

YOUR TULARE COUNTY
AA CENTRAL OFFICE
NEWSLETTER
APRIL 2026



WWW.AA-TULARECO.ORG
449 E. MAPLE STREET
EXETER, CA 93221 (559) 592-6999
[VOLUME 36 ISSUE 4](#)

THE FOURTH STEP

I have to say that the 4th step gets a bad rap. I remember being new and hearing people talk about the 4th step like it was going to uncover so many horrible things they didn't want to see. I found that the truth was that the 4th step is an examination of my life stories, my resentments. Doing this work has allowed me to see the truth instead of what I believed was the truth. I was able to see that some of my shame was not all my "fault" and that some of the things I thought were someone else's "fault" I had a part in it. Maybe my behavior set things in motion and the other person's behavior was a retaliation to my behavior. I was also able to see patterns of behavior that started when I was very young. These behaviors were like an old friend that had moved in to stay but they did not serve me anymore. These behaviors not only did not pay rent and they were robbing me of my happiness. They were survival skills that served me well as a young girl to keep me safe or to keep me in denial of the truth. If I keep those beliefs or stories I don't have to change. It isn't change that is painful, it's the resistance to change.

I love how Joe and Charlie talk about the 4th step and resentments. Resentments are not just grudges, they are also memories or stories that we play in our heads over and over and sometimes the memories start to change as we add to the story in our heads making the situation grow and get bigger over time. For instance:

There was a football game where a player was injured and the announcer showed the play and told the story but each time he showed the tape he would zoom in on the injury and describe it in detail and as he notices different details he describes them. As he continues to re-play the play and the injury he continues adding his thoughts about what he perceives each player is experiencing or thinking. As he continues to re-play he tells the story as if he knows what everyone is feeling and thinking. Resentments are a replaying of the story in our heads and kept in our heads as our brains add to the story and the story gets bigger; the resentment gets stronger. We re-live it and re-traumatize ourselves over and over with the "story". We don't solve anything by playing it over and over or telling it over and over, in fact we might even get other people to help us keep that resentment by justifying our anger. We think we know why someone did what they did, we think we know how other people see us and what they are thinking about us. Now we add our fears to the story projecting into the future what is going to happen because of this story. We start to alter how we interact with people because we think we are trying to protect ourselves from "it" happening again or we might think "it" is happening again but in fact we are adding to the story again. It starts to change how we act, react, and participate in relationships. Until we get it down on paper and remove all of the added information to the story we are not taking an honest appraisal of it.

I can tell you that I had no idea that a lot of my problems were of my own making. I would have bet money that my memories were facts and that this step was not going to make the change in my life that it has. As a result of working the steps and in this case the 4th step I am now able to see that my resentments were keeping me prisoner, living in the past, unable to move forward. Even though time was moving forward I was still allowing the past to dictate my future. I am

free now. I can see when those past stories start to show up again and recognize them for what they are. Sometimes they sneak up on me, but I have a Sponsor, a program, and tools for living today that keep me from living in the past stories that no longer serve me . It is only a dark place if you stay in the dark or try to go it alone. Take a Sponsor with you, seek guidance, love, and support during the process. Take God with you, since you're never alone in this thing called recovery. When you face the fear of looking into yourself and doing this work you don't feel worse you feel better. Step into the light my friend and know you never have to drink again.



Exploring the Fourth Tradition of Alcoholics Anonymous

In the journey to recovery, unity and support stand as pillars of strength. Within the framework of Alcoholics Anonymous (AA), the Fourth Tradition plays a crucial role in fostering a sense of togetherness and collective healing. This tradition states: “Each group should be autonomous except in matters affecting other groups or AA as a whole.”

Autonomy within AA groups allows for flexibility and adaptability to cater to the unique needs of its members. It empowers individuals to take ownership of their recovery journey while fostering a sense of responsibility within the group. Each AA group operates independently, making decisions on matters such as meeting schedules, formats, and outreach efforts. This autonomy cultivates a supportive environment where individuals feel empowered to share their experiences without fear of judgment.

However, the key essence of the Fourth Tradition lies in its emphasis on unity. While autonomy is encouraged, it is essential to recognize that decisions made by individual groups should not compromise the collective welfare of AA as a whole. This principle underscores the interconnectedness of all AA groups and the importance of collaboration in achieving common goals.

Unity within AA extends beyond individual groups to encompass the broader fellowship. It promotes a sense of solidarity among members, emphasizing that no one is alone in their journey towards sobriety. By recognizing the shared struggle against addiction, individuals find strength in numbers and draw inspiration from the collective experiences of others.

Moreover, the Fourth Tradition serves as a reminder of the principles of humility and service. It encourages members to set aside personal agendas in favor of the greater good, fostering an environment of inclusivity and mutual support.

In essence, the Fourth Tradition of Alcoholics Anonymous embodies the spirit of unity, autonomy, and collective responsibility. It underscores the importance of working together towards a common purpose while respecting the individual autonomy of each group. Through this tradition, AA continues to provide a sanctuary for those seeking solace and support on their journey to recovery.

Carlos – Embracing Unity and Support:

In the grand tapestry of life, there’s no room for dwelling on the past or fretting about the future. It’s all about living in the moment, seizing opportunities, and savoring every last drop of joy that comes our way. So, next time you find yourself facing a challenge or feeling a little down, just remember: ¡Oralé! We’ve got this, amigo.

TRADITION FOUR

“Each group should be autonomous except in matters affecting other groups or AA as a whole.”

Tradition four has spiritual principles: Independence, open-mindedness, creativity, and trust to name a few. One might think, creativity? How does that work with this tradition? It means listening to intuitive feelings about a group decision from another angle. It means listening to an idea outside the ‘norm’ of AA. And if the group conscience does not affect AA as a whole, some ideas may work for one group and not necessarily another group.

The unity of AA should never demand uniformity. Autonomy allows a group to express who they are with integrity to carry the message in their own way, in their own truth based on their own experience.

Self-obsession is the core of our disease. We simply do not see the impact of our actions on other people, or we simply do not care. Sobriety teaches us to recognize the effect we have on other people, be it harmful or supportive with love.

Autonomy means the group is free to carry the message in whatever way seems most effective. That does not free us from accountability to our group and its members. Accountability teaches us to look. Our work in the 12 Steps teaches us to see.

Another area of autonomy is personal autonomy. How do I strike a balance between my wants (ego) and what is good for the group as a whole? We need to ask ourselves when voting on an issue at a group business meeting, what are my motives? Are they personal or am I willing to look at another member’s perspective? Am I considering only my own viewpoint, or am I open to understanding the perspectives of other members? A group must be careful not to distort autonomy. A group’s autonomous efforts ought to be to help alcoholics pay more attention to the message.

In Service Cheryl H.

YOU ARE NOT A FRIEND, YOU ARE A GUIDE

By Anonymous

Sponsorship is one of the most rewarding ways to give back in Alcoholics Anonymous. As a sponsor, you share your experience, strength, and hope to guide someone through the 12 Steps and the challenges of early sobriety. Being a good sponsor doesn't mean having all the answers—it means listening, being available, and leading by example. Remember: you are not a friend; you are a guide. You help your sponsee stay accountable, navigate meetings, and work the Steps at their own pace, while maintaining boundaries and protecting your own sobriety. To become a sponsor, it helps to maintain consistent sobriety, typically at least a year, and to have worked through the 12 Steps yourself. Talk with your own sponsor about your readiness and seek guidance on how to offer encouragement, and help your sponsee progress without overstepping boundaries. Think back to the sponsor who made you feel welcomed or inspired you to stay—now imagine being that person for someone else. Sponsorship strengthens your own recovery while helping another find theirs.



TULARE COUNTY CENTRAL OFFICE
Income & Expense Statement
2/21/2026 through 3/20/2026

<u>INCOME</u>	<u>MONTH</u>	<u>YEAR TO DATE</u>
B.Day Club	146.00	1,208.00
Grateful Givers Club	92.08	2,628.54
Group Cont.	2,085.37	5,898.80
Indiv Cont	65.00	645.00
Lit. Sales	238.85	1,528.32
Memorial Cont.	-	-
Misc.	-	-
Newsletter Contribution	-	-
S & H	-	-
Sales Tax	43.65	240.43
Service Charge	1.77	39.39
Spec. Events-New Year's Eve	100.00	6,427.34
Spec. Events-Picnic	-	-
Spec. Items	259.60	1,563.55
State fund dividend	-	75.00
State Fund Refund	-	-
<hr/>		
TOTAL	3,032.32	20,254.37

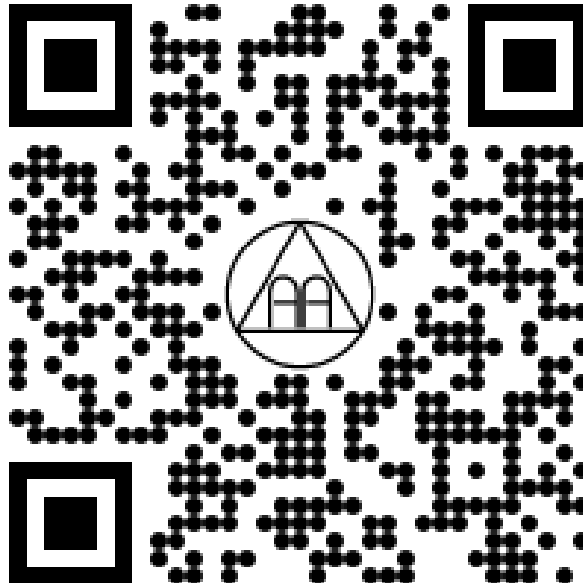
<u>EXPENSES</u>	<u>MONTH</u>	<u>YEAR TO DATE</u>
Fees-Taxes	-	70.00
Insurance	-	449.00
Lit. Costs	-	1,553.20
PI-CPC Expense	-	-
Misc Expense	-	-
Newsletter Cost	-	-
Non Employee Compensation	\$75.00	225.00
Office Exp	16.29	533.53
Office Equip.& Maint	-	-
Paypal charges	-	1.24
Payroll Taxes	-	2,192.14
Phone & ISP	-	77.99
Printing and copy expense	-	-
Postage	-	82.52
Returned Check & Chg	-	-
Rent	685.00	2,055.00
Salary	1,444.89	5,218.46
Sales Tax-Paid	-	-
Spec. Events-picnic	-	333.37
Spec. Events-New Year	-	1,477.82
Spec. Items	398.34	1,145.74
Square Card Charges	0.90	37.42
Utilities	111.65	371.63
Ph-venmo	20.00	60.00
venmo fees	3.74	14.69
Website	7.00	21.00
<hr/>		
TOTAL	\$2,762.81	15,919.75

Net Gain	\$269.51	4,334.62	
<u>BEGINNING ACCOUNT BALANCES AS OF 2/20/2026:</u>			\$23,498.89
<u>ENDING ACCOUNT BALANCES AS OF 3/20/2026</u>			\$23,768.40
Established Prudent Reserve			\$19,000.00
	Above prudent reserve		\$4,498.89

Central Office Contacts
February 21st thru March 20, 2026

AA Members	60
Alanon & Alateen Info	0
Bridging the Gap	0
Churches and Schools	0
Court Referral/Info	1
E-Mail Contacts	632
General Info	12
H & I	1
Literature Sales	10
Meeting Information	19
Other 12 Step Programs	1
Prospective Members	8
Public Information	0
Schedules & Info Mailed	1
Spanish Contacts	5
Specialty Sales	9
Twelve Step Calls	0
Visitors to the Office	10
Voice Mail Calls	7
Website	2065
Total Central Office Contacts	2841

meeting schedule



Group Contributions 2/21/2026 Thru 3/20/2026

	Month	YTD
1st Friday Speaker Meeting		\$ 10.00
10th Ave Men's Stag		\$ 146.50
210 Atitude Modification	\$ 70.00	\$ 210.00
50-50 Group Porterville	\$ 100.00	\$ 100.00
AA Women's Saturday AM Meeting		\$ 409.95
Bridge Street Drunks Only	\$ 250.87	\$ 250.87
Civic Center Group	\$ 248.50	\$ 248.50
Crossroads-Tulare		\$ 400.00
CSO Meeting	\$ 54.00	\$ 126.00
Fresno Village Group		\$ 1,250.00
Friends of Bill W	\$ 200.00	\$ 200.00
Gem St Noon Book Study		\$ 50.00
GSO District 47	\$ 600.00	\$ 600.00
Keep it Simple Sunday Group	\$ 112.00	\$ 223.22
Monday Three Rivers Group		\$ 100.00
Monday Men's Stag PPAV Hall	\$ 200.00	\$ 550.00
Monday Men's Valley Book Study Group		\$ 100.00
Monday Womens Reflections Group		\$ 86.25
Porterville Tuesday Men's Stag		\$ 123.51
Quiet Trails Group	\$ 100.00	\$ 300.00
Tuesday Women Amity Group		\$ 264.00
Wed Acceptance Group Porterville	\$ 150.00	\$ 150.00
Totals	\$ 2,085.37	\$ 5,898.80



MEMBERS HELPING MEMBERS,
IT'S WHAT WE DO!

BIRTHDAY CLUB

THIS IS A GREAT WAY TO SHOW YOUR GRATITUDE FOR YOUR SOBRIETY AND ALSO HELP CARRY THE MESSAGE OF RECOVERY.

You can contribute \$1, \$5, \$10 or some have even contributed \$100 for each year of sobriety!

Contribute before the month of your anniversary sobriety date and we will publish your first name and last initial, city and years of sobriety in our monthly newsletter, see your accomplishment in your monthly Newsletter!

IT'S REALLY SIMPLE AND WOULD HELP YOUR CENTRAL OFFICE TREMENDOUSLY.



Go to AA-Tulareco.org to contribute

AA BIRTHDAYS

APRIL	2026		
Bill M	Visalia	49	
Mike W	Visalia	47	
Cheryl H	Springville	46	4/7/1980
Sammy	Tulare	46	
Wanda B	Lindsay	46	
Helen Z	Visalia	45	
Robin F	Ivanhoe	44	
Rocky R	Dinuba	42	
Rick D	Visalia	42	4/2/1984
Rick W	Visalia	40	
Janet T	Visalia	40	
Patty P	Visalia	40	4/7/1986
Clayton F	Tulare	39	
Neil N	Exeter	38	
Charlie M	Visalia	38	4/12/1988
Elizabeth L	Visalia	38	4/21/1988
Julio Q	Porterville	38	4/12/1988
Roger G	Visalia	38	
Sheila W	Visalia	38	
Brent G	Springville	37	4/18/1989
Kolene L	Visalia	37	4/26/1989
Kathy R	Visalia	37	
Danny	Porterville	37	
Rick R	Porterville	37	
Albert G	Visalia	37	4/8/1989
Jim W	Three Rivers	37	4/7/1990
Shirley A	Tulare	36	
Karen L	Sacramento	36	4/23/1990
Sue H	Visalia	35	4/6/1990
JC E	Visalia	34	4/19/1992
Joe S	Porterville	34	
John B	Visalia	33	
Mike R Jr.	Woodlake	33	
Maria W	Porterville	33	4/15/1993
Lindsay D	Springville	33	4/1/1993
Pat R	Visalia	33	4/18/1993
Nancy S	Tulare	32	4/14/1994
Catherine S	Visalia	31	4/14/1994
Marvin A	Tulare	31	
Bill E	Tulare	29	4/26/1997
Brett R	Visalia	37	4/15/1999
Kathy E	Exeter	26	4/16/2000
Jeff H	Porterville	24	4/3/2002
Sean M	Visalia	22	4/16/2004

John H Jr	Visalia	22	4/17/2004
Ricky G	Dinuba	22	
Bill H	Visalia	21	4/11/2005
Carson T	Exeter	18	4/14/2008
Debbie	Visalia	18	4/16/2008
Rick R	Visalia	18	4/14/2008
Lucinda A	Visalia	17	
Frank S	Visalia	16	
Sheryl E	Springville	13	
Trudy W	Lindsay	11	4/6/2015
Alice S	Tulare	10	4/18/2016
Phillip P	Tulare	10	4/16/2016
Leah W	Visalia	4	4/22/2022
Jamie W	Porterville	3	4/1/2023



Individual, Newsletter, Memorial & Birthday Club Contributions
2/21/2025 thru 3/20/2026

Birthday Club

\$6.66667 for every year of sobriety!

Steve S 15

\$1 for every year of sobriety!

Cheryl H 46

Total Club Contributions \$146.05



Congratulations on your sobriety!

Newsletter Contributions

None

Memorial Contribution

None

Grateful Giver's Club (You know who you are!)

Members \$92.08

Individual Contributions

Bob T Visalia
Mike W Porterville

THANK YOU!!!

Service Meeting & Service Addresses April 2026

Service Meetings

GSR Meeting at Central Office
449 E. Maple St., Exeter, CA
Tuesday, April 7th 2026 at 7:00 PM

Bridging the Gap meeting at Central Office
449 E Maple St Exeter, CA
To be announced

CSR Meeting at Central Office
449 E. Maple St., Exeter, CA
Tuesday, April 14th 2026 at 6 pm

H&I Meeting (**odd months only**) in person at
526 N Bridge St (no Zoom)
2nd Saturday 9:00, Orientation,
Business meeting 10:00

Send contribution to:

Tulare County Central Office
449 E. Maple St.
Exeter, CA 93221
<https://aa-tulareco.org/donation>

AA General Service Board
P.O. Box 2407
James A Farley Station
New York, New York 10116-2407
<http://contribution.aa.org>

District 47
P.O. Box 273
Exeter, CA 93221

CNIA Treasurer
PO Box 161712
Sacramento, CA 95816-1712

H&I-Contributions
P.O. Box 192490
San Francisco, CA 94119-2490

SERVICE ADDRESS

Tulare County Central Office
449 E. Maple St.
Exeter, CA 93221
(559) 592-6999
(559) 901-3512 text phone
Email: tccof@hotmail.com
Website: www.aa-tulareco.org
Hours: Mon-Fri 9:00am to 1:00pm
Closed Bank holidays

Speaker Meetings for April 2026

Porterville Recovery Club Speaker Meeting

186 W. Walnut Ave.

Friday April 3rd at 8:00 PM

Speakers: TBA

Sunday AM Breakfast, Speaker Meeting

Veterans Memorial Building

36000 Hwy 190, Springville

April 12th, 2026

(Breakfast at 8:30 to 9:45 AM)

Speaker: Jim D from Morro Bay

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 April

April 1 - Jim L of Visalia

April 8 - Jeff P of Visalia, with 1 year, 3 months, and 1 day of continuous sobriety!

April 15 - Samantha B of Visalia, with 4 years, 6 months, 29 days of continuous sobriety!

April 22 - Elizabeth L of Visalia, with 40 years and 1 day of continuous sobriety!

April 29 - Jeff Q of Visalia, with 10 years, 11 months, and 6 days of continuous sobriety!

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 April

April 5 - Kelly L of Visalia, with 8 years and 6 days continuously sober!

April 12 - Henry S of Hanford, with 2 years, 5 months, and 8 days continuously sober!

April 19 - Mike H of Fresno, with 36 years, 7 months, and 25 days continuously sober!

April 26 - Valerie T of Visalia, with 2 years, 10 months, and 21 days continuously sober!

CENTRAL SERVICE MEETING UN-APPROVED MINUTES

Central Office & Central Service Representatives Meeting Report

Date

March 10, 2026

Meeting called to order

6:01 P.M.

Board Members Present

John W led the meeting

Mike P

Ally A

John W

Vicki

Bear

CSR Preamble

Read by Ally

12 Traditions

Read by Chris O

Previous Minutes

No additions or corrections Motion to Approve Reviewed and Approved by all

Board Meeting Report

John...reported as to the success of the New Years dance

Preparing for the Founders Day Picnic.. Cheryl & Marcie will be the Chair and Co Chair

Treasurer and Office Report

Good evening!

Office Report

All of our required non-profit filings have been completed, and our Federal and State tax returns have been e- filed, along with our statement of information, they were completed February 12.

Claudia covered the office on March 6th for us, thank you Claudia.

For the period from Jan 21st, 2025 thru Feb 20th, 2026 Central Office had an income of \$5,266.58 and expenses

of \$6,630.86 for a loss of \$1,364.28 for this accounting period.

This office is totally self-supported through your contributions so thank you for all you do!

Birthday Club: We had 4 grateful members contribute \$912.00 to Central Office Birthday Club to celebrate their sobriety! 1 member was able to contribute \$50 a year to celebrate! Thank you, and happy birthday! Please remember to announce the Birthday Club to your groups, it's a great way to support the area that helps you stay sober!

Group contributions: 9 groups contributed to Central Office for a total of \$1620.96! We truly are grateful for your support!

Grateful Giver Club contributions: 9 anonymous grateful alcoholics contribute through our Grateful Givers Club totaling \$177.58 You know who you are, thank you thank you thank you!

Individual contributions: We had 3 members generously contribute a total of \$465.00, thank you! Thank you for helping us meet our monthly expenses that help us share our AA message of recovery.

Grateful to be working with people that promote unity of the fellowship and grateful for our members who take time to explain to our newcomers in Tulare County about the AA group service structures, and the importance of having group business meetings regarding AA finances and the AA triangle. We are, and want to continue to be your Central Office for servicing your meeting needs here in Exeter! Please continue to inform your members about us and the services we provide. We are better when we work together!

Thank you!

Carol Ann Gable

Office Manager

PI/CPC Report

John & Bear

STEP FOR NEWSLETTER-VOLUNTEER

Issue Step Member

April Jerri T Step 4 due to centralintergroupnews@gmail.com 3/21/2026

May Jerry S Step 5 due to centralintergroupnews@gmail.com 4/21/2026

TRADITION FOR NEWSLETTER-VOLUNTEER

Issue Step Member

April Cheryl H Tradition 4 due to centralintergroupnews@gmail.com 3/21/2026

May Mike P Tradition 5 due to centralintergroupnews@gmail.com 4/21/2026

Newsletter Report

Charley

Got newsletter out on time, everyone turning in submissions as well on time... thank you. Our website now has a link to receive the newsletter each month, you can add your email on the website to receive our newsletter. Get the word out to share your information so you can receive our newsletter.

H & I Report Joyce

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, we continue to carry the message of AA monthly to 8 different treatment facilities by bringing 14 AA meetings monthly to these facilities. We also bring 6 to 8 AA meetings in Spanish and English monthly to the Tulare County Jail. Our volunteers attend the AA meetings

being held at Avenal, Corcoran, and SATF Prisons as often as possible. AA literature is provided to all who request it at our meetings. At the Treatment Facility meetings, we bring the AA Big Book, 12 Steps and 12 Traditions, Living Sober and Daily Reflections in English and Spanish. At the Tulare County Jail, we bring the above titles and add a couple of titles that are specific to that setting. The prisons make available AA literature as requested to all meetings being held regardless of our volunteer's availability.

We continue to encourage all groups to pass the pink can and have treasurer's send in the money regularly. If a meeting does not have a pink can and would like one, please refer them to me. I can be contacted by sending an email to handiarea93@gmail.com. This will ensure that AA approved literature is available to share at all our H&I meetings. We ask that pink cans be passed separately from the 7th tradition basket to not detract from the 7th tradition contributions.

Please take a moment and visit the Northern California Hospital and Institution website at www.handinorcal.org. Under the finance tab, you can find our most current financial report along with our Pink Can Annual Report while under the resources tab you can view our News Brief which gives a great overview of the highlights of what our committee is doing. These are all great documents to share with your groups to ensure all are aware of what is done with the money contributed to the Pink Can. These reports are also available under the H&I tab on the local Tulare County Website. We greatly appreciate the Central Office for posting these documents.

We continue to be in dire need of volunteers for the Prisons and Tulare County Jail and the IVSS Program which provides outside sponsors for incarcerated members. Please send any interested AA members to our next orientation which will be held: 9:00 am followed by business meeting at 10:00 am on March 14, 2026, at 526 N. Bridge Street, Visalia, CA 93291.

In Service,

Joyce Rauen, Area 93 Chair

Website Report David

Website Report – March 2026
2026-02-09 through 2026-03-09
Meeting Changes: none this month
New Announcements:

New Events:

Carol Ann and I did the normal monthly edits of the CSR meeting, GSR meeting,

Valley Group meetings and 2nd Sunday Springville Breakfast Speaker Meeting.
Website Changes:

On the Central News newsletter sign-up page, I changed the form to not bark at people if they don't fill in their name. In other words, only the email address is required.

That I recall, The Events Calendar plugin only broke twice during this last month, where it wouldn't show the next month's events.

Thank you for letting me be of service,
David G of Visalia

2026-02-18:

Central Office is looking for a Chairperson to help us coordinate
the Founder's Day Picnic!

2026-03-05:

2026-02-19:

Women in Unity Brunch
Founder's Day Picnic

BTG Bridging the Gap

Mike P

GSO Liaison:

Robert C

Springville Monday Night Book Study Group, William E., CSR

We are an open AA book study meeting that meets on Monday night from 7:00-8:00pm. We have about 10 regular members, sometimes cake & or cookies, and of course coffee. We meet at the Lighthouse Chapel in Springeville. We have a new CSR William E and we have changed our format to add wording about using alcohol or other mind altering substances to refrain from speaking and talk to someone after the meeting. We are currently reading "One Big vTent" and have great discussions on what we read.

Springeville Thursday Night Gut Level, Dalton ., CSR

The group meets on Thursday nights at the Lighthouse Chapel Church in Springeville from 7-8:30pm. aGroup attendance fluctuates from 10-25 members. Our business meeting is the first Thursday after the second Tuesday. We celebrate birthdays on the last Thursday of the month with dinner at a local eatery & cake at the meeting. Our secretary and treasurer resigned last month. The group will be electing new trusted servants at this months business meeting.

AA Noon Meetings at the 12 step Recovery Club, Cheryl H., CSR

12 Step Club noon AA Meetings are strong with lots of newcomers.

One seasoned member wanted me to remind the CSO Board that Central Office is a non profit corporation. The AA members contributing groups and meetings are the owners of this corporation. The groups suggest to the board their wishes or conscience. The board meets to consider how best to serve the needs of the AA community in carrying the message. This includes events and oversight when office is open or closed on bank holidays. Central office representatives report on their group or meetings, and how the group feels about CSO decisions. In addition, CSR's take monthly CSO meeting minutes to group.

Friends of Bill W and Dr Bob Charley., CSR

We meet each Tuesday night at 7-8:30pm at St Johns Episcopal Church which is located in Tulare at the corners of Prosperity and Lapsina . Celebration of birthdays occur the first Tuesday of each month for all those that had their annual milestone during the previous month. We would like to extend an invitation to any and all that have not attended our meeting from the surrounding areas it is a wonderful group that gathers! This is an open meeting.

Tuesday Women's Changes Vicki B., CSR

We meet every Tuesday from 6:00 PM to 7:00 PM 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 celebrate those women with sobriety birthdays who share their experience, strength and hope with the group.

Saturday Night Believers Vicki B., CSR

This is a closed meeting of Alcoholic Anonymous. We meet from 7:00 PM to 8:00 PM at the Trinity Lutheran Church located at 764 W Henderson Ave in Porterville. This is a chip meeting. We provide chips for various lengths of sobriety. We celebrate sobriety birthdays on the last Saturday of the month with cake.

Women's Tuesday Night Amity Group Ally A., CSR

The Tuesday Women's Amity Group meets every Tuesday at Trinity Church located 6400 W. Walnut in Visalia. This a closed women's meeting, we allow infants up to 3 months . We meet from 6:30pm-7:30pm each week with the 3rd week being a business meeting after the regular meeting. Each week we have a lead speaker who speaks for 10 minutes and then picks a topic and chooses people to speak through tag, going around a circle. The last week of the month is a birthday meeting where we enjoy yummy desserts. We are growing and about 30 women.

Porterville Wednesday Open Inclusive Marcie M., CSR

Open Meeting at Lutheran Church 765 Henderson Porterville Wednesday inclusive meeting 6:00-7:00pm, 15-20 members a mix of new and long timers Birthday celebration-cake the last Wednesday of the month, we support Central Office. We sometimes have women from PAAR visit.

Second Sunday Speaker Springeville Breakfast Meeting Marcie M., CSR

Veterans Memorial Building, Springeville Second Sunday of the month, it is a beautiful ride to Springville Lots of Serenity. Good crowd as usual! Last month we have approx 50-75 people attend!! Great Fellowship

Come on up!

Coffee at 8:00am

Breakfast at 8:30am...breakfast ends at 9:45am

\$8.00 for breakfast

10:15 meeting starts 7th Tradition honored 10:30 ten minute speaker followed by main speaker

We support Central Office 50/50 drawing

Friday Freedom Fellowship Robert., CSR

The Friday Freedom Fellowship meets every Friday at 7:00pm ago Christ Lutheran Church located at 3830 W Tulare Ave. Visalia, CA This is a closed meeting where both men and women can attend. Our attendance ranges from 20-40 people. A chair person speaks for 10 minutes, the chairperson picks a topic and calls on people for the remainder of the meeting.

There is a variety of lengths of sobriety in the room and a tradition in the meeting gives everyone an opportunity to share their sobriety date. Birthdays are celebrated the first Friday of each month with cake and chips. Chips are also given out each week to celebrate sobriety milestones.

Civic Center Group David G., CSR

We meet every Tuesday night at the Christ Lutheran church near Tulare and Demaree in Visalia. Boo is our secretary. The meeting starts at 7:00 PM and goes to 8:00 PM. It is an open meeting, and newcomers are welcome. We have coffee and candy, and literature every week.

Books are for sale at cost, and pamphlets are free. Our business meetings are the third Tuesday of the month at 8:10 PM, immediately after the meeting. Our time has come to rotate service positions. We give out chips every week for sobriety under one year; we have a birthday meeting on the last Tuesday of the month, with cupcakes.

Keep It Simple Sunday David G., CSR

We moved to winter schedule, starting at 10:00am-11:30am We meet in Blain Park in Visalia new comers are welcome. Bring a lawn chair or blanket. Chips given out every Sunday and the last Sunday of the month is the business meeting. Pet friendly. Approx 20 in attendance.

 Birthday celebration every week.

Exeter Sunday Afternoon Group Christine ., CSR

We continue to grow as a meeting. Sunday 2:30 is well attended 1 1/2 hour meeting. Open for discussion, we distribute chips and celebrate anniversary the last Sunday of the month. Seems to be a growing meeting. Both men and women attend. Continuing to donate to central office.

 Candy is served with coffee. We have also decided to donate a larger amount to the church.

 Our meeting continues to grow. We meet in as well. Good mix of acquired time of sobriety, welcome to all.

Prospecting for Nuggets Jerry S., CSR

 St Johns Episcopal Church 1701 E Prosperity Ave.

 This is an open meeting. We would like more participation.

It is a chip meeting and celebrate anniversaries on the last Sunday of the month. We meet on Sundays from 7-8:30 pm

Serenity Junction Jerry S., CSR

Serenity Junction is an open meeting and meets every Monday night at 7pm, located at St Johns Church in Tulare. It is a chip meeting and celebrate birthdays on the last Monday of the month with cake and ice cream, We would also like to see more seats filled.

Friends of Bill W John W., CSR

Quaker church off of 198 in Farmersville. 5:30-6:30pm. Speaker for 10 minutes then share... coffee and fellowship We give chips for various lengths of sobriety. We are beginning to have a full meeting room.

Clodbusters Jerry., CSR

Located at the Tulare Community Church (Activity Center) 1820 Gem St Tulare. 12:00-1:00

 The group meets every Wednesday at noon. This is a one hour open meeting. We celebrate birthdays and handout chips on the last Wednesday of the month. We would like to see more women in attendance. If you would like to be in service here's your chance!

Saturday Morning Women's 12 x 12 Jerri T., CSR

Held from 9-10:00 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. The last Saturday of the month we have an ask it basket where we get to respond to questions provided by our members.

Old Business

Discussion of the new years event, begin planning earlier & more communication among the members. As a CSR be sure to share information with your groups.. As well as if a group does not have one please suggest one for your meeting. Discussion of meetings on our calendar that perhaps are not AA approved.

New Business

Founders Day Picnic is at Mooneys Grove Arbor 9 June 13th
We are looking for a chair person for this event and committee members to run this event. **Tuesday April 14th at 5:00pm second planning meeting.**

Seventh Tradition

\$50.00

Announcements

Please announce the founders day picnic June 13
Second last planning meeting Wednesday March 11
Spring into Sobriety

Jerome S will be our speaker \$20. Tickets ahead of time, \$25.00 at the door workshops are free as well as speaker March 21 is the event

Meeting Adjourned

6:57 pm

Responsibility statement

Said by all

Board Secretary

Ally Ayres

**District 47, CNIA
Meeting Minutes
Date: March 3, 2026**

This is a hybrid business meeting with participants attending in-person and on Zoom from various locations, including the Central Office in Exeter.

Meeting Called to Order: 7:05 PM by District Committee Member (DCM) Mike C.

Committee members present:

- Mike C., DCM
- Robert C., GSR for Bridge Street Drunks Only
- Allen L., Treasurer (acting Recording Secretary)
- Joyce R. H&I Liaison
- Mike S. GSR Unity Thru Traditions

The GSR Preamble: read by Mike C. “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 Robert C.

Concept 3: Concept 3 read and explained by Mike C.

Approval of Minutes: Tabled—Allen will correct minutes for approval next month.

Treasurer’s Report: Allen L.

Beginning Balance: \$2935.87

INCOME

Date	Description	Amount
01-23-2026	Tuesday Women Amity Group (#1033)	\$52.80
02-17-22026	Civic Center Group (#1311)	\$35.50
02-02-2026	AA1/2and1/2 Book Study (PMO# 55069714985)	\$70.00

02-02-2026	Wed. Night Acceptance Group (PMO#55069714947	\$90.00
02-18-2026	AA Monday Night Men's Stag (MO#31-396767637)	\$50.00
02-15-2026	Bridge Street Drunks Only (#1157)	\$50.18

Total Income: \$ 348.48

EXPENSES

Date	Description	Amount
02-14-2026	U.S. Postal Service (check #318)	\$106.00

Total Expense: \$106.00

Ending Balance: \$3178.35

CSO Liaison Report: none

Registrar: none

H&I Liaison Report: Joyce R., Area 93 Chair: March, 2026 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, we continue to carry the message of AA monthly to 8 different treatment facilities by bringing 14 AA meetings monthly to these facilities. We were able to bring 6 to 8 AA meetings in Spanish and English monthly to the Tulare County Jail. Our volunteers attend the AA meetings being held at Avenal, Corcoran, and SATF Prisons as often as possible. AA literature is provided to all who request it at our meetings. For Treatment Facilities, we bring the AA Big Book, 12 Steps and 12 Traditions, Living Sober and Daily Reflections in English and Spanish. At the Tulare County Jail, we bring the above titles and add some incarcerated titles appropriate for that setting. The prisons make available AA literature as requested to all meetings being held regardless of our volunteer's availability.

We continue to encourage all meetings to pass the pink can and have treasurer's send in the money regularly. If a meeting does not have a pink can and would like them, please refer them to myself or Central Office to ensure they receive one. Passing of the pink can, ensures that AA approved literature is available to share at all our H&I meetings.

Attached is our most recent News Brief which gives an overview of our last NorCal General Committee meeting. This is a great document to share with your group. It is also located on the H&I page of our local AA website.

We continue to be in dire need of volunteers for the Prisons and Tulare County Jail and the IVSS Program which provided outside sponsors for incarcerated member. Please

send any interested AA members to our next orientation which will be held: 9:00 am followed by business meeting at 10:00 am on March 14, 2026, at 526 N. Bridge Street, Visalia, CA 93291.

In Service,
Joyce Rauen, Area 93 Chair

DCM Report: Mike C. Area 7 ACM meeting February 21, 2025

Approve of Minutes: December 2025 minutes were approved.

Assembly Reports:

- Pre Conference D19- All ready to host the pre-conference assembly please register and reserve your rooms. Committee is full and snack bar is going to have good food.
- Post Conference D53- Have the flyer ready and they are looking for a smoking area at the facility. Lots of parking spaces at the location. They have volunteers for snack bar and have room for accessibility and wheelchair.
- Mini PRAASA D17: Planning a walkthrough at Yolo County Fairgrounds.
- Winter Assembly D22- still in preliminary stages and have a great crew in place and will be at American Legion Hall and still looking at hotels for reservations.
- Central Office/Intergroups: Lower than expected income for FY 2025
- Foro: Hosting event in December 2026
- H&I: N/A
- NCCAA: San Ramon conference, March 20-22; pre-registration closes March 7
- YPAA: SACYPAA speaker meeting on February 28 in downtown Sacramento, followed by a Trivia game with prizes

DCM School:

- What it means to be a DCM; be the voice of the district; it can be done in many ways, give guidance to GSRs and how to be a good GSR and serve their groups.
- Inspire and encourage GSRs to participate
- Learn the thoughts, wishes, and needs of the district
- Express the district conscience:
- Ask questions
- Participate in area business
- Share with the delegate
- Vote in area elections and other business agenda items
- Regularly hold district: meetings, weekly, bi-weekly, or monthly
- Regularly attend ACMs and Area Assemblies
- Reach out to groups without GSRs
- Organize workshops and/or sharing sessions.
- Bring Traditions problems to the delegate
- Help GSRs become acquainted with the AA Service Manual/Twelve Concepts, Box 459
- Alert the district GSRs regarding new literature and info from GSO and Grapevine
- Assist the Area Registrar in obtaining and updating group contact information, group information page includes the group ID when sending in contributions, there is a new GSR from online when registering new GSRs.
- <https://cna.org/cna-area-07/districts/group-number-lookup/>

- <https://cna.org/documents-and-forms/>
- <https://www.aa.org/district-committee-member-dcm-kit-list>

DCM to the District:

- ACM Business that affects the groups especially if there is an upcoming vote
- Highlight the Delegate report
- Share information from the Area Spending Plan
- Information about upcoming Assemblies

DCM Share with Area:

- District business that affects the Area
- Upcoming General Service events in the District
- Problems that your district may be having, especially if you're looking for experience from other Districts

What Help Do DCMs Have:

- A.A. Service Manual – to the newly elected DCM <https://cna.org/wp-content/uploads/2024/03/CNIAService-Manual-Panel-74-2024.pdf>
- https://www.aa.org/sites/default/files/literature/en_bm-31_3.pdf
- WWW.CNIA.org - <https://cna.org/documents-and-forms/>
- DCM Work kit- <https://www.aa.org/district-committee-member-dcm-kit-list>
- <https://www.aa.org/your-dcm-district-committee-member>
- https://aaws.widen.net/content/s47sn3xlam/pdf/F-12_DCM_Flyer_ONLINE.pdf
- District Committee Member (DCM) Change Form
- Service Sponsor Info from Q&A Pamphlet
- Service Sponsor Characteristics
- Read the full Questions & Answers on Sponsorship
- Sample District Guidelines
- Sample District Agenda

DCM Updates-

D47- We need service positions to get filled for Alt DCM, Secretary, Registrar and liaison positions. I will be attending meetings to recruit new GSRs in March and April. D47 will be participating in the Agenda Items Workshop with D40,41, and 42 in Clovis CA on March 15th 12-3 pm.

Delegate Report:

- Shared a video from AA Grapevine- “Get the Grapevine App”
- https://youtube.com/shorts/0uyVPITcSel?si=A_moblrUGDXfzTC1
- Highlights of Corporate Report-
- Received 8 pieces of correspondence this quarter: local/area matters, a past trustee's suggestions, and 4 letters about withholding or reducing contributions related to Conference actions, the 2020 International Convention, and lack of information that has now been reported.
- AAWS holds 28 trademarks
- Grapevine Board: Financial: losses reduced from over 800,000 dollars two years ago to under 300,000 dollars this year, with hope to reach about 200,000 dollars next year; primary purpose remains reaching those who are still sick and suffering.
- Digital growth: app subscriptions up 35% in 2025; 120 new EU subscriptions after January 11 release; app store revenue over 456,000 dollars. Audience expansion: podcasts over 1.3 million downloads (about 24,000 per month); social media growth

includes 62,000 Instagram views and 17,000 YouTube subscribers. Products: greeting card sales brought in 32,000 dollars. Innovation & strategy: fulfillment system conversion underway; weekly online Grapevine open meeting to be repurposed as podcasts; new subscription sales commission model for intergroups and central offices.

- Audio version of the Plain Language Big Book expected in June at about half the projected 20,000-dollar budget
- More Grapevine literature is now in correctional facilities than at any time in A.A. history
- A.A. World Services / Finance (simple summary for 2025): - Numbers are unaudited and as of January 26, 2026; they may change after all December activity and the audit. 2025 operating revenue: about 18.9 million dollars (7% below budget). 2025 operating expenses (before depreciation): about 18.5 million dollars (2% below budget).
- Operating surplus: about 325,000 dollars (budget had projected about 1.3 million). Figures exclude International Convention and building retrofit costs (retrofit spending about 493,000 dollars through year-end).
- As of January 26, 2026: - Operating cash: about 575,000 dollars. -Accounts payable (bills owed): about 1.14 million dollars. Short-term gap between cash and bills: about 563,000 dollars.
- General Service Conference / Finance-related items: - Initial planning underway for a self-supporting trip to Stepping Stones. Considering an earlier start to Saturday's closing session of the Conference to allow a shared visit and smoother travel. Will continue inviting only current Conference members to the Sunday Opening Dinner and A.A. meeting, for unity and financial prudence.
- Grapevine/La Viña (operations): Darwin conversion underway with Grapevine Digital, Customer Relations, Finance, and vendors Treeline and North Studio; expected completion by end of February.
- Weekly online Grapevine open meeting starts February 4, 2026; meetings recorded and released as a second weekly podcast; anonymity protected.
- Ongoing work with warehouses to reduce inventory. Intergroup/central office subscription sales commission model begins after the Darwin conversion. Book discounts and free shipping started November 1, 2025, leading to strong sales in November and December.
- CDs on half-price sale to clear inventory; CDs will soon be discontinued.
- Grapevine Board considered PAI 76 (to restore "men and women" in the A.A.
- Grapevine Board took no action.
- Special Forum for Deaf Alcoholics held virtually January 17 (noon–8 p.m.); GSO staff presented on products and services; members expressed strong appreciation for the ASL playlist on YouTube. Preamble was discussed; after thoughtful discussion about unity and disunity, the
- CPC agenda items (for DCM and GSR input) Item 2 .CPC:
- Agenda A: Review A.A. LinkedIn presence (link on AA.org under CPC); feedback on the page is welcome.

- Agenda B: Progress report on developing an outward-facing pamphlet for mental health professionals (draft is Conference-only; GSRs can suggest general ideas such as color, font, photos, tone).
- Agenda C: Review content and format of the CPC Kit and Workbook (digital versions at AA.org > Inside A.A. > Service Committees > CPC).
- Agenda D: Review progress report on the effective use of CPC videos on AA.org (GSRs can watch CPC videos on the site).
- Agenda E: Consider a request to create short stand-alone audio/visual clips when developing new or revised video for professionals (shorter clips and “sound bites” to fit how people watch media today; request originated from Area 75 BC/Yukon CPC committee in Vancouver).

New Business:

- GSR Scholarship fund discussion- Curtis DCM D22 proposed to have the area create a line item budget for \$5000 spending plan for scholarship fund for GSRs and DCMs that are not able to attend the Assemblies- Reduce to half of cost where we support 50%. Reduce the amount of from \$5000 to a different amount. Maybe add an option for assemblies for members to donate to the scholarship fund. Many members were not in favor. Will be brought back next month under old business
- Discuss funding for Claudio to stay an extra day after GSC- Want to know the cost and budget. It will cost \$384 for extra costs. Holly will support our delegate to stay an extra night, Treasurer- falls under the area budget to add a extra cost that is less than 5% of costs.
- Motion to approve an additional night lodging for delegate to stay and extra night not to exceed \$400. Motion Passed

Officer Reports

- Chair- asked if members would be interestested in gathering for dinner on Friday night.
- Tech Equipment was stolen after the winter assembly and they have received a check for insurance claims.
- Alt Delegate stated we should have members sign up to communicate via “Whats App”, gave an update for the meeting in placer county, recovery happens event September 2nd in Sacramento. Created a flier on PI/CPC flier and looking for feedback. Will be attending the NCAA meeting next month. Will also be attending PRAASA and will be supporting having PRAASA hybrid in the coming years.
- Treasurer- has received support in quick books, and the 1099 have been mailed out to interpreters, IRS has received our report. Still a few PRAASA request are pending. Has reduced printing the for treasure reports by members scanning a QR code to download the report. Secretary-She sends out a link every month to submit district reports, we can submit reports for ACM and Assembly Reports by submitting forst report, log out and re-log back in to submit assembly report.

GSR Reports:

Robert G. GSR for Bridge Street Drunks Only group in Visalia. Robert said the group had a discussion on if and how a person can be banned from Bridge Street meetings.

Birthday meetings were moved from the last meeting of each month to the first meeting of the following month, which caused some confusion. He said the two Bridge Street meetings he attends are going well and have good attendance.

Mike S, GSR for the Unity Thru Traditions group said there are between 12 and 20 members at their Wed. 5:30 PM meeting. They have just finished reading the book Experience, Strength and Hope and are now reading the Big Book—starting with the personal stories. On the last meeting of each month they read the Tradition for that month in the 12&12.

Old Business: The Officers and GSRs in attendance voted to go ahead and pay \$600 for 2026 rent of the Central Office for our District 47 business.

New Business: District 47 will be joining with Districts 40, 41 and 42 to host an Agenda Items Workshop on March 15, 12:30 to 3:00 PM at the New Life Community Church, located at 2165 Gettysburg Ave. in Clovis. The officers and GSRs in attendance voted to provide \$100 for food, and \$100 to help with CNIA officers' travel expenses.

Our delegate will be on the Cooperation with Professional Community committee at this year's General Service Conference. He has asked GSRs discuss with their groups and provide feedback on the items that committee will bring dealing with. You can find The final list of Agenda Items and the background information on each item by visiting cni.org/delegates-page/confidential-downloads/ The password is: HowItWorks

Announcements:

- NCAA NorCal Conference March 20-22 San Ramon CA (see flier for reservation and hotel booking at cni.org).
- Pre-Conference Assembly Registration is open April 18-19 2026, Yuba City CA (see flier for registration and hotel reservations at cni.org).
- Agenda Items Workshop are being held online starting this month and all are welcomed to attend them see the meeting times at cni.org
- Saturday March 21st Spring Into Sobriety 8:00am – 9:00pm St Paul's Episcopal Church, Visalia. Tickets are \$20 pre-sale and \$25 at the door.
- Springville Speaker Meeting Sunday March 8, 2026 \$8 breakfast 8:30-9:45 AM and Meeting starts at 10:30 AM
- **Seventh Tradition:** None

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 8:00 PM

Respectfully submitted,
Allen L., Acting Recording Secretary



Northern California Hospital and Institution Committee

Newsbrief

concise quarterly update on the NorCal H&I Committee.

February 2026



Financial: The NorCal H&I Committee ended 2025 in a sound financial position. This is due to literature orders being less than the monthly average and Area Chairs reviewing the literature cost per meeting report and making adjustments as needed. Area Chairs should also 1) continue to review this report on a monthly basis and order accordingly. 2) Stick with the basic literature for newcomers. 3) Maintain contact with the Spanish Regions to ensure they have literature for any Spanish meetings in the Area. 4. Ensure all meeting volunteers have adequate literature on hand 5) Encourage all groups to pass the pink cans and to submit pink can funds on a regular basis.

The NorCal Committee ended January, 2026 in sound financial position. Despite a loss for the month, the total cash on hand is still above the recommended six-months prior-year expenses. Literature expenses have increased, and the AAWS board approved a 15% increase in literature prices to take effect February 1, 2026. Based on the current budget, the guideline for Areas is \$25 in literature per H&I meeting. The NorCal Financial Fact Sheet has been updated and is a good tool to use to answer questions regarding the NorCal Committee's financial position. The detailed NorCal Committee's financial reports and the Financial Fact Sheet may be viewed at www.handinorcal.org/finances.

Major Facilities Updates: Salinas Valley and Pelican Bay remain without AA meetings. H&I has tried to get meetings back into California State Prison in Sacramento but the facility only wants NA. CTF Soledad had a 3-day conference and there was a speaker jam at Avenal. Another speaker jam is planned for CHCF, and there will be a meeting with the Community Resource Manager, the H&I Facility Coordinator, and Jeff L., Major Facilities Chair.

Inside Visitation Sponsorship Service (IVSS): The service currently serves eight prisons in Northern CA. As of the end of December there were 225 inside members who applied; 184 now have sponsors. There is a great need for volunteers to meet all the requests for sponsorship. For more information on how to get involved, visit www.handinorcal.org/volunteer-prisons#ivss-section. The Coordinator Video Training Project has been completed on time and on budget. This video and the training documents will be available on YouTube so they will be accessible to all NorCal Committee members and interested committees across the country. The California Department of Corrections and Rehabilitation will be changing their secure communications provider from GTL to Securus. All volunteers will be required to switch programs. Any Area with a major institution which may be interested, and has a prospective IVSS Coordinator to run the service should contact the IVSS (Sponsorship) Service Chair at www.handinorcal.org/contact-us to establish the service in the facility.

Literature Order Update: New simplified literature order forms are available at www.handinorcal.org/resources. Chairs should submit forms to norcallit@gmail.com. Committee members should re-familiarize themselves with the literature policy outlined in the July 2025 Section 2 *Policy Manual*, starting on page 21. This will help provide clarity on the overall literature policy, including ordering, disbursement, stockpiling, and related procedures. Area Chairs are asked to contact the Spanish-speaking meetings in their Areas and ensure that they have supplies of Spanish literature. Literature orders for Spanish-speaking meetings should be submitted by the English-speaking Area or Major Institution Coordinator.

New Committee Appointments: Congratulations to Peter M., new Literature Chair, and Joyce R., new NorCal Co-Chair.

H&I Annual Pink Can Report to the Fellowship: The following changes have been made to the Annual Pink Letter:

1) There is a new name to better reflect the purpose of the letter and its importance 2) The report will be placed under the Chair's duties to reflect importance of letter. 3) The report will appear in the *Policy Manual* and on the website. These changes will be included with the next proposed amendments to the *Policy Manual*.

Timing of Policy Manual Changes: The Committee considered two alternatives to changing the timing for the approval procedure of *Policy Manual* changes. Currently the first reading is in April with the approval vote in July. The Committee chose to revise the timing to have the first reading in January, with the approval vote in April.

NCCAA March 20, 21, and 22: H&I will have an informational table available during the upcoming NCCAA Conference, and a panel presentation on Saturday morning, 9:00a.m. Volunteers are needed to help with the table. The panel of speakers is being developed.

Joint NorCal and SoCal H&I Committee Conference planned for 2027. More information as it becomes available.

The next meeting of the NorCal H&I Committee will be 11:00a.m. April 26, 2026

Hybrid! Hosted by Area 23 Lake County

Location: 9689 Soda Bay Rd, Kelseyville, CA 95451

Zoom ID: 828 7733 8114 Passcode: service

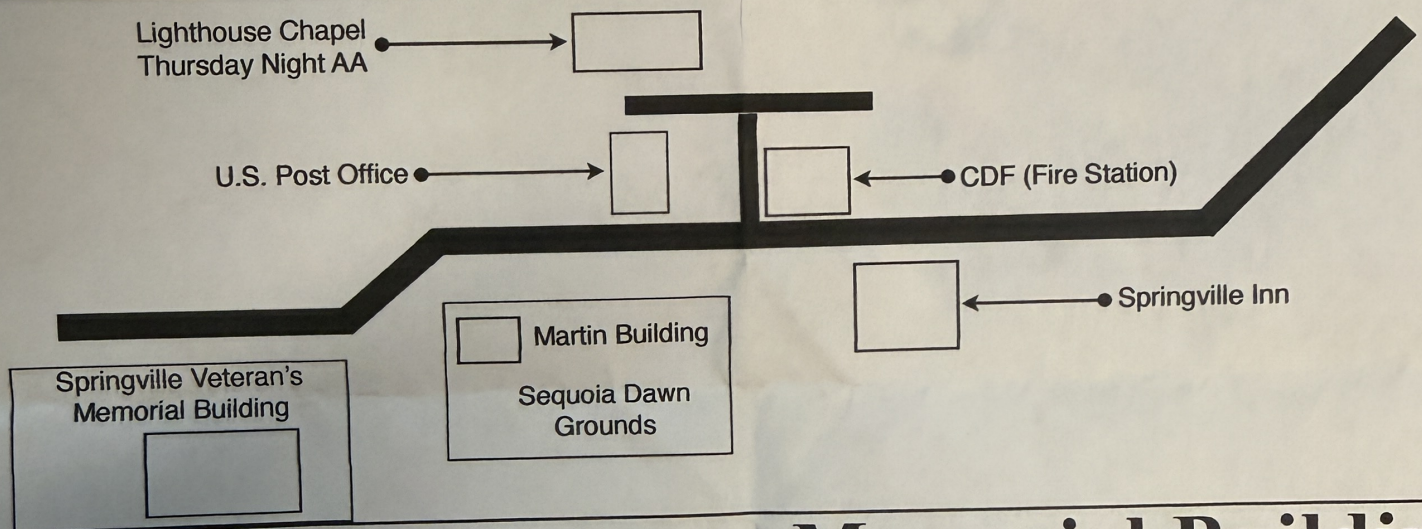
Sunday Speaker Breakfast

Sunday Morning, April 12, 2026

50 Yrs on the 2nd Sunday of the Month - Come Join Us!

Speaker: Jim D.
Morro Bay, CA

Special Sunday Speaker in Springville's Serenity



Springville Veterans Memorial Building
35944 Highway 190
Springville, California

For Information: Call 559-539-3814

- From Highway 99 at Tipton (south of Tulare) - Take Highway 190 turnoff toward the Sierras - 32 miles east to Springville
- From Highway 99 at Bakersfield - Take Highway 65 north 45 miles to Highway 190 - 17 miles east to Springville

8:00 AM

8:30 - 9:45 AM

10:15 AM

10:30 - 10:45 AM

Coffee's Hot - Attitude Adjustment Time
Breakfast Service (\$8.00)
Meeting Starts (7th Tradition is honored)
10 Minute Speaker - Main Speaker

"INTO ACTION"
Central California
ROUNDUP
APRIL 10-12



FRIDAY

- Marathon Meetings (2:30-5:30 pm)
- Big Book Jeopardy (5:30 pm)
- Meet & Greet (5:30 pm)
- Speaker (7:00 pm)
- Dance (8:30 pm)

SATURDAY

- Yoga & Sound Bath Meditation (7-8am)
- Women's Brunch (9-10:30am)
- Volleyball (10am-1pm)
- Sponsorship Workshop (11am-12pm)
- Marathon Meetings (11am-4pm)
- Dinner (5:30pm)
- Speaker (7:00pm)
- Bingo (8:30pm)

SUNDAY

- Golf Tournament (8 am)

REGISTER &
MORE INFO
WWW:3C2A.ORG



HOPE LUTHERAN CHURCH
5435 N FRESNO STREET
FRESNO, CA 93710

A.A. DISTRICT 49 UNITY DAY

April 25th at 11am
Hickey Park Area 32

Hamburgers & Hot Dogs

Water & Coffee provided
(Bring a side dish to share!)

Speakers start at 1pm

Opening Speaker: Laura U.

Sobriety date - 10/29/17
Oakdale, CA

Main Speaker: Holly J. (Alt. Delegate)

Sobriety date - 11/22/98
Auburn, CA

**50/50 Raffles • Corn Hole • Music
and More**

Don't be a
STICK in
the **MUD!**

"... To see a fellowship grow up about you,
to have a host of friends—this is an experience
you must not miss. We know you will
not want to miss it!"

— Alcoholics Anonymous pg. 89

AA WITH AL-ANON PARTICIPATION

Women in Unity Brunch

COST
\$25

Limited Seating

Hosted by Women's 12 x 12 Study Group

Christ Lutheran Church
3830 W. Tulare Ave. Visalia



Gather and Grow



Saturday, May 2, 2026
Doors Open Coffee's Hot
10:30 AM

Brunch Service 11:15 AM
Meeting Starts 12:15 PM

Raffle Baskets & 50 / 50 Drawing

Please join us for
inspiring speakers from
AA and Al-Anon, fun,
food, fellowship.

For more info about the event
or tickets contact:

Erica D. 559-656-7468

Rae Ann B. 559-901-4641

Speakers:

AA Teri C. (33 yrs) Murphys, CA

Al-Anon Diana R. (34 yrs) Hanford, CA

TULARE COUNTY CENTRAL OFFICE PRESENTS

PICNIC

FOUNDERS DAY 2026

12 PM SPEAKER:

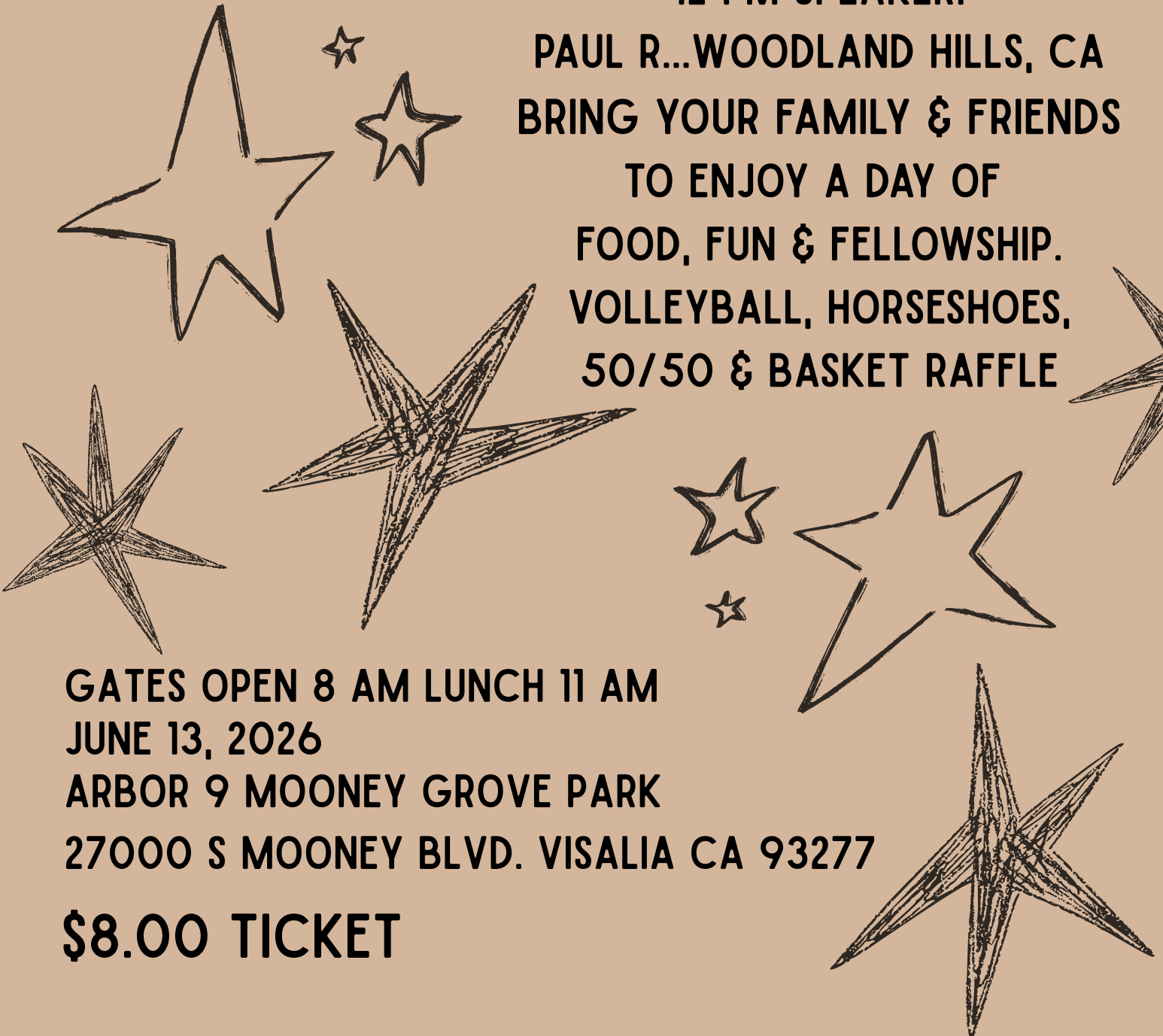
PAUL R...WOODLAND HILLS, CA
BRING YOUR FAMILY & FRIENDS
TO ENJOY A DAY OF
FOOD, FUN & FELLOWSHIP.
VOLLEYBALL, HORSESHOES,
50/50 & BASKET RAFFLE

GATES OPEN 8 AM LUNCH 11 AM
JUNE 13, 2026

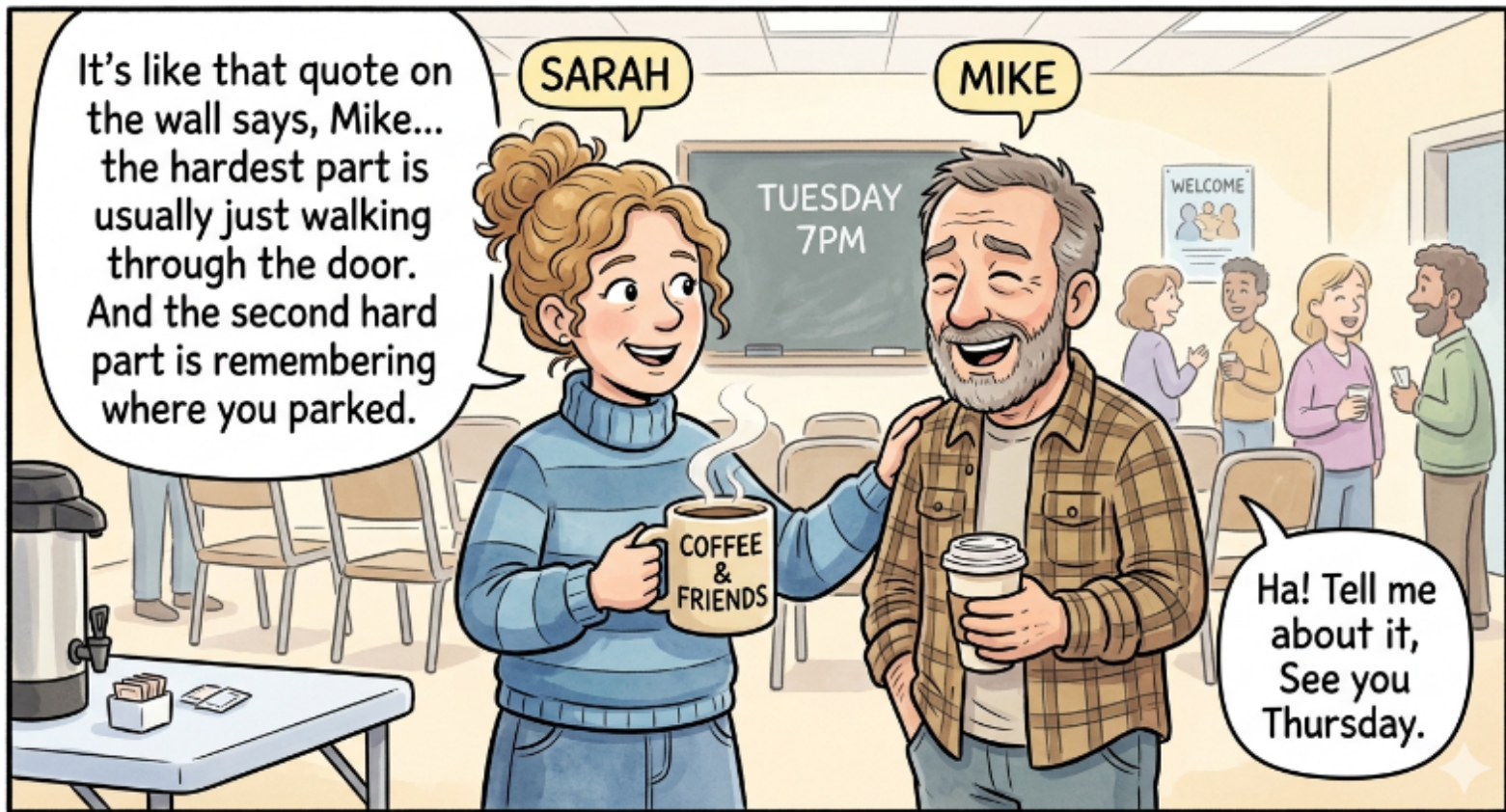
ARBOR 9 MOONEY GROVE PARK

27000 S MOONEY BLVD. VISALIA CA 93277

\$8.00 TICKET



COMIC OF THE MONTH



UNTIL NEXT TIME...