

# CENTRAL NEWS

September 2024

Website:

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

Autumn Woods

## I'm An Alcoholic Who Quit Drinking

***"A Rotarian wins the battle of liquor aided by an ally named 'A.A.' and a weapon called psychology."***

**"I am an alcoholic, but I haven't had a drink in more than four years. Contradictory, not at all. With me, alcoholism is a disease – like diabetes, for example. Once a man contracts diabetes, he and his affliction are as inseparable as Siamese twins, but he can arrest his disease by taking insulin.**

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

**0 years I was a drinking fool. In the beginning it was simply a mischievous drink as a smart high school kid; at the end I was draining two quarts of whisky a day.."**

**-Anonymous, The Rotarian, September 1946**

## Step 9

**“MADE DIRECT AMENDS TO SUCH PEOPLE WHENEVER POSSIBLE EXCEPT WHEN TO DO SO WOULD INJURE THEM OR OTHERS”**

I believe Step 9 is the culmination of all the prior steps which helped me take ownership and admit my character defects. To complete this step, I had to become willing to admit to and face the impact my past behavior had on the lives of others. This process seemed overwhelming. I helped me to break it down as follows:

- 1) Direct Amends: Face to face meetings which required me to take personal responsibility for my actions and acknowledge the impact my behavior had on them.
- 2) Indirect Amends: This form of amends is necessary when unable to contact a person or when to do so would injure them or others.
- 3) Living Amends: By demonstrating my lifestyle changes and working to overcome destructive behavior. Our friends and family see firsthand our commitment to a new way of life.
- 4) Financial Amends: The goal of this type of amends is to make right what you did wrong financially.

The most difficult part of making amends is listening to the feedback given without feeling defensive. Some of these conversations were difficult to listen to but I tried to keep in mind the 3 R's of Step 9: Restoration, resolution and restitution .

The 12 promises of the 9th Step as written on page 83 of the Big Book of Alcoholics Anonymous states that these promises will always materialize if we work for them.

Always

-Vicki B

## *Tradition Nine*

Tradition Nine: We may organize to help in ways we think best.

When Alcoholics Anonymous was formed, our founders inherently knew that if people wanted freedom from sobriety, they would have to become *willing* to change. They also inherently knew that any imposition of "order" or "rules" would kill off that initial willingness. We recognize that alcoholics can't be dictated to — individually or collectively.

But, once we have found sobriety, many of us have found gratitude that our lives have gotten better because the obsession to drink has been lifted. Many of us (practicing Step Twelve) want to help others. Often, this desire to help manifests itself in the formation or joining a Ninth Tradition Service Committee.

I think the largest and oldest Ninth Tradition Service Committee in Tulare County is our Hospitals and Institutions Committee. The people in H&I find it to be a wonderful experience of sharing experience, strength, and hope to people who cannot get out to our traditional meetings.

I would like to suggest to you *another* Ninth Tradition Service Committee to join: Bridging The Gap.

Bridging The Gap is a group of alcoholics who know that some incarcerated people truly *want* to get sober; *but*, the gap between being released and sitting down in that first meeting of Alcoholics Anonymous is a dangerous gap.

Bridging The Gap are the members of A.A. who promise to meet that newly released person at their first meeting (or two or three). It is a temporary contact program; the A.A. member is *not* volunteering to become someone's sponsor, or provide rides or any material thing. Simply, it can help someone who doesn't know anything about A.A. to know that a friendly face will meet them at their first meeting.

County of Tulare Sheriff's Office has a program, the Residential Substance Abuse Program (RSAT) which is a voluntary program for the incarcerated who recognize that they have a problem with intoxication. Bridging The Gap and RSAT are a match made in heaven.

The Tulare County Sheriff's Office tells us they generally have about 30 people a month who graduate from the RSAT program. These are people who are *willing* to learn how to get sober. Our Bridging The Gap committee members will meet with the RSAT member via Zoom before they are released. This initial contact creates the connection between the about-to-be-released person with the A.A. member who promises to meet them at their first meeting.

You can directly help these people who would like to get sober, but haven't yet learned how. This is Twelfth Step work via a Ninth Tradition Service Committee.

Please consider joining our Bridging The Gap committee. We need volunteers.

Please contact Carol Ann at Central Office at 592-6999 to sign up. Carol Ann will put you in touch with Cody R., and can get you the Tulare County Sheriff's Office application to do the Zoom meeting for the introduction.

In service,  
David G.



Did you get sober in Tulare County?

**We need you!**

The Tulare County Central Office is seeking people to participate in an AD Hoc committee to put together a pamphlet or brochure regarding the history of our very own Tulare County Central Office!

If you are interested, please contact Central Office at (559) 592-6999!



**Individual, Newsletter, Memorial & Birthday Club Contributions**  
7/21/2024 thru 8/20/2024

**Birthday Club \$1 for every year of sobriety!**

Michael V	Visalia	\$1
Vito B	Farmersville	\$2
Patrick A	Tulare	\$5
Mitch K	Ivanhoe	\$10
Glenda V	Porterville	\$12
Jim K	Visalia	\$22
Patricia F	Exeter	\$30
John W	Tulare	\$38

**Total Club Contributions \$120.00**



## Congratulations on your sobriety!

**Newsletter Contributions**

None

**Memorial Contribution**

None

**Grateful Giver's Club (You know who you are!) Members** \$127.61

**Individual Contributions**

Bob T

Freeman

James K

John W

# THANK YOU!!!

# A.A. was founded on the premise that it would be self-supported through member contributions.

For the past 49 years, contributing a single dollar has been almost a tradition.



1960...10¢  
1970...20¢  
1980...35¢  
1990...50¢  
2000...\$1.00  
2009...\$1.75



1960...25¢  
1970...65¢  
1980...\$1.65  
1990...\$2.00  
2000...\$3.00  
2009...\$4.90



1960...22¢  
1970...35¢  
1980...90¢  
1990...\$1.10  
2000...\$1.20  
2009...\$2.09

Today's dollar has only 16 cents of the purchasing power of a 1960's dollar.



1960...\$1.00  
1970...\$1.00  
1980...\$1.00  
1990...\$1.00  
2000...\$1.00  
2009...\$2.00

Acknowledging these economic facts, why not responsibly compensate

**BY DROPPING IN  
2 BUCKS FOR 2009?**

For those who can't afford it, the important thing is to keep coming back.

This poster is unofficial. It has not been published by General Services.

# Upcoming Meeting Guide App Information!

## \*New Release - 4.2.1\*

Meeting Guide Version 4.2.1 was released in April 2024. This release included a new Maps feature for in-person meetings and support for additional language Types.

The Maps feature can be accessed from the main meeting list by selecting the icon in the top right corner:

Click this new icon for a map view of in-person meetings in the current meeting list. From the map view you can select red markers to see basic information on that meeting location by clicking on the meeting card.

You can also change the filters, location and more from the map view.

Please read this article

<https://communicationservices.cmail20.com/t/y-l-mltiyut-duhkhlik-j/>  
for more information on using this new feature.

The following languages have been added to our existing language Type options: Amharic, Croatian, Danish, Greek, Hindi, Hungarian, Lithuanian, Malayalam, Norwegian, Slovak, Swedish, Tagalog, Ukrainian. Language Type codes should be included with individual meeting listings, and they can also be applied at the entity level as the default meeting language.

## \*New participating entities\*

We extend a warm welcome to the recently added participants on Meeting Guide:

- \* AA Egypt
- \* Central Office of AA-Snohomish County
- \* Area 56 District 12 and 13 of AA (Ohio)

## \*Up Next\*

We will be reviewing all feedback sent in to [appsupport@aa.org](mailto:appsupport@aa.org) regarding the new map feature and incorporating that into future releases. The team is also in the design phase for improvements that support finding online meetings. While these larger projects are underway there will be some interim releases, including: a required software platform upgrade, new meeting contact features.







# *Support the Central Office*



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

**Donate Today using Venmo!**



# Central Office Contacts

## TULARE COUNTY CENTRAL OFFICE Income & Expense Statement

7/21/2024 through 8/20/2024

### July 21st thru Aug 20th 2024

<b>AA Members</b>	<b>36</b>
<b>Alanon &amp; Alateen Info</b>	<b>2</b>
<b>Bridging the Gap</b>	<b>0</b>
<b>Churches and Schools</b>	<b>0</b>
<b>Court Referral/Info</b>	<b>1</b>
<b>E-Mail Contacts</b>	<b>177</b>
<b>General Info</b>	<b>5</b>
<b>H &amp; I</b>	<b>0</b>
<b>Literature Sales</b>	<b>9</b>
<b>Meeting Information</b>	<b>11</b>
<b>Other 12 Step Programs</b>	<b>1</b>
<b>Prospective Members</b>	<b>1</b>
<b>Schedules &amp; Info Mailed</b>	<b>1</b>
<b>Spanish Contacts</b>	<b>2</b>
<b>Specialty Sales</b>	<b>15</b>
<b>Twelve Step Calls</b>	<b>0</b>
<b>Visitors to the Office</b>	<b>6</b>
<b>Voice Mail Calls</b>	<b>3</b>
<b><u>Total Central Office Contacts</u></b>	<b>270</b>

	MONTH	YEAR TO DATE
<b>INCOME</b>		
B.Day Club	120.00	639.00
Grateful Givers Club	127.61	2,038.09
Group Cont.	968.70	11,230.89
Indiv Cont	116.99	3,439.24
Interest Income	0.00	0.00
Lit. Sales	359.95	5,241.00
Memorial Cont.	0.00	100.00
Misc.	0.00	0.00
Newsletter Contribution	0.00	10.00
S & H	0.00	48.00
Sales Tax	89.63	751.83
Service Charge	0.00	2.84
Spec. Events-New Year's	0.00	4,705.00
Spec. Events-Picnic	0.00	2,924.97
Spec. Items	664.30	4,471.48
State fund dividend	0.00	25.00
State Fund Refund	0.00	0.00
<b>TOTAL</b>	<b>2,447.18</b>	<b>35,627.34</b>
<b>EXPENSES</b>	<b>MONTH</b>	<b>YEAR TO DATE</b>
Bank Charge	0.00	0.00
Fees-Taxes	0.00	70.00
Insurance	0.00	550.00
Lit. Costs	882.68	3,258.98
PI-CPC Expense	148.11	247.61
Misc Expense	0.00	0.00
Newsletter Cost	0.00	0.00
Non Employee Comp	0.00	750.00
Office Exp	19.02	915.50
Office Equip.& Maint	0.00	81.55
Paypal charges	1.99	10.32
Payroll Taxes	560.48	6,280.67
Phone & ISP	271.21	1082.07
Printing and copy exp	0.00	0.00
postage	68.00	150.29
Returned Check & Chg	0.00	0.00
Rent	685.00	5,480.00
Salary	1,438.72	12,533.50
Sales Tax-Paid	1,209.00	1,209.00
Spec. Events-picnic	0.00	2,602.78
Spec. Events-New Year	0.00	3,066.35
Spec. Items	243.80	1,745.63
Square Card Charges	17.03	188.27
Utilities	88.44	676.17
Ph-venmo	39.98	147.94
venmo fees	3.49	52.12
Website	11.80	199.70
<b>TOTAL</b>	<b>\$5,688.75</b>	<b>41,298.45</b>

Net Gain(Loss)	(\$3,241.57)	(5,671.11)
BEGINNING ACCOUNT BALANCES AS OF 7/20/2024:		
	\$18,005.75	
ENDING ACCOUNT BALANCES AS OF 8/20/2024		
	\$14,764.18	
Established Prudent Reserve		
	\$19,000.00	



# Speaker Meetings

## Speaker Meetings for September 2024

### **Porterville Recovery Club Speaker Meeting**

186 W. Walnut Ave.

Friday Sept 6th 2024 at 8:00 PM

Speakers: Kenneth B and JJ S

### **Sunday AM Breakfast, Speaker Meeting**

Veterans Memorial Building

36000 Hwy 190, Springville

Sunday Sept 8th 2024

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

Speaker: Beth B from Bonsall, CA

### **The Valley Group, Speaker Meeting**

St. Paul's Episcopal Church

120 N. Hall St. Visalia, CA 93291

Every Wednesday from 7-8 pm.

Speakers for Sept

Sept 4 Lupe Fresno 30 plus years

Sept 11 Lety D Visalia 10 years

Sept 18 Dakota D Fresno 13 years

### **Civic Center Group**

Christ Lutheran Church

3830 W Tulare Ave, Visalia

Birthday speaker meeting

Last Tuesday of the month

### **Sunday PM Serenity Seekers Valley Group**

Sunday 7:30-9 pm.

St. Paul's Episcopal Church

120 N. Hall St. Visalia, CA 93291

Speakers for September

TBA

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

# Service Meetings

## & Addresses Sept 2024

### Service Meetings

GSR Meeting at Central Office

449 E. Maple St., Exeter, CA

Tuesday, August 6th 2024 at 7:00 PM

Bridging the Gap meeting at Central Office

449 E Maple St Exeter, CA

August 3th 2024 11:00 AM

CSR Meeting at Central Office

449 E. Maple St., Exeter, CA

Tuesday, August 13th 2024 6:00 PM

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

526 N Bridge St (no Zoom)

2nd Saturday August 10th 2024 9:00, Orientation,

Business meeting 10:00

TUFYPAA

Zoom ID 839 4820 8237 Password: service

2nd Sunday of the month, August 11th 2024

### SERVICE ADDRESSES

Tulare County Central Office

449 E. Maple St.

Exeter, CA 93221

(559) 592-6999

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

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

Hours: Mon-Fri 9:00am to 1:00pm

Closed Major holidays

Send Contribution to:

Tulare County Central Office

449 E. Maple St.

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

District 47, C.N.I.A.

P.O. Box 273

Exeter, CA 93221

CNIA Treasurer

PO Box 161712

Sacramento, CA

95816-1712

**CENTRAL SERVICE MEETING UN-APPROVED MINUTES**  
**Central Office & Central Service Representatives Meeting Report**

**Date**

August 13, 2024

**Meeting called to order**

David G

**Board Members Present**

David G, Patrick, Ally, George, Cody

**Serenity Prayer**

David G

**Previous Minutes**

Reviewed and Approved by all

**Board Meeting Report**

David G

Use of central office cell phone for Internet connection during zoom meetings.  
Tablecloths and banners for PI/CPC  
Central office below prudent reserve  
Committee Chair for New Years event selected

**Treasurer and Office Report**

Carol Ann G

Good Evening!

For the period from June 21st thru July 20th, 2024 Central Office had an income of \$3,281.59 and expenses of \$4,295.19 for a LOSS of \$1,013.55

Our Grateful Givers Club brought in \$81.00 in much appreciated contributions.

We had \$618.43 in gross sales in 8 transactions for credit card debit cards, \$20.00 in 1 transaction in PayPal, and NO 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.

Next month will be the first planning meeting for the New Years Eve dinner event which is scheduled for next month for 5:30 pm before next month CSR meeting on Sept 10th 2024! Please join us!

Elections for the Central Office Board is coming up again in December, we will have 2 positions opening. Please announce this to your groups, each position is a two year commitment.

*I would like to thank all of the groups and individuals who contributed to Central Office through your group contributions, your Birthday Club contributions, your individual contributions and our Grateful Givers Club contributions!*

Grateful to be here!  
Carol Ann Gable

### PI/CPC Report

George

We received the new tablecloth, runner and banners showing the AA logo and the 12 steps for future events...they look Amazing!

WE will be providing our literature at upcoming Health Fairs, Rehab locations, COS "Giant Days". We also proved book for purchase.

### **STEP FOR NEWSLETTER-VOLUNTEER**

#### **Issue Step Member**

September	9	Vickie B	due to <a href="mailto:centralintergroupnews@gmail.com">centralintergroupnews@gmail.com</a>	8/21/2024
October	10	John W	due to <a href="mailto:centralintergroupnews@gmail.com">centralintergroupnews@gmail.com</a>	9/21/2024

### **TRADITION FOR NEWSLETTER-VOLUNTEER**

#### **Issue Step Member**

September	9	David G	due to <a href="mailto:centralintergroupnews@gmail.com">centralintergroupnews@gmail.com</a>	8/21/2024
October	10	Mike P	due to <a href="mailto:centralintergroupnews@gmail.com">centralintergroupnews@gmail.com</a>	9/21/2024

### Website Report

David G

Report covers the time between the June and July CSR Meetings (2024-06-10 through 2024-07-09).

Calendar of events:

Carol Ann published the Hand in Hand Women's Day of Unity event for September 14

David published the Soberfest planning meeting and a Save-The-Date for Soberfest 2024

David added the NCCAA Fall 2024 event in Sacramento

Announcements:

Bridging The Gap volunteers needed

Central Office closed July 4th  
Two new pages added to the website: H&I and BTG  
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.

## **H & I Report**

August, 2024 H&I Report

In August, we will be adding two monthly meetings at New Hope Women's Recovery which brings our facility meetings monthly to 15 in addition to the 5-10 meetings monthly at the Tulare County Jail. Corcoran, SATF and Avenal prisons are also staffed by AA members from our Area. We need more volunteers at all facilities. Please share this with your groups and encourage any interested AA members to either attend our next orientation, listed below, or contact me at [handiarea93@gmail.com](mailto:handiarea93@gmail.com) or my phone number is available by contacting Central Office.

In July, we met the Northern California Hospital and Institution Committee's purpose of carrying the message of AA to alcoholics in corrections and treatment facilities and facilities serving alcoholics in Northern California by holding 18 H&I meetings in our area, utilizing 33 volunteers, and distributing 104 AA books in English and Spanish which are purchased from funds collected in the Pink Cans passed at meetings.

Please take a moment and visit the Hospitals and Institutions (H&I) tab on our Tulare County AA website, [aa-tulareco.org](http://aa-tulareco.org). Here you will find the current month and YTD financial reports for the Northern California Hospital and Institution Committee, along with information on the IVSS Program and our most current News Brief which is a snapshot of all that is going on at the NorCal Level.

Please encourage all groups to pass the Pink Can at their meetings. This year, Tulare County is on track to distribute nearly \$10,000.00 in literature. It would be so awesome if this could be the year that Tulare County is able to contribute enough to cover our own expenditures. If your group does not have a Pink Can, they can get one at Central Office or by contacting myself.

Next H&I Orientation: September 14, 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 H&I Chair

## **BTG Bridging the Gap**

Cody

No new updates..still working with Tulare County Sheriff via zoom first Saturday of the month meetings at 11:00am We haven't received any cards from those reaching out to connect. Next step following up with the Sheriff's office to connect with future members.

We are a familiar face to connect those in hospitals, institutions, and jails at a meeting. To bridge the gap.

Thank You, Cody

## **GSO Liaison:**

David G

Plain and Simple version of the Big Book will possibly be released before the end of the year.

## **CSR Reports**

### **Saturday Morning Women's 12 x 12 Tracy Jo., CSR**

Held from 9-10 am Saturday morning held weekly  
Approx 35-40 women We meet at Christ Lutheran  
Church 3830 W Tulare Ave.

We celebrate recovery by handing out milestone chips each week and celebrating birthdays the end of the month. Each meeting is a book study out of the 12 & 12

Thank you, Tracy Jo W

### **Visalia Mens Monday night stag Williams., CSR**

Visalia Means Stag is every Monday at the PPAV Hall in Visalia. This is a closed meeting of AA, the meeting starts at 7:30pm til 9:00pm we have between 40-60 men every week, a speaker starts our meeting and then chooses how the meeting goes. After coffee is provided. Birthday meetings are held the last Monday of every month.

Thank You, William A

### **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 the 12&12.

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 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.

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

This is a Tuesday night meeting held at St Johns Episcopal Church at 1701 E Prosperity Ave. in Tulare from 7-8:30 pm. We are a fellowship of men and women sharing our experience, strength, and hope. We average 10-15 people and give out chips for various lengths of continuous sobriety. We celebrate anniversaries the first Tuesday of the month for the previous month celebrating a milestone. We just elected a new secretary Patrick A, and want to thank Jason Q the previous secretary for his service. Newcomers are welcome and we have multiple members who are open and willing to sponsor.

Thank You for letting me be of service. Patrick A CSR/Secretary

**Bridge Street Drunks Only John W., CSR**

We at Bridge St (526 N Bridge Street Visalia) have a wide array of mostly closed meetings with great participation and good fellowship. Two of our meetings, the noon weekend meetings are open. We also have step studies and book studies (2 each) per week.

Thanks for letting me be of service, John W.

**Tuesday Women's Changes, Presented by Vicki Bates., CSR**

We meet every Tuesday from 6:00 to 7:00pm at the Recovery Club located at 186 S. D Street, Porterville. We are an open meeting for women only. This is a stick topic meeting. That is each woman picks a preprinted stick and shares on the topic described on the stick. Our attendance includes women with a brief period of sobriety to those with many years. All are welcome. On the last Tuesday of the month we have a potluck to celebrate those with sobriety birthdays. Those women are invited to share their experience strength and hope with the group. Thank you for letting me be of service.

**Exeter Sunday Afternoon Group, Presented by Mike Potts., CSR**

Sunday 2:30 alive and well meeting attendance 7-10, cakes for birthday last Sunday open meeting located at First Presbyterian Church 200 South E Street Exeter

**Old Business**

Nothing to cover

**New Business**

CSR's are not required to attend a Zoom link for those not attending in person and all documents will be available via email.

**7th tradition**

\$33.00

**Announcements**

Our Central Office has had a continued decline in contributions and we are dipping below our prudent reserve. Please pass along to the over 100 meetings in our area the need for continued support.

Upcoming events

Soberfest Sept 21st & New Years Eve Event

**Meeting Adjourned**

7:33\_P.M.

**HIGHER POWER**

**HIGHER PURPOSE**

**MEN'S SPIRITUAL RETREAT**

**Save the Date!**  
**March 28th - March 30th 2025**



**CAMP YEAGER - CAMBRIA, CA**

**EMBRACE SPIRITUALITY**

**INNER GROWTH**

**FELLOWSHIP AND FUN!**

# District 47 Meeting Minutes

District 47, CNIA  
Meeting Minutes  
September 3, 2024

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

**Meeting Called to Order:** 7:09 PM by District Committee Member (DCM) Mike C.

**Committee members present:**

Dusty B., GSR for the Springville Thursday Night Gut Level Group  
Fred F., GSR for Unity Through Traditions  
Kim C., (New) GSR for the Saturday morning Women's 12 x 12 Book Study Group  
Laura B., GSR for the Springville Monday Night Book Study  
Mike C., DCM  
Allen L., Treasurer  
David G., Recording Secretary and Central Office Liaison

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 Allen L.

**Concept 9:** Concept 9 long form read and explained by Mike C.

**Approval of Minutes:** August 6, 2024, minutes reviewed and approved: all in favor, none against.

**Treasurer's Report:**

Beginning Balance: \$3490.80

INCOME

Date	Description	Amount
08-24-24	Springville Breakfast Speaker Mtg. #1036	\$300.00
08-24-24	District 42 co-host – Delegate Report event #1134	\$150.00
08-28-24	Springville Gut Level – USPS MO #29469998013	\$240.00
		=====
	Total Income:	\$690.00

EXPENSES

Date	Description	Amount
08-14-24	Mike C – Food for Delegate Report event #301	\$150.00
08-14-24	Exeter Veterans Hall – Delegate Report event #302	\$75.00
08-14-24	Matt L – Travel Money for D.R. event #303	\$200.00
09-03-24	Mike C – Food for Delegate Report event #304	\$32.09
		=====
	Total Expense:	\$457.09

Our August CSR Meeting was held on August 13th. The meeting was a hybrid meeting, both in-person and on Zoom.

Central Office finances: for June 21<sup>st</sup> through July 20<sup>th</sup>, 2024 Central Office had an income of \$\$\$3,281.59 and expenses of \$4,295.19 for a loss of \$1,013.55.

Old business: none

New business:

1. The question was raised: should attendance at the CSR meeting be required to be in-person at least once? Discussed, with the consensus being that attendance via Zoom, even if only ever via Zoom, is beneficial to our members.

Announcements:

Springville Second Sunday Breakfast Speaker Meeting in September 8<sup>th</sup>.

Soberfest planning meeting September 4<sup>th</sup> (tomorrow) at 5:30 PM in person and on Zoom. Event to be held September 21<sup>st</sup>. Presale tickets will be \$20.00. Volunteers welcome to help with food, desserts, decor, set up/tear down.

New Year's Eve planning meeting September 10th, prior to the CSR meeting, in-person and on Zoom. Planning meeting will start at 5:30 PM, and go to 6:00 PM.

The BTG committee is up to nine volunteers, and will have its monthly committee meeting Saturday September 7 at 11 AM on Zoom only.

**Registrar:** Josh F. no report

**H&I Report:** Written by Joyce R., presented by Mike C.

September 2024 H&I Report

The only purpose of the Northern California Hospital and Institution Committee is to carry the message of AA to alcoholics in corrections and treatment facilities and facilities serving alcoholics in Northern CA. In Tulare County (NorCal Area 93) we continue to meet this purpose by holding AA meetings in 8 treatment facilities and the Tulare County Jail. In August 2024 we held 23 meetings and distributed AA books upon request with funds collected in the pink cans from AA World Service. In this way, we not only carry the AA message but financially support AA.

While we always welcome AA members interested in carrying the message with us, our immediate need is women and bilingual volunteers. We now have two women's treatment facilities who request women only volunteers. These meetings are held on Thursday evenings. Our bilingual need is great as many times we encounter inside members who are Spanish Speaking relying on other inside members to translate for them. This detracts both inside members being able to fully participate in the meeting. Please share this need with your groups. Any interested AA members can be directed to our next orientation and business meeting or have them contact me directly. I can be contacted via email at [handiarea93@gmail.com](mailto:handiarea93@gmail.com) or my phone number is available by calling Central Office. We encourage all groups to pass the pink can at all AA meetings and have your treasurer send in the funds on a regular basis. When making payment by either check or credit card online, please refer to Area 93 for Tulare County. If your group does not have a Pink Can, please contact Central Office or me.

Please take a moment to visit the H&I page at <https://aa-tulareco.org/hospitals-institutions-hi/>. Here you will find

all current Northern California Hospital and Institution Committee information. Our next in-person orientation: September 14, 2024; 9:00 am; at 526 N. Bridge Street, Visalia, CA 93291 followed by our business meeting at 10:00 am. This information is also listed on the Tulare County Website at [aa-tulareco.org](http://aa-tulareco.org)

In Service,  
Joyce R., Area 93 Chair

**DCM Report:** Mike C.

I attended the Area Committee Meeting (ACM) for August via Zoom. I reported about our Delegate Post-Conference report here in Exeter, on August 24. Don provided a presentation on the spending plan, but I missed some of it because of travel. The proposed spending plan will be presented and voted on at the Mini PRAASA. Mini PRAASA will be October 11 – 13, 2024 in Angels Camp (Calaveras County Fairgrounds). A new location proposed for Archives, moving it from Stockton to Sacramento, was found for \$725 per month, which is better than the previous proposal of \$1,250 per month. The existing facility is \$250 per month, but sketchy and probably not safe. The proposed spending plan falls short on historical income, so several ideas of how to increase income are being considered. There will be a Spending Plan 2025 Discussion & Input Session – Online on Thursday September 5<sup>th</sup>, at 7:15 PM. <https://us02web.zoom.us/j/87108643475> with passcode 1935. Area 7 is also planning on doing an inventory, looking for information from GSRs about communications between the Area and groups.

Thank you, everyone who helped with the Delegate Report event; especially the people in Springville who cooked the tri-tip and brought food and helped set up. The event was a success, and I appreciate all the help that went into it. We did pass the basket, and collected \$115, which we gave as a contribution to Tulare County Central Office.

**GSR Reports:**

Kim C., GSR for the Saturday morning Women's 12 x 12 Book Study Group: Everything is going fine with our group.

Dusty B., GSR for the Springville Thursday Night Gut Level Group: We're doing pretty well. We just celebrated our August birthdays. We're looking at doing a group inventory to see how we can encourage people to come to our meeting.

Laura B., GSR for the Springville Monday Night Book Study: We are reading *Twelve Steps and Twelve Traditions*. We are talking about doing a group inventory regarding calling it an Open meeting; if someone who identifies as non-alcoholic wants to share at the meeting, how should the group handle that? We'll discuss it at the next business meeting.

Fred F., GSR for Unity Through Traditions – Fred was able to attend the meeting and listen, but technical difficulties prevented him from being able to share.

**Old Business:** none

**New Business:**

1. Area 7 Spending Plan 2025 Online Workshop on Thursday, September 5<sup>th</sup>, at 7:15 PM.

<https://us02web.zoom.us/j/87108643475> with passcode 1935.

1. Reviewed two documents (Excel spreadsheets) which show proposed changes for the 2025 spending plan.
2. One idea for saving money is to eliminate the paper printing of the CNIA newsletter *Accents* switching to electronic distribution only.
3. Another idea was to add hybrid attendance for Assemblies, with a registration charge for Zoom.
4. Another idea was to increase the in-person registration amount by \$5 per person.

2. Discussed approving funds for District GSRs to attend Mini-PRAASA if needing assistance. We have funds available, if a group does not.
3. Discuss D47 budget and consider making contributions to Area 7 and GSO.
  1. We have historically done contributions at the end of the year. We will table this to the November meeting, and contribute all funds greater than our prudent reserve then.
4. **Mini PRAASA October 11 – 13, 2024** in Angels Camp (Calaveras County Fairgrounds). Registration is \$15 in advance, \$20 for dinner, and \$4 for bottomless coffee. <https://cnaia.org/assembly-info-2/> for information and the link to the Online Registration.
  1. If any GSR is unable to attend Mini PRAASA, Mike can relate your group's vote on the Spending Plan 2025 or any other suggestions your group has. Please email that information to Mike.
  2. If people want to go to Mini PRAASA, you may want to consider car-pooling to save on gasoline.
5. 2025 A.A. International Convention scheduled in Vancouver, British Columbia, Canada: registration opens September 10, 2024. Some portions of it will be available via Zoom for a small registration fee.

**Announcements:**

Soberfest: the event will be September 21<sup>st</sup> at St. Paul's Episcopal Church in Visalia. The next planning meeting will be Wednesday, September 4<sup>th</sup>. The planning meeting starts at 5:30 PM and will be both in-person and on Zoom. The event will have a Twelve Step Workshop from 11 AM to 5 PM (bring your own lunch), Dinner from 5:30 to 6:30 PM – Dinner tickets are \$20 presale, \$25 at the door. Contact Bill or Samantha for tickets. Speaker meeting from 7:00 to 8:30 PM (free) (also on Zoom).

Workshop: AA's Legacy of Unity and Service, September 28, 2024, from 9 AM to 4 PM. See Laura B for details. Debbie D. of Concord will be a speaker. The event will also be available on Zoom.

**Declaration of Unity:** 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 8:07 PM.

Respectfully submitted,

David G., Recording Secretary

AA BIRTHDAYS		
September	2023	
Joe F	Porterville	46
Margie C	Exeter	43
Robert H	Exeter	42
Lawrence S	Visalia	42
Rebecca M	Lemore	42
Gerald V.B.	Andover N.M.	39
Joan C	Visalia	39
Ruth B	Visalia	38
Cliff L	Visalia	38
John W	Tulare	38
David H	Visalia	37
Ken R	Visalia	37
Warren G	Visalia	37
Hal W	Lemon Cove	37
Jerry" Bubba" W	Tulare	36
Kelley N	Tulare	36
Linda P	Visalia	36
Ty N	Tulare	36
Cary K	Visalia	34
Mike H	Visalia	34
Kim A	Tulare	33
Tom C	Visalia	33
Russell W	Visalia	32
Elly Q	Three Rivers	32
Ken F	Visalia	31
Linda J	Porterville	29
Cruz J	Tulare	29
Cindy S	Porterville	28
Anetta P	Porterville	25
Mark H	Exeter	22
Barbara W	Quincy CA	20
Melanie M	Visalia	20
Kim H	Tulare	20
Vendy	Visalia	19
Al S	Visalia	18
John	Dinuba	18
Jose G	Dinuba	17
Diane O	Visalia	11
Eric J	Springville	6
Amber K	Visalia	5
Jason L	Three Rivers	5
Jill R	Visalia	4

## September 2024 AA Birthdays!

*That's 1,224  
Years of Total  
Sobriety!!!*





# Group Contributions 7/1/24-8/20/24

1st Friday Speaker Meeting	\$40.00	\$155.00
10th Ave Men's Group	\$218.20	\$665.57
ABC Group	\$-	\$-
ACYPAA	\$-	\$-
Bridge St "Drunks Only"	\$-	\$1,276.28
Central California Round Up	\$-	\$-
Civic Center Group	\$-	\$-
Clodbusters-Tulare	\$-	\$421.00
Crossroads-Tulare	\$-	\$350.00
CSO Meeting	\$33.00	\$233.00
District 47	\$-	\$506.00
District 49	\$-	\$-
Everyday is Christmas	\$97.00	\$560.65
Exeter Sunday Afternoon	\$100.00	\$250.00
Freedom Fellowship	\$-	\$205.00
Friends of Bill W and Dr Bob Tulare	\$-	\$240.00
Friends of Bill W	\$100.00	\$700.00
Gem St Noon Book Study	\$-	\$-
Half & Half	\$-	\$100.00
Keep it Simple Sunday	\$-	\$297.00
loose women	\$-	\$37.50
Monday Men's Valley Big Book Study	\$-	\$250.00
Monday Men's Mtg (PPAV)	\$75.00	\$475.00
Mid-Valley-Tulare	\$-	\$-
Monday Book Study Springville	\$-	\$400.00
Monday Women's Reflections	\$-	\$353.22
Nooners Group-Visalia	\$-	\$-
Porterville Friday Night Candlelight	\$-	\$-



Practicing the Principles	\$-	\$100.00
Quiet Trails	\$50.00	\$500.00
Rainbow Group	\$-	\$190.00
Rule 62-Visalia	\$-	\$-
Serenity Junction-Tulare	\$-	\$-
Saturday Night Believers	\$-	\$-
Sober for a Reason	\$-	\$-
Sober Tippers	\$-	\$-
Springville Gut Level	\$-	\$150.00
Springville Breakfast Meeting	\$-	\$500.00
Sunday PM Serenity Seekers	\$-	\$-
Three Rivers Monday	\$-	\$300.00
TUFYPAA	\$-	\$-
Tuesday Men's Porterville	\$-	\$-
Tuesday Women's Amity Group (TWAG)	\$-	\$1,002.08
Unity through Traditions	\$-	\$214.00
Valley Group	\$-	\$-
Valley Speaker Series	\$-	\$-
Visalia Alano Club	\$-	\$144.09
Wandering Couples	\$-	\$-
Wednesday Acceptance Group (WAG)	\$-	\$400.00
Women's Changes Group	\$-	\$-
Women's Friday Night-Porterville	\$-	\$-
Women's Happy	\$255.50	\$255.50
Women's Saturday AM 12x12	\$-	\$-
Totals	\$968.70	\$11,230.89



August 10, 2024

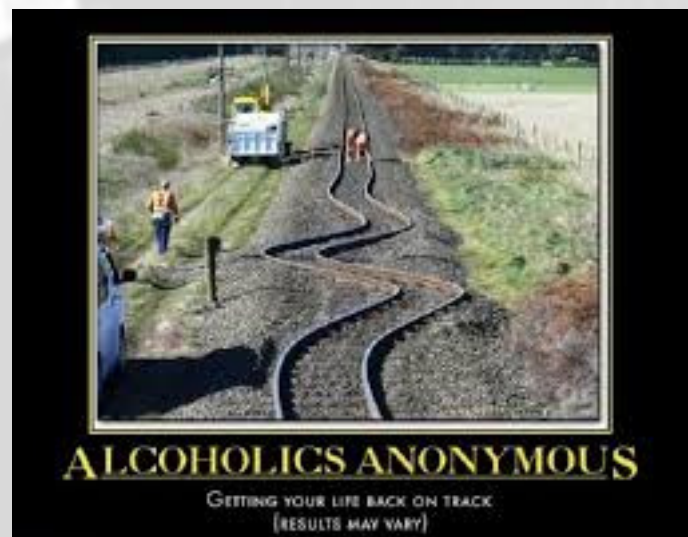
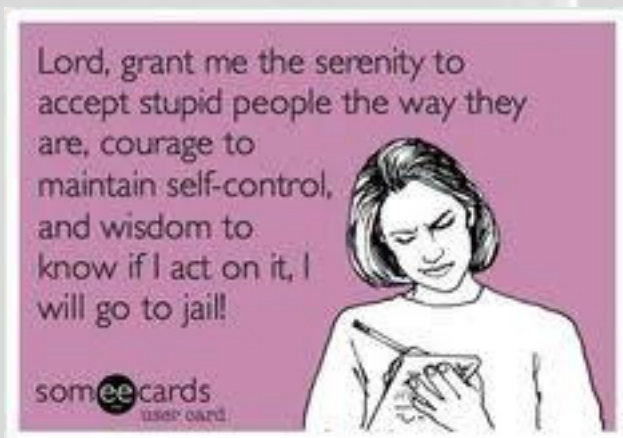
“Concerning any given service, we pose but one question: ‘Is this service really needed?’ If it is, then maintain it we must, or fail in our mission to those who seek AA.”

AA Co-Founder, Bill W., July 1955, “What Is the Third Legacy?”, The Language of the Heart

Grapevine

## Lighter Side of AA

Guy walks into a bar and is like “gimme a beer dammit” and the bartender says “get out, you’re drunk!” So he walks out and comes in the side door walks up to the bar and is like “gimme a shot!” And the bartender is like “I already told you, you’re drunk get out!” So he staggers out and a few minutes later he comes in the back door walks up to the bar and is like “gimme a gin a tonic!” And bartender yells at him “I’ve already told you, you’re drunk now get out or I’m gonna call the cops!” And the guy looks at him and says “holy crap how many bars do you work at?!?!”



# **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)**

# *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.**

# GOT JOKES/STORIES?

Hello there! Its your friendly editor, Robert P, and I welcome anyone who has an AA-related joke that they would like to share, or story to in order to further help our readers both laugh and stay inspired. I feel that there are never too much of either of those things! Thank you for letting me be of service!





# *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!!!