

CENTRAL NEWS

October 2024

Website:

www.aa-tulareco.org

Pumpkins In California

Help for Drunkards

“Two members of Alcoholics Anonymous recently shed their anonymity. Alcoholics Anonymous is a fast-growing national organization of ex-drinkers pledged to help other alcoholics get well. They count chiefly on constant social intercourse among alcoholics who want to be cured. The two members are convinced that most of the estimated 600,000 alcoholics in the U.S. (there are 3,000,000 estimated drinkers) can't get over their drinking.* The two:

Mrs. Marty Mann, 39, a tall, smart-looking blonde who last week became executive director of the newly established National Committee for Education on Alcoholism, with offices in Manhattan's Academy of Medicine. The daughter of an executive of Marshall Field's Chicago department store, she married a drunkard and became one herself. Her husband, meanwhile, got over it. In 1939, after psychiatrists had failed to cure her, she became the first woman member of Alcoholic Anonymous. She still goes to parties where drinks are served, but her drink is a horse's neck (ginger ale with lemon in it).”

Time, October 23, 1944

STEP TEN

“Continued to take a personal inventory and when we were wrong promptly admitted .”

As we work the first nine Steps, we prepare ourselves for the adventure of a new life. But when we approach Step 10 we commence to put our A.A. way of living to practical use, day by day, in fair weather or foul. Then comes the acid test: can we stay sober, keep an emotional balance, and live to good purpose under all conditions? (12x12, p. 88)

My personal experience answers this question with a “yes”! This step is especially important to avoid those emotional hangovers resulting from negative emotions such as anger, fear, remorse ect. (I hate feeling like that!) Whenever I start having some sort of angst, my thinking gets locked up and I can't think about anything else. That's why it's so important to clean up the mess by doing the inventory promptly and correcting the wrong. The 10th Step has allowed me to recover quickly from those negative emotions and walk comfortably inside my own skin, an attractive benefit from working this step. The result is that, after some time I can be amongst those who I'd onced wronged and be neutral. I can look them in the eye and be OK. Whereas before cleaning up my side of the street, they owned my “rear end”!

When I first worked this step, my sponsor would have me do the inventory and in the fourth column, I identified *where I was wrong*. Then, knowing that wrong, we'd write out the amends. Then I would take what we wrote and find that person as soon as I could. Then when first meeting up with that person, I'd explain to them that what I was about to say was important for my recovery, that it was part of the 12 Steps. I would read the amends *verbatim*, just as my sponsor and I had written out. Doing it this way might seem a little tedious but my experience of making an amends without talking to my sponsor first never turned out well. The intent of the amends was never conveyed very well when I would just “wing-it”. Conversely when I would read it to the person exactly as it was written, my intentions were clear. Message received. And lastly, to give that person receiving the amends the impression that we were quite serious in our admission of the wrong, I thank that person for listening to me, excuse myself and leave. This will leave both parties: you and that person to whom you make the amends with an impression that we're really trying hard to change ourselves and the making of the amends is an important step in our recovery. For us, it verifies or imprints on our thought process that we're trying to get rid of those character defects that block us from the sunlight of the spirit. We begin to feel better about our journey in recovery

This self-examination process and doing the 10th Step whenever we are disturbed can have wonderful results. For this AA member, it's helped me be a better fit in society as a whole.

Those emotions of anger, fear, jealousy and remorse are kept in check. Actually those feelings seldom occur. But if they ever do, I have the solution at hand.

So...in the final analysis, the 10th Step has changed my behavior for the better, so I can live this life a little more serene, be of service to God and those about me and stay sober another day.

John W.

SS

Tradition Ten

Alcoholics Anonymous is neutral concerning political movements, governmental systems, legislation that concern the use or abuse of drugs or alcohol, and all faiths or deities We have no stand or affiliation in these matters. Our members may be passionate about one side or another of these subjects, but as a movement we are not prejudiced.

As worldly, educated or informed as some of us are, we do not throw the weight of our membership behind or against any endeavor outside of AA. We are vastly diverse and would only alienate one another and damage our precious association. Alkies tend to be single minded and stubborn, and our diverse cultures include a world wide association. Affiliation would only result in the same conflicts we experience among those cultures, and would result in a scenario akin to wrestling rhinos. Under that condition we could never achieve the success we enjoy and hold so dear.

Our balance just in the field of religion is remarkable. We cultivate a spiritual experience without approval or disapproval of any organized religion. We exalt in an higher power without reference to Jesus, Budha, Mohammed, Avatar, Yahweh, Bumba or any other religious icon. We do not pretend to fathom these entities even while occasionally referring to their teachings as a sort of guidance. Sobriety is is at the center of our effort, and maybe acts as our god.

There is historical evidence which proves the wisdom that keeps our collective noses out of controversial issues. Movement not unlike ours have imploded because some part of their membership supported a cause, which may have been just, but resulted in a rift in membership from which they could not recover. We have plenty of controversy internal to Alcoholics Anonymous without borrowing from the outside world.

Anonymous

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

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
8/21/2024 thru 9/20/2024

Birthday Club

\$1 for every year of sobriety!
Jesselene R. From Visalia 4!
Hal W. from Lemon Cove 37!
Total Club Contributions \$41.00



Congratulations on your sobriety!

Newsletter Contributions

None

Memorial Contribution

None

Grateful Giver's Club (You know who you are!) Members \$504.49!

Individual Contributions

Bob T	John W
James K	Shannon S

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 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!



TULARE CO. CENTRAL OFFICE, INC.

449 E. Maple St.
Exeter, Ca. 93221



Telephone: (559)592-6999
Email: tccof@hotmail.com
Website: www.aa-tulareco.org

September 23, 2024

Greeting from Tulare County Central Office of Alcoholics Anonymous!

This is a letter to let you know that our office is the main office for Alcoholics Anonymous in Tulare County! We are the ones who keep up the website and make sure your meeting is listed in the meeting guide app. We have books, book covers, bookmarks, pamphlets, sobriety chips, and other recovery items.

This letter is also an outreach to let you know we need your support! Our monthly expenses are about \$3,000 a month and we rely on our groups and individual contributions to keep our office open through your Tradition 7 contributions. We realize that your group may not realize how important your contributions are to keep AA alive and healthy for the next suffering alcoholic. **There are many groups on our schedule that contribute to Central Office regularly, and for that we are truly grateful! With out these groups we would not have been able to keep these doors open since 1985.**

Unfortunately, the cost of living keeps rising and group contributions have been down, this is why we are reaching out to you! Central Office is responsible for maintaining the Tulare County Central Office website AA-Tulareco.org which is linked to the Meeting guide app. We have a part time staff member that works 9-1 Monday thru Friday available for you come get what you need for your meetings! We are the Tulare County hub for Alcoholics Anonymous and we really do need your support!

According to the AA pamphlet F-3, Where Money and Spirituality Mix, the following percentages are suggestions for your group to distribute to the other AA entities once your rent and other expenses are covered.

Tulare County Central Office-50%

449 E Maple Street
Exeter, CA 93221

District 47 or District 55 10%


PO Box 273
Exeter, CA 93221

AA World Services 30%

General Service Board
PO Box 2407
James A Farley Station
New York, NY 10116-2407

Area 7 10%

CNIA Contributions
PO Box 161712
Sacramento, CA 95816-1712



The Tulare County Central Office Prudent reserve is \$19,000. That would keep our doors open for 6 months. We are currently below our prudent reserve by \$4,547,88. Please talk to your group members about increasing their contribution to the 7th tradition basket. Yes, times are tough, but remember all the money we wasted on booze?

We suggest that each meeting have a GSR and a CSR to keep your meeting connected to the AA fellowship in Tulare County and AA at large! We would love for each meeting to have a Bridging the Gap and an H & I representative too. Each of these opportunities come with a meeting with fellow committee members once a month in person or via Zoom. All this information is available on our website, or you can call the office to find out more! **We are here for YOU, and the still suffering ALCOHOLIC!**

Please fill out the attached form so we have current information about your meeting's trusted servants and your preferred mailing address and or email address. We would love to keep you posted about upcoming events!

Sincerely,

Carol Ann

Carol Ann Gable
Office Manager

CG:cg

CONFIDENTIAL INFORMATION

Please return this form to tccof@hotmail.com or mail it to Tulare County Central Office 449 East Maple Street Exeter, CA 93221. Thank you!

Meeting Name _____

Meeting Address _____

When does this meeting meet? _____

Meeting Secretary and Phone number

Meeting Treasurer _____

Meeting Central Service Representative (CSR) and Contract number

Meeting General Service Representative (GSR) and Contact number

Meeting Preferred Mailing Name and Address

Meeting preferred email address _____

CONFIDENTIAL INFORMATION

Central Office Contacts

TULARE COUNTY CENTRAL OFFICE
Income & Expense Statement

8/21/2024 through 9/20/2024

Aug 21st thru Sept 20th 2024

AA Members	85
Alanon & Alateen Info	0
Bridging the Gap	37
Churches and Schools	0
Court Referral/Info	0
E-Mail Contacts	301
General Info	10
H & I	0
Literature Sales	17
Meeting Information	11
Other 12 Step Programs	6
Prospective Members	1
Schedules & Info Mailed	1
Spanish Contacts	0
Specialty Sales	14
Twelve Step Calls	0
Visitors to the Office	3
Voice Mail Calls	0
Total Central Office Contacts	486



INCOME	MONTH	YEAR TO DATE
B.Day Club	41.00	680.00
Grateful Givers Club	504.49	2,542.58
Group Cont.	1,668.11	12,899.00
Indiv Cont	506.99	3,946.23
Interest Income	0.00	0.00
Lit. Sales	1,269.60	6,510.60
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	129.43	881.26
Service Charge	2.75	5.59
Spec. Events-New Year's Eve	0.00	4,705.00
Spec. Events-Picnic	0.00	2,924.97
Spec. Items	385.45	4,856.93
State fund dividend	0.00	25.00
State Fund Refund	0.00	0.00
TOTAL	4,507.82	40,135.16

EXPENSES	MONTH	YEAR TO DATE
Bank Charge	0.00	0.00
Fees-Taxes	0.00	70.00
Insurance	0.00	550.00
Lit. Costs	1,430.92	4,689.90
PI-CPC Expense	0.00	247.61
Misc Expense	0.00	0.00
Newsletter Cost	0.00	0.00
Non Employee Comp	0.00	750.00
Office Exp	8.78	924.28
Office Equip.& Maint	0.00	81.55
Paypal charges	1.99	12.31
Payroll Taxes	0.00	6,280.67
Phone & ISP	136.23	1218.30
Printing and copy expense	0.00	0.00
postage	0.00	150.29
Returned Check & Chg	0.00	0.00
Rent	685.00	6,165.00
Salary	2,158.08	14,691.58
Sales Tax-Paid	0.00	1,209.00
Spec. Events-picnic	0.00	2,602.78
Spec. Events-New Year	0.00	3,066.35
Spec. Items	266.84	2,012.47
Square Card Charges	20.41	208.68
Utilities	83.20	759.37
Ph-venmo	19.99	52.35
venmo fees	0.23	167.93
Website	8.21	207.91

TOTAL \$4,819.88 \$46,118.33

Net Gain(Loss) (\$312.06) (5,983.17)

BEGINNING ACCOUNT BALANCES AS OF 8/20/2024:

\$14,764.18

ENDING ACCOUNT BALANCES AS OF 9/20/2024

\$14,452.12

Established Prudent Reserve

\$19,000.00

(\$4,547.88 below our prudent reserve)

Speaker Meetings

Speaker Meetings for October 2024

Porterville Recovery Club Speaker Meeting

186 W. Walnut Ave.

Friday October 4th 2024 at 8:00 PM

Speakers: To be announced

Sunday AM Breakfast, Speaker Meeting

Veterans Memorial Building

36000 Hwy 190, Springville

Sunday October 13th 2024

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

Speaker: Robert McL from Bakersfield

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 October

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 October

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 October 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

Website: 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

SAFETY IN A.A.

FORUM

**SATURDAY
OCTOBER 19**

**10 AM -
4:30 PM**



I AM RESPONSIBLE

**CAMPBELL
COMMUNITY CENTER
ROOM Q 80
1 W CAMPBELL AVE.
CAMPBELL 95008**

**ZOOM ID:
821 3562 3703
PW: 1935**

Lunch Provided

DISTRICT04CNCA.ORG

Central Service Meeting Meetings

CENTRAL SERVICE MEETING UN-APPROVED MINUTES

Central Office & Central Service Representatives Meeting Report

Date

September 10, 2024

Meeting called to order

David G 6:06 P.M.

Board Members Present

David G, Patrick, George

Serenity Prayer

David G

12 Traditions

Mike

Previous Minutes

No additions or corrections
Reviewed and Approved by all
Marci moves, Vicki seconds

Board Meeting Report

David G

We had a question to ask the Car's to do a survey .. when you are looking for AA information where are you looking? Our website, Central Office, AA.org, other members etc...

BTG waiting for sheriffs office to start the process
PICP College of Sequoias and Health Fair and Rawhide
Tabled telephone service

We would like to create a committee to begin the history of AA...WE now have a flyer to collect AA archives locally

Treasurer and Office Report

Carol Ann G
September 10th 2024

Good evening!

For the period from July 21st thru August 20th, 2024 Central Office had an income of \$2447.18 and expenses of \$5688.75 for a *loss* of \$3,241.57

Our Grateful Givers Club brought in \$127.61 and our Birthday Club brought in \$120.00 in much appreciated contributions.

We had \$439.15 in gross sales in 11 transactions for credit and debit cards, \$89.99 in 2 transactions in PayPal, and \$164.12 in 4 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.

Elections for the Central Office Board is coming up again in December, we will have 2 positions opening up. Please announce this to your groups, each position is a 2-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 Giver's Club contributions!

Grateful to be here!

**Carol Ann Gable
Office Manager/Treasurer**

PI/CPC Report

George

We need lots of volunteers for the month of October...five events coming up

National Night out with the Police Fri Oct 4th 4-8pm

Patient Appreciation Fri Oct 10th 10-2

Gay Pride at rawhide stadium Sat Oct 12th all day event

Senior Center Downtown Visalia Fri Oct 18th 10-2

Convention Center Tulare County Health Fair October 2nd all day event

STEP FOR NEWSLETTER-VOLUNTEER

Issue Step Member

October 10 John W Step 10 due to centralintergroupnews@gmail.com 9/21/2024 November 10
Cheryl Step 11 due to centralintergroupnews@gmail.com 10/21/2024

TRADITION FOR NEWSLETTER-VOLUNTEER

Issue Step Member

October 10 Mike P Tradition 10 due to centralintergroupnews@gmail.com 9/21/2024 November
10 Mike P Tradition 11 due to centralintergroupnews@gmail.com 10/21/2024

Website Report

David G

This website report covers the time between the August and September CSR Meetings (2024-08- 13 through 2024-09-10).

Meetings:

Albertico updated Grupo Fe Y Amistad (Faith and Friendship Group), meeting in Orosi. Albertico added Alfa y Omega (Alpha and Omega) group, meeting Monday through Friday in Tulare.

Carol Ann updated Monday Night Men's Valley Book Study – street address slightly changed in Visalia. Carol Ann added the Springville Second Sunday Breakfast Speaker Meeting. David updated the Civic Center Group meeting to flag that it does proof of attendance.

Calendar of events:

Carol Ann added the New Year's Eve event planning committee meeting for 5:30 PM Tuesday, September 10.

Announcements:

Carol Ann added that we are starting the planning meeting for New Year's Eve. Carol Ann added the closed for Labor Day announcement.

David added that meetings can now specify if they do proof of attendance. Carol Ann and I did the normal monthly edits of the CSR meeting, GSR meeting, Springville Sunday Breakfast meeting, and Valley Group meetings.

Hosting change:

David moved the website away from Amazon and to Linode. The cost of hosting did increase \$2 per month. But the new machine is twice as big, and noticeably faster than before. There was also a security problem with the Amazon server that could not be solved without migrating to a new machine; I took this opportunity to migrate to a new machine on a different hosting provider.

Thank you for letting me be of service.

H & I Report

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. We continue to make available upon request: AA Big Books, 12 Steps and 12 Traditions, Daily Reflections and Living Sober in English and Spanish. These are purchased with funds collected in the Pink Cans from AAWS and are provided as a gift to our inside members.

Our committee continues in Sound financial position. Our average monthly expenses have returned to the pre-pandemic average of \$53,000/monthly as literature purchases have increased. We are grateful that our fellowship continues to pass the pink can and send in the proceeds regularly as to date, our contributions have been covering our expenses. Our August and YTD financial statements are available on our Tulare County website H&I Page at www.aa-tulareco.org along with the NorCal website at www.handinorcal.org

Please encourage all groups to pass the pink can at all AA meetings, and have the treasurer send in the funds on a regular basis to ensure we are able to continue providing literature and meetings to those in need. If your group does not have a pink can, please get one from Central Office or contact me directly at handiarea93@gmail.com

We need more volunteers. Our immediate need is women and bilingual volunteers. If you know of any AA members who is interested in this type of service work, please send them to our next in-person orientation: September 14, 2024; 9:00 am; at 526 N. Bridge Street, Visalia, CA 93291. The required orientation is followed by our business meeting at 10:00 am.

In Service,
Joyce R., Area 93 Chair

BTG Bridging the Gap

Cody...Presented by David

We have received two referrals from the sheriffs office
Building the connection with newcomers being released, meeting them at a meeting

GSO Liaison:

David G

GSR meeting was September 3rd, 2024
Seven people attended; two in-person and five via Zoom.

Treasurer Report:

Beginning Balance: \$3,490.80

INCOME

Date	Description	Amount
08-24-24	Springville Breakfast Speaker Mtg. #1036	

08-24-24 District 42 co-host — Delegate Report event #1134
08-28-24 Springville Gut Level — USPS MO #29469998013

\$300.00
\$150.00
\$240.00

=====
\$690.00

Amount
\$150.00
\$75.00
\$200.00
\$32.09

=====
\$457.09

EXPENSES

Date

08-14-24
08-14-24
08-14-24
09-03-24

Total Income:

Description

Mike C — Food for Delegate Report event #301
Exeter Veterans Hall — Delegate Report event #302
Matt L — Travel Money for D.R. event #303
Mike C — Food for Delegate Report event #304

Ending Balance: \$3,723.71

DCM report:

At the monthly ACM (via Zoom), Mike did a report about our Delegate's Post- Conference Report event here in Exeter, on August 24. Don, the Area 7 Treasurer, provided a presentation on the spending plan. The proposed spending plan will be presented and voted on at the Mini PRAASA, October 11 – 13, 2024 in Angels Camp (at the Calaveras County Fairgrounds).

Thank you to everyone who helped at the Delegate's Post-Conference Report event. We had 36 people attend, including people from District 42 (Fresno), District 49 (Hanford / Lemoore), and District 55 (Spanish-speaking Tulare and Kings Counties). We did pass the basket, and collected \$115, which we gave as a contribution to Tulare County Central Office.

Total Expense:

Old business: none New business:

1. Discussed the Area 7 Spending Plan for 2025.
2. Discussed approving funds for District GSRs to attend Mini-PRAASA if needing assistance. We have funds available, if a group does not.

3. Discussed the 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 21st at St. Paul's Episcopal Church in Visalia. The next planning meeting will be Wednesday, September 4th. 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.

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 Mens 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 35-60 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., 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 Charlie., 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. Newcomers are welcome and we have multiple members who are open and willing to sponsor. Thank You for letting me be of service.

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

Table unity day

New Business

How to get word out to what Central Office is and does?...

1. What is the best way to spread the word about central office...

Alano Club does now have an option to Donate to central office

2. Do we currently have a table for central office at unity day, picnic, sober-fest, etc perhaps this be an option

Perhaps have a day where we educate our AA family what we offer in the AA Program...

Where to get connected & plugged in

What would be a good time to have all the service entities have an event/workshop to share what we do in AA

" A Service Fair Workshop "

Central Office is not a money maker, it is a service entity

However donations are needed to stay in service

Group Contributions are Down

Discussion... re 7th tradition

Seventh Tradition

\$59.00

Announcements

Elections in December

Sober-fest Sept 21st

Meeting Adjourned

Responsibility statement

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
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

Ending Balance: \$3723.71

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 21st through 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.

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 8th.

Soberfest planning meeting September 4th (tomorrow) at 5:30 PM in person and on Zoom. Event to be held September 21st. 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 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:

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 5th, 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.

Old Business: none

New Business:

1. Area 7 Spending Plan 2025 Online Workshop on Thursday, September 5th, 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 21st at St. Paul's Episcopal Church in Visalia. The next planning meeting will be Wednesday, September 4th. 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

October 2024 AA Birthdays!

Carol J	Woodlake	61	
Linda D	Visalia	52	
Susan S	Visalia	49	
Oly S	Visalia	45	
Jerry D	Tipton	43	10/29/1981
Bill H	Tulare	42	10/30/1982
Richard W	Tulare	42	
Ruben F	Corcoran	42	10/18/1982
Albert M	Tulare	40	10/1/1984
Diane L	Tulare	40	10/18/1985
Jodi B	Visalia	38	
Terry C	Strathmore	38	10/10/1986
Andy C	Exeter	37	10/5/1987
Kay B	Tulare	37	
Marjorie Mc	Visalia	37	
Bill L BBB	Dinuba	37	
Mary C	Three Rivers	36	10/4/1988
Nancy B	Visalia	36	
Ron B	Visalia	36	
Jerri T	Visalia	36	10/7/1988
David B	Visalia	35	10/2/1989
Gary H	Visalia	35	
Gil C	Visalia	34	
Jack H	Visalia	34	
LGK	Visalia	34	
Caryl E	Visalia	34	10/20/1990

Sharon B	Visalia	33	10/30/1991
Elizabeth M	Visalia	33	
Tanya R	Visalia	33	
Greg M	Tulare	32	
Diana R	Hanford	31	10/24/1993
Kathy H	Visalia	31	10/31/1993
Linda J	Pixley	29	10/18/1995
Marge M	Woodlake	28	10/31/1996
Debbie J	Visalia	28	
Eileen F	Visalia	28	10/7/1996
Emma T	Visalia	26	10/1/1998
Brian R	Visalia	26	10/5/1998
Melody F	Exeter	25	10/23/1999
Donna K	Porterville	25	10/21/1999
Jan P	Visalia	23	10/1/2001
Eddie J	Porterville	20	10/20/2004
John W	Visalia	20	10/25/2004
Shelly	Visalia	19	10/14/2005
Teddy B	Visalia	17	10/6/2007
Lucretia D	Porterville	16	10/16/2008
Craig W	Visalia	15	10/31/2009
Tiffany J	Porterville	14	10/13/2010
Veronica H	Springville	12	10/22/2012
Christine C	Springville	12	10/28/2012
Nora B	Visalia	11	10/3/2013
Patty R	Porterville	7	10/8/2017
Laura H	Visalia	6	10/31/2018
Robin T	Lemon Cove	3	



*That's 1,633
Years of Total
Sobriety!!!*

Group Contributions 8/1/24-9/20/24

Group Contributions 8/21/2024 Thru 9/20/2024					Month	YTD
1st Friday Speaker Meeting						\$155.00
10th Ave Men's Group						\$665.57
ABC Group						\$-
ACYPAA						\$-
Bridge St "Drunks Only"					\$529.11	\$1,805.39
Central California Round Up						\$-
Civic Center Group						\$-
Clodbusters-Tulare						\$421.00
Crossroads-Tulare						\$350.00
CSO Meeting					\$59.00	\$292.00
District 47					\$115.00	\$621.00
District 49						\$-
Everyday is Christmas						\$560.65
Exeter Sunday Afternoon						\$250.00
Freedom Fellowship						\$205.00
Friends of Bill W and Dr Bob Tulare						\$240.00
Friends of Bill W				\$265.00	\$965.00	
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)						\$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	\$550.00
Rainbow Group		\$190.00
Rule 62-Visalia		\$-
Serenity Junction-Tulare		\$-
Saturday Night Believers		\$-
Sober for a Reason		\$-
Sober Tippers		\$-
Springville Gut Level	\$300.00	\$450.00
Springville Breakfast Meeting		\$500.00
Sunday PM Serenity Seekers		\$-
Three Rivers Monday	\$50.00	\$350.00
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)	\$300.00	\$700.00
Women's Changes Group		\$-
Women's Friday Night-Porterville		\$-
Women's Happy		\$255.50
Women's Saturday AM 12x12		\$-
Totals	\$1,668.11	\$12,899.00



Lighter Side of AA

- An alcoholic walks into a bar, sees a sign that says one dollar all you can drink. they say, i'll have two dollars worth
- What's the difference between me and god? god doesn't walk around thinking he's me.
- I have an allergy to alcohol. every time i drink i break out in handcuffs.

ME: FINISH YOUR STEP WORK.



ME TO ME: MAKE A MEME, CHECK FACEBOOK 3 TIMES, EAT A SNACK, AND VAPE FIRST. ©

WHEN YOU GO TO AN ALCOHOLICS ANONYMOUS MEETING



AND EVERYONE INTRODUCES THEMSELVES

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.

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!



When you're AA but accidentally go to NA



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!!!