service Representative (GSR) for the Valley Group
- David G., Recording Secretary and Central Office Liaison
- Josh F., Registrar
- Jason K., filling in for Joyce R., Hospitals and Institutions Liaison.
- Brandon L., GSR for Friday Freedom Fellowship
- Fred F., GSR for Unity Through Traditions
- James W., GSR for Bridge Street Drunks Only
- Jerri T., GSR for the Saturday morning Women's 12 x 12 Study Group
- Laura B., GSR for the Springville Monday Night Book Study
- Sean A., GSR for Practicing the Principals
- Allen L., Member
- Dusty B., Member

Permission requested from all present that this meeting be recorded for the recording secretary's benefit.

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 Jason K.

Concept 2: Concept 2 long form read and explained by Mike C.

Approval of Minutes: January 3, 2024 minutes reviewed. Correction to agenda: 2024 minutes instead of 2023 minutes. Approval of minutes vote taken: all in favor, none against.

Treasurer's Report: Courtney R., had notified Mike that he was stepping down from the position of Treasurer. Joshua F., previous treasurer, gave the report for the month

Balance Forward	\$3,142.80
Income	
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Total Expense \$757.00

Current Balance \$2,777.52

Questions and answers:

How are we doing for money? Our prudent reserve is \$2,400, so we doing well. During Covid, we accumulated money because of reduced travel; recently we've been having more expenses, but we have also been careful with our spending, so our position is good.

CSO Liaison Report: David G. Our January CSR Meeting was held January 10. The meeting was a hybrid meeting, with one member joining via Zoom. There were thirteen people present in-person.

Central Office finances: for November 21 through December 20, Central Office had income of \$4,115.64 and expenses of \$3,451.60 for a gain of \$664.04.

Old business:

1. New Year's Eve event: it was a success: Glenda & Debbie did a great job. It was smooth, flawless and fun.

New business:

1. Founders Day Picnic: we need a chairperson. George and Jason will be happy to assist.
2. Unity Event Committee: please ask your group what sounds fun and report back any suggestions. So far, park barbecue, painting night, softball, and bowling seem to be popular.
3. After-hours phone service: all after-hours phone calls are still going to Cheryl H., but it would be good to rotate this service position. Cheryl has been doing it since pre-Covid.

Questions and answers:

When will Founders Day Picnic be? June 8, 2024 at Arbor 9 in Mooney Grove park in Visalia.

When will these other Unity events be? We're still planning and want feed back from the groups what they want to do.

If someone wants to sign up to take after-hours phone calls, how do they do that? Call Carol Ann at Central Office to be put on the list. This next CSR meeting, we will hear about telephone call distribution software and prices.

Registrar: Josh F. My update is that this month I have no report.

H&I Report: Jason K. on behalf of Joyce R., Tulare County Hospital & Institution Committee Liaison

In January, we were able to hold 12 H&I Facility Meetings (one was cancelled by the facility) and 2 H&I meetings in the Tulare County Jail. We utilized 31 volunteers and distributed 102 AA Books. This month, we had 9 volunteers attend training at the Tulare County Jail which included two Spanish speaking volunteers. We hope to have all cleared in the upcoming months and increase our H&I meetings at that facility.

NorCal's financial position remained Neutral at the close of 2023 as we are slightly above your 6 months recommended cash reserve. In 2023, we purchased \$471,399.05 in literature which was 89% of our total expenses. The literature was distributed at the 25,200 meetings NorCal H&I supports. However, our income after processing fees was \$467,152.37 which left us ending the year with a negative \$60,669.07. While it is not sustainable to operate at a loss, if we work together to encourage groups to continue to pass the pink cans together, we can create a revenue source that meets our expenditures. If your group does not have a pink can, they are available at Central Office or by contacting me directly.

The Inside Visiting Sponsorship Service which provides inmates with outside sponsors is gearing up to begin at the Women's facility in Chowchilla. Please encourage any women with 5 years of sobriety and sponsorship experience who are interested in this type of service, reach out to me to be connected with the new coordinator.

We are in need of more H&I Volunteers in order to continue growing as we begin the new year. Please send any interested AA members to our next Orientation: March 9, 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.

In service,

Joyce R., Area 93 Chair

Questions and Answers:

What times are the orientation and business meetings? Orientation is at 9:00 AM, every month, and the Business meeting is at 10:00 AM every other month – next one is in March.

DCM Report: Mike C.

I went to the Winter Assembly in Merced, and took some notes. One of the suggestions by our Delegate was to compile a binder of service positions, with a one page form description of responsibilities, which can then be given to new position holders. Another was to hold a GSR Workshop; Emily L. will work with us, and she read the pamphlet *The GSR is the most important position in A.A.* Regarding agenda topics for the annual conference in New York, the material will be available in mid-February. We should pick four or five and to discuss with our groups, so the GSR can go to the Pre-Conference Assembly and present an informed opinion from our groups. Next was a presentation by Matthew L., our Delegate. Matthew said it was important to get a Service Sponsor. Also, consider asking your group to PRAASA, which is in San Francisco this year. Speaking of out-of-town events, I (Mike) might be going to the NCCAA event March 15, 16, 17 in San Jose, if anyone wants to carpool. Holly, our Alternate Chair, said that there are documents available on the website for officers who want to bid on holding an Assembly. Don, our Area Treasurer asked that when groups send in contributions, to please put your group number on the check. Also, our Archives facility rent is being raised, so Area 7 has created a committee to find a new location. They came back with three or four options of different facilities in Carmichael,

Stockton West, and Sacramento. They would like to find a facility which can do all three: hold the Area Committee Meetings (ACMs), audio/visual equipment storage, and be the Archives office. Under Area New Business, they want to start up an Accessibility Committee which will provide Uber rides to meetings and sign language interpretation.

Old Business:

Zoom account sharing with Central Office was approved by the board.

New Business:

Discussion about possible fundraising activities to help support GSRS whose home groups can't pay for the full cost for them to go to PRAASA in San Francisco, or the Pacific Region conference coming up in Las Vegas in July. NCCAA will be doing a spaghetti dinner, for example. The deacon at St. Paul's Episcopal said they would charge \$125 for a morning, and they do have a kitchen. Jason said that N.A. had a breakfast at the Alano Club, although they don't have a kitchen (only a sink) so members brought in a camp stove/grill.

Co-hosted agenda items workshop with Fresno County. We were approached by Bill, a DCM from Fresno: he had asked Matt (Delegate) if can come do an agenda items workshop. Then Bill asked us if we want to co-host. We would need to vote tonight. Jerri suggested that we say "How about next time we have one of these, that they come this direction and help us?" Motion made and passed that we co-host the agenda items workshop with Fresno County.

Co-hosted Post-Conference Assembly with Spanish District 55 in May. I met Simon, the DCM and he asked if, because a lot of their members don't speak English very well, if we'd be willing to help co-host with them with the registration and some of the sales. If we wanted to sell some breakfast items or lunch items and then we could split the profits on that. Motion made and passed that we agree to co-host and supply volunteers for the event.

Discuss attending PRAASA in San Francisco, March 1st through 3rd. Does anyone else want to go and carpool? Mike will likely go to the NCCAA conference in San Jose March 15th through 17th.

Discuss dates for hosting hybrid GSR workshop. Emily, alternate chair for CNIA 7, is willing to do a GSR School / GSR Workshop on Zoom. Consensus was yes, we should do this in March. Mike will ask Emily how long it will take; depending on the answer we will do it either during the GSR meeting or on a separate event.

Remaining three items on the agenda tabled to next month.

Seventh Tradition: 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 8:12 PM

Respectfully submitted,

David G., Recording Secretary

Need Help
with a Drinking Problem?

AA old timers when you
introduce yourself as an addict



The
Easier
Softer
Way

MARCH	2024		
Manuel C	Tulare	49	
Kristi H	Visalia	48	
Art W	Lampasas TX	46	3/7/1978
John G	Armona	41	
Barbara S	Hanford	41	3/27/1983
Ray D	Tulare	40	
Laura H	Visalia	40	
Sylvia M	Visalia	39	
Rod R	Tulare	37	
Vick G	Exeter	37	3/3/1987
Cy F	Visalia	37	
Sheri D	Visalia	37	3/13/1987
Jesse M	Porterville	36	
Marcia M	Porterville	36	3/15/1988
Mark C	Hanford	35	3/20/1989
Anita B	Lemoore	35	3/6/1989
Lawrence C	Tulare	33	3/16/1991
Dave S	Visalia	31	
Tom S	Visalia	31	
Wendy S	Visalia	31	
Gary S	Three Rivers	29	
Jeanmarie D	Porterville	22	3/25/2002
Mitch H	Terra Bella	22	3/12/2002
Jeff P	Visalia	21	3/1/2003
Stephanie G	Visalia	20	3/1/2004
Chuck W	Exeter	19	3/16/2005
Edward V	Dinuba	18	
Pete B	Camp Nelson	16	3/24/2008
Steven S	Visalia	13	3/26/2011
Felipe S	VisA-LIA	12	3/10/2012
Zach D	Visalia	11	3/21/2013
Nick V	Visalia	9	3/19/2015
Larry A	Visalia	8	3/13/2015
Felipe S	Visalia	8	3/12/2016
Kenneth B	Porterville	8	3/12/2016
Sarah S	Visalia	6	3/4/2018
Raymond G	Visalia	4	3/5/2020

March 2024 Birthdays

*That's 1,006
Years of Total
Sobriety!!!*



Group Contributions 2/1/24-3/20/24

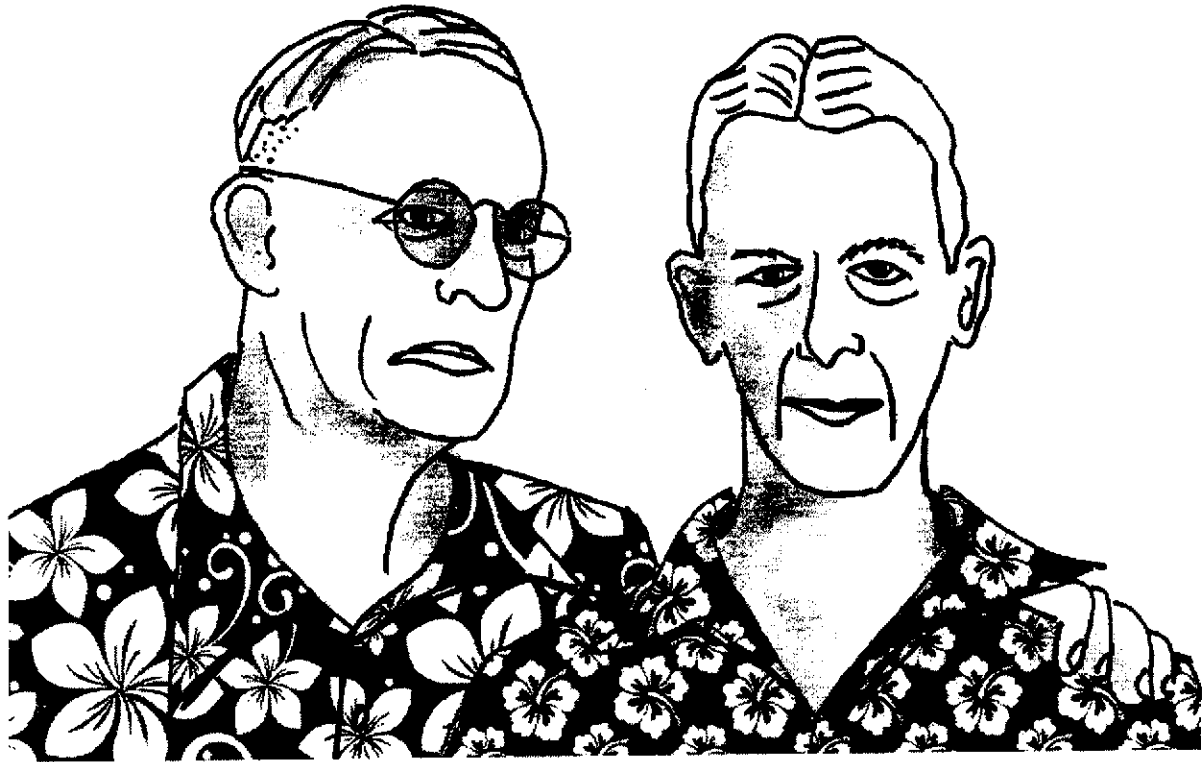
1st Friday Speaker Meeting	\$20.00	\$40.00
10th Ave Men's Group	\$-	\$264.25
ABC Group	\$-	\$-
ACYPAA	\$-	\$-
Anonymous Group	\$-	\$-
Breath of Fresh Air	\$-	\$-
Bridge St "Drunks Only"	\$139.86	\$670.55
Central California Round Up	\$-	\$-
Civic Center Group	\$-	\$-
Clodbusters-Tulare	\$-	\$200.00
Crossroads-Tulare	\$-	\$-
CSO Meeting	\$33.00	\$53.00
District 47	\$480.00	\$480.00
District 49	\$-	\$-
Exeter-Quiet Trails	\$50.00	\$50.00
Exeter Sunday Afternoon	\$50.00	\$50.00
Freedom Fellowship	\$30.00	\$30.00
Friday Candlelight Meeting	\$-	\$-
Friends of Bill W and Dr Bob Tulare	\$-	\$-
Friends of Bill W	\$100.00	\$100.00
Gem St Noon Book Study	\$-	\$-
Half & Half	\$-	\$100.00
Keep it Simple Sunday	\$-	\$233.00
Monday Men's Valley Big Book Study	\$-	\$-
Monday Men's Mtg (PPAV)	\$-	\$-
Mid-Valley-Tulare	\$-	\$-
Monday Book Study Springville	\$-	\$100.00
Monday Women's Reflections	\$-	\$-



Nooners Group-Visalia	\$-	\$-
Pine Recovery AA Meeting	\$-	\$-
Porterville Friday Night Candlelight	\$-	\$-
Practicing the Principles	\$-	\$-
Rainbow Group	\$-	\$115.00
Rule 62-Visalia	\$-	\$-
Serenity Junction-Tulare	\$-	\$-
Saturday Night Believers	\$-	\$-
Sober Sisters	\$-	\$-
Springville Gut Level	\$-	\$125.00
Springville Breakfast Meeting	\$-	\$-
Sunday Morning Alano Club Meting	\$-	\$158.00
Sunday PM Serenity Seekers	\$-	\$-
Three Rivers Monday	\$-	\$100.00
Tulare Young People	\$-	\$-
TUFYPAA	\$-	\$-
Tuesday Men's Porterville	\$-	\$-
Tuesday Women's Amity Group (TWAG)	\$375.60	\$375.60
Unity through Traditions	\$75.00	\$75.00
Valley Group	\$-	\$-
Valley Speaker Series	\$-	\$-
Visalia Alano Club	\$-	\$-
Wandering Couples	\$-	\$-
Wednesday Acceptance Group (WAG)	\$-	\$200.00
Women's Changes Group	\$-	\$-
Women's Friday Night-Porterville	\$-	\$-
Wom-en's Happy	\$-	\$-
Women's Saturday AM 12x12	\$-	\$-
Totals	\$1,353.46	\$3,519.40



Tulare County Central Office Founders Day Picnic



SATURDAY - JUNE 8, 2024
MOONEY GROVE PARK - VISALIA - ARBOR #9

SPEAKER: To be announced

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

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

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

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

BASKET RAFFLE

50/50

Volleyball

HORSESHOES

Lighter Side of AA

“A woman calls her sponsor and says she's having trouble with in the sex relations department and needs some guidance.

Being a good sponsor that goes to the literature for answers, she instantly thinks of the sex inventory portion of Step 4 in the big book. She instructs the sponsee, "Read page 69 in your big book and I think you'll get some clarity."

Well, the sponsee agrees to do this but gets things a little mixed up, transposing the numbers and turning to page 96 instead. She eagerly reads to find the AA solution to her troubles with sex relations...”

[this is where you read page 96 for the punchline]



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.



The Valley Speaker Series Presents:

SPRING INTO SOBRIETY

Saturday, April 6, 2024

St. Paul's Church, 120 N. Hall, Visalia, CA

Featuring Keynote Speaker:

Yvonne S.
of Los Angeles, CA

Sober 26 days, 1 months and 34 years!

with Alanon participation

\$20 Dinner presale or \$25 at the door

Newcomers who attend full workshop are our guests for dinner. Please bring your lunch.

Workshop and Speaker Meeting are OPEN & FREE!

11:00-5:00 Step Workshop

5:30-6:30 Dinner & Fellowship

7:00-8:30 Speaker Meeting

Contacts:

Samantha B. 559.747.9645

Brad W. 559.786.3636

Bill H. 559.740.8613

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!!!