

CENTRAL NEWS

August 2019



Crape Myrtle Visalia, CA Allen L.

Only Nice Things Happened

To us alcoholics, I believe that “peace of mind” is the paramount prerequisite to continued sobriety. During our drinking years, we did not, and could not enjoy “peace of mind.” In the battle for sobriety, we have four definite enemies of “peace of mind” which require constant daily combat.

LYING is the enemy No. 1 of “peace of mind” and in connection with all alcoholics. Lying represents one of the chief germs of the disease, because we lied about everything when in most cases the truth would have been better; we lied to get out of the house, on the pretext of going to the store for groceries, but what we really wanted was another drink. We lied about where we had been, a last minute meeting had been called after business hours, which was the cause of our being late for dinner, but the meeting was actually with the bartender. We lied about money matters to our wives in order to hold out a few extra dollars for what we believed our much needed stimulant. Therefore under such prevarication it is understandable that we had no “peace of mind.”

RESENTMENT is enemy No. 2 of “peace of mind” because with a heart full of bitterness, jealousy and

resentment, there is certainly no “peace of mind.” We hated our neighbor because he was a pious, church-going, prohibitioner, who had on numerous occasions seen us come home in a condition much the worse for liquor, and maybe he had even offered words of condolence to our wives, which heaped more searing coals upon our fire of hate. We resented with fervor, and a sickening jealousy, the successes of our superiors, even the promotion of our associates, and sometimes said to ourselves, “Why didn’t I get that promotion instead of him?” and immediately set out to drown what we felt to be our troubles. And so, living in the cloak of resentment, it is again quite understandable that we had no “peace of mind.”

INTOLERANCE is enemy No. 3 of “peace of mind.” It is the inability of an individual to cope with the smallest irritation. If we should make an error we excuse ourselves with the thought that it is human nature to err, but just let some one else make a comparable error and what happens? You know, we blow up — and did we make any effort to help the erring person? No! We were intolerant and couldn’t understand how any one could be so dumb, and if we happened to be in a position of authority, we were more than likely to let off our super dynamic,

egocentric, self-esteemed, arrogant, alcoholic steam, by firing the poor erring individual, not giving two hoots what happened to him or his family. So here again, we had no "peace of mind."

SELFISHNESS is enemy No. 4 of "peace of mind."

Looking back, how many times have the children gone to bed without milk, simply because the alcoholic needed the last 50 cents in the house for a half pint of "rot gut?" How many times have the lights been cut off, the gas cut off, credit at the grocery discontinued, and many other necessities of life been denied our families, because of that unquenchable thirst of selfishness? In short, every alcoholic, at some time during his drinking career has gone through this nightmare, and could anyone mean to say that we could have "peace of mind" under these conditions?

There are many more enemies of "peace of mind", but these four seem to be the outstanding. Some readers might want to change their arrangement, but regardless of arrangement, we must agree, they are all important enemies of "peace of mind": 1. LYING: 2. RESENTMENT: 3. INTOLERANCE: 4. SELFISHNESS.

Perhaps as a new-member of A.A. you may ask, "What do the enemies of 'peace of mind' have to do with my sobriety? After all, the only thing I am interested in right now is sobriety," This is a very natural, and very good question, and helps firmly to establish the fact, even more solidly, that you are definitely an alcoholic! . . . Without "peace of mind" we will not now, and never experience continued sobriety. We will not now, and never experience "peace of mind" until we start getting rid of the enemies of "peace of mind."

How are we to eradicate these enemies?

TRUTH. Let us substitute truth for lying. This is a lethal weapon against our enemy No. 1, and truth is the first step in obtaining, and retaining "peace of mind." Now we are able to face our fellow-man, our neighbor, our friend, our loved ones, with an open heart and mind. We have nothing to cover up, or hide, behind the enemy of "peace of mind" any longer. We are free once more, and have also gained in self-respect and self-confidence, because now we are on the first step to genuine "peace of mind."

LOVE, RESPECT, PRIDE (in the success of others).

These we must substitute for resentment. America is the land of the free and remember, our neighbor is privileged to be a church-goer, a prohibitioner, or anything else he desires, because he is to be respected. An expression of pride at the successes of our superiors, or associates, will always reflect most favorably upon the expressor. How many times have we held resentment for the ones we love the most? But that was because they didn't understand our illness and were constantly attempting to make us quit drinking. Do you want to see the wife brighten up, and bend over backward to do things for you? Then substitute love for that resentment. The very small expression of appreciation toward a loved one will change a clouded picture to one of sunshine and brightness. Just a word of praise makes the little wife feel a whole lot more like doing the very things she always has, and always will do for us. This game of substituting love for resentment works both ways, girls, so let's not have it a one sided affair. Remember, the old man likes to hear words of praise and encouragement, too. And now we have taken our second step toward "peace of mind".

TOLERANCE. We shall substitute this for intolerance. Courtesy, kindness, and helpfulness toward others. The small irritations which once caused us to be intolerant are merely problems of the other fellow. We may be able to help him by exercising patience and tolerance. In so doing we are building better and stronger foundations for our own character thus making the ease with which we maintain our sobriety, a pillar of strength in our very lives. At this point, being tolerant does not mean that we turn into spineless, wishy-washy jelly fish. We must season tolerance with a fixed determination of firmness. Here is a very fine line which must be guarded against crossing because a fixed determination of firmness unseasoned with tolerance can surely back-fire into critical narrow-mindedness. The success of your tolerance in obtaining, and maintaining "peace of mind" is a big factor in the maintaining of sobriety.

UNSELFISHNESS. Here substituted for selfishness, which involves first the practice of giving, and doing for others: your fellow man, your friends, neighbors and family. It is even possible to experience a spiritual awakening, mentioned in our A.A. 12 steps, in the practice of unselfishness, because you will recall that, "It is more blessed to give than to receive." And now that we are living in a new world of truth,

love, tolerance, and unselfishness, we find it quite pleasant to be able to meet each new day, and the problems it presents, because we have a new and better understanding of normal life and a sane and sober capability to cope with any and all conditions that arise.

There is only one road to joy, happiness, success, prosperity, and “peace of mind” (for the alcoholic) and that is sobriety. If you really want sobriety more than anything else in this world, you can have it and it doesn’t cost you one cent. Alcoholics Anonymous stands ready and willing to teach you, and guide you along this road to joy, happiness, success, prosperity, and “peace of mind”.

—Don G., Jacksonville, Fla. AA Grapevine Aug. 1946

Step 8 *Made a list of all persons we had harmed and became entirely ready to make amends to them all.*

When I initially got sober my first inclination was to go around and apologize to my family and friends and those who I felt warranted an apology... sorry guys! However, my sponsor quickly nipped that idea in the bud; I was told that the steps have numbers next to them for a reason; they go in order... from 1-12.

In retrospect I can see clearly why it must be that way, at step one I was spiritually sick and morally bankrupt that an empty apology made out of ego would have probably caused more hurt and resentment than the wrong. Looking at Step Eight I see willingness and preparation. After the previous seven steps I was in a much better place. I was willing to do a few vital things. First, I was willing to follow the step as written. I became willing to make amends to “them all.” When I first got sober I was under the impression that I actually harmed very few people because most of them had it coming. I figured that my wife and kids were about the only ones that really deserved an apology from me. But, it’s really not about them, those people that I had harmed who “had it coming” were of paramount importance to my future. In Step 5 I let go of those resentments and fears that kept me tethered to the “they had it coming” rationalization, therefore, Step Nine is about MY wrong; and in turn Step Eight is about being prepared and willing to right MY wrongs.

This brings me to an important point...an amends is NOT an apology! All my life I have done, as the book

says, absurd and tragic things while drunk. The next day a casual sorry or my bad would suffice; if anything at all! MY whole life I have destroyed and made empty apologies, so how could that ever come close to making a difference? I learned that an amends is made as a way to right a wrong. A way to repair what was broken. This is a spiritual program of action and an amends is action at its best. I did this... what can I do to make it right? I did Step Eight by putting pen to paper, a 3X5 card to be exact. For each person I had harmed I Made a card. I listed their name (if I knew it, there were a few I didn’t even remember), a means of contact (phone number, address, email, etc.), the EXACT nature of my wrong, and a few ideas of how I could make things right. I did this fearlessly and thoroughly, doing my best not to leave any out.

Once I finished all of my cards I took them and sorted them from best/easiest to worst/hardest. I made a plan and then did what I have learned to do best. I prayed! I abandoned myself to God’s will and became entirely ready to make these amends. Step Nine was one of the best things I have done in my life and Step Eight was the foot work to that freedom.

Louie T.

Tradition 8 *Tradition Eight: “Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.”*

Anyone who has been around AA long enough to develop a profound gratitude for what we have been given has no doubt become familiar with some of the key events that brought about our beloved AA program. I’ll try to summarize and I’ll probably get some facts wrong, but you can get the whole story by reading the Big Book, the 12 & 12, AA Comes of Age, Dr. Bob and the Good Oldtimers, Pass It On and other AA and non-AA publications featuring historical information about AA.

There was the visit from Bill W’s old drinking buddy Ebby T. who proclaimed he was no longer a drunk because he “got religion.” There was the sad prognosis that Bill received from his doctor, who believed alcoholism was a chronic and fatal disease that only a spiritual experience could cure. Then while in treatment, Bill W. had his white-light spiritual experience and came up with his idea that combining the doctor’s hopeless prognosis for the alcoholic with some kind of spiritual plan of action and having it delivered to the suffering

alcoholic by an ex-drunk just might have the healing effect much needed by the alcoholics of this world. Bill W. began to implement his plan by working with all the drunks he could round up and try to save. After half a year or so, he became discouraged by his lack of success with these drunks. In the middle of this bout with despair and self-pity, his wife reminded him that as a result of his work, he had stayed sober for six months

Then business took him to Akron, Ohio, where he found himself alone and depressed over some business deal that had gone wrong. He found himself flirting with the idea of stepping into that hotel barroom, and it scared him enough to remember that he could save himself by employing his theory of recovery. He knew he had to find a drunk to work with. He called a minister and was led to the struggling drunk doctor we know as Dr. Bob. The meeting went well and lasted many hours. Dr. Bob was so impressed with the fact that Bill W. knew what it was to be a drunk and that he came without lectures, emotional appeals, sermons or ultimatums. He came with his experience, strength and hope. Bill W. ended up staying there in Akron for a while, and he and Dr. Bob began to expand on Bill's ideas. After a disappointing setback, Dr. Bob got sober for the last time and the two of them began to work at carrying their message to other alcoholics. They may not have realized it at the time, but they had already stumbled upon the primary concepts that are now the foundation for our AA program of recovery.

The fellowship began to get some publicity. As the membership grew and new sober drunks became active in the program, Bill W. continued to look for ways to achieve the kind of success he had envisioned with his businessman's mind. He was able to develop a connection to someone working with the Rockefeller charities. Bill was hoping a financial grant of some kind might help him take his recovery ideas to the next level. He hoped he could get funding for a chain of AA treatment centers with paid AA missionaries to carry the message. Bill got the opportunity to make a presentation to John D. Rockefeller and a number of other philanthropists. After hearing Bill and some other AA members describe the success they had been having at sobering up drunks, Rockefeller told Bill W. that he thought they were definitely on to something significant for the treatment of alcoholism. He also told Bill that he thought money would just spoil what they had accomplished so far and destroy the great potential this movement had for the future treatment of alcoholism.

As time passed and the fellowship grew on the principle

of one drunk carrying the message to another, it became apparent that John D. Rockefeller was right. No one is better equipped to help an alcoholic find recovery than another alcoholic. No one understands a drunk better than another drunk. As the Big Book says in Chapter 2, "The ex-problem drinker who has found this solution, who is properly armed with facts about himself, can generally win the entire confidence of another alcoholic in a few hours." Finding someone who understands alcoholism, someone who is sharing their experience with AA's recovery program for free and with no strings attached, is a wonderful thing for any drunk who has become sick and tired of being sick and tired. The suffering drunk is more receptive to the help offered by one "who has been there." The big bonus in all of this is that the person carrying the message is actively applying the 12th Step of the AA program to his or her own recovery and locking in one more day of sobriety.

The 12 & 12 sums up our need to remain nonprofessional this way: "We have discovered that at the point of professionalism, money and spirituality do not mix. Almost no recovery from alcoholism has ever been brought about by the world's best professionals, whether medical or religious." Treatment centers, doctors, counselors and members of the clergy can be very helpful, but it is my opinion that the best they can do to contribute to an alcoholic's recovery is to provide a safe place to withdraw and a clear enough understanding of the disease of alcoholism to enable that person to truly take AA's first step. After that, the remaining steps and a committed participation in the AA fellowship should be a sufficient course of action for any drunk's recovery from alcoholism.

The second half of this tradition, "but our service centers may employ special workers," has to do with paying AA members who perform work for AA service entities. When we ask a fellow member to provide a service such as managing our General Service Office, doing clerical or janitorial work for our local central office, or if we ask a member to travel while representing our group as a GSR, we should not expect these services to go uncompensated simply because they are being performed by AA members. These activities are not to be considered 12th Step work. These tasks may facilitate our twelfth-step work, but they are not "one drunk working with another." We should always be willing to pay for the work for which we would otherwise have to pay, whether it is being performed by an AA member or not.

I'm glad I signed up for this little writing assignment.

To consider once again the miraculous chain of events that led to the forming of AA is always a great exercise for me. It is also always worthwhile for me to ponder the wisdom born of experience that that gave us our Twelve Traditions. Both activities leave me feeling grateful. While it may be a bit arrogant to claim that the program of Alcoholics Anonymous has taken this world to a more advanced level of spiritual consciousness, I am certain that AA has provided that very thing for me and many drunks like me.

Allen L.
Exeter

Contributions

Birthdays Club

Jim B.	Springville	38
Odran G.	Visalia	38
Danette L.	Exeter	31
Julio Q.	Porterville	31
Sandra B.	Visalia	30
Tommy S.	Visalia	12
Mitch K.	Visalia	5

GRATEFUL GIVERS CLUB

Members - \$ 330.00

Individual Contributions

Anonymous

David G.

Jim B.

Jim K.

Mitch K.

Central Office Contacts

Answering Service Calls	1
AA Members	10
Court Ref/Info	13
Meeting Information	18
H & I	0
Alanon & Alateen Information	2
Info. re Recovery Homes	0
Schedules & Info-Mailed & Faxed	0
Bridging The Gap	0
Other 12 Step Programs	2
Visitors to Office	41
Literature Sales	10
Specialty Sales	24
Churches & Schools	0
General Information	13
Prospective Members	1
Twelve Step Calls	1
E-Mail Contacts	12
Spanish Contact	2

Total 150

August AA Birthdays

Name	City	Years
Don H.	Porterville	46
Betty C.	Visalia	45
Larry R.	Visalia	42
Diane N.	Exeter	41
Mary S.	Tipton	38
Juanita M.	Visalia	36
Helen D.	Tulare	36
Dan H.	Porterville	35
Ron H.	Dinuba	35
Emma K.	Tulare	32
Les S.	Tulare	31
Emilio A.	Goshen	30
Frank V.	Visalia	29
Debbie S.	Visalia	28
Jonna K.	Porterville	28
Rick S.	Visalia	28
Deric F.	Visalia	27
Bob T.	Visalia	25
Greg H.	Visalia	23
Richard R.	Tulare	21
Margie A.	Three Rivers	21
Diane M.	Visalia	20
Lynn T.	Porterville	17
Sheri T.	Hanford	15
Gilbert C.	Visalia	15
Kelly K.	Visalia	15
Michael C.	Visalia	14
Laura N.	Fresno	13
Doug H.	Porterville	10
Bill E.	Springville	8
Glenda G.	Porterville	7
Vicki B.	Porterville	2



Central Service Meeting

July 9, 2019

MEETING CALLED TO ORDER: Elgin

TIME: 6:50PM

BOARD MEMBERS PRESENT: Hal, Mike K., Mike S.,

Monica & Elgin

ABSENT: 0

SERENITY PRAYER: Repeated by all

12 TRADITIONS: Read by Phillip

MINUTES OF LAST MEETING: No correction and was approved

Additions, Corrections, & Approval of Minutes.

REPORT OF LAST BOARD MEETING: Elgin reported the picnic netted \$1805.00. It was suggested that Board members start spending some time with Bob to see how the Central office runs on a daylily bases. Central will have a Representative at the Aug 3 Service Fair talking about what Central office all about.

TREASURER and OFFICE REPORT; Bob reported that we had a net income of \$2,102.98 for the month. Contributions from groups and individual were good. Sales were about average. The Grateful Givers Club brought in \$485.00 and credit and debit cards netted \$410.87. Expenses include a large literature order and other normal expenses. Next month we will have due Quarterly taxes and sales taxes to pay.

PUBLIC INFORMATION REPORT: Mike K. reported that he is still looking for a place to have the Pancake breakfast in the future. Mike K. apologized for missing the stories for the newsletter last month.

VOLUNTEER STEP WRITERS FOR CENTRAL NEWS

STEP FOR NEWSLETTER-VOLUNTEER

Month	Step	Member	Due Date
Aug	8	Louie T.	7/20/2019
Sept	9	Mike K.	8/20/2019

TRADITION FOR NEWSLETTER-VOLUNTEER

Month	Trad.	Member	Due Date
Aug	8	Allen L	7/20/2019
Sept	9	Mitch	7/20/2019

WEB SITE REPORT: David reported we had 1100

visitors and were 4700 down on the payed view.

NEWSLETTER REPORT; everything is going well. Had an increase of 2 people now we are up to 98 subscribers.

H&I REPORT: David reported there is a Business meeting Aug 10 at 9; 00 at the Alno Club

GSO LIAISON: Allen reminded us of the Service Faire on Aug. 3 in Porterville at the 12 Step Recovery Club. Opportunities for AA service in Tulare County "where do you fit". Free Tri Tip lunch and Mike K. our Area Delegate will give his report from his participation in this years General Service Conference.

CSR REPORTS:

Blythe-The Tulare Unity Young People group has renamed itself to Saturday Night Jay Walkers Young People. It is still being held at the First Congregational Church on 220 West Tulare Ave in Tulare from 7:30 to 8:45. All are welcomed and young is defines as anyone who has room to grow. We need your support, please join us. We also celebrate various length of sobriety with chips.

David G. - The Messy Pants Winos meets every Wednesday at 7: PM for 1 hour at the Visalia Alano Club. This is an open meeting, with a 15 minute speaker, and then the meeting is open for discussion. We have a good number of new comers, so experience members are needed. We do a call for sponsors and sponsees and we hand out chips every meeting.

Tim A. - Friday Morning Means Attitude Modification Group meets at the 210 Center, 210 Center St, Visalia. The meeting is 75 minutes from 6:45AM to 8:00 am. About 20-25 men attend; we are a chip meeting with monthly chips up to 1 year. We celebrate birthdays on the Friday following your birthday or on your birthday. Come join us and have a cup of coffee and trudge the road of happy destiny.

Stella T. - Women's Tuesday Night Changes in Porterville at the Light House Church in the Hope Room. This is an all women meeting. Subjects are picked from a jar for dissusion. We have a business meeting on the 3rd Tuesday of the month. Birthdays are celebrated on the last Tuesday on the month with either a pot-luk or at a restaurant.

Mike K. - Valley Group speaker Series meets at St. Paul's church at Center and Hall Street in Visalia every Wednesday. The Valley group has 2 large speaker events per year and donates its excess funds to the Central Office.

Matt H. - The Serenity Seekers AM meet on Sunday at 10:00AM. We do birthdays for 30, 60, 90, days and 6

month and 9 month chips weekly. Monthly birthdays are celebrated with cake on the last Sunday of the month. We have about 20 to 30 members in attendance. We contribute to all AA entities. We have a CSR, GSR representative and a good mix of old timers and newcomers at most meetings.

Monica R. - Porterville RSVP-Young People Group meet Friday 6:30PM at 165 E. Mills. This is a young people meeting we welcome all ages, young is define anyone with the room to grow. We have a lot of newcomers and this meeting is in need of support. We give out chips for various length of sobriety.

Mitch K. - We have 20 meeting a week at Bridge St in Visalia. The morning 7:00AM meetings are closed. The noon meeting is closed Monday thru Friday and open meeting on the week end. Monday evening meeting is a closed women meeting. Tuesday and Wednesday are Book Studies, Thursday night s the Primary Purpose group. Saturday evening is an open discussion and Sunday is the 10th Step. All meetings have a good mix of old and new, a great place for fellowship and find a sponsor and hear the message.

Louie T. - Sunday Night Serenity Seekers is an open meeting on Sunday at 7:30 at The Center for Spiritual Living. We have 30 minute guest speaker followed by an open discussion. We have from 30 to 40 in attendance with a variety of sobriety. Congrats to our new Secretary Greg R.

Jonathon T. - Monday Means Stage meets every Monday at 820 East Main (PPVA Hall) in Visalia. We celebrate birthdays on the last Monday of the month. Please come join us.

Hal W. - Quiet Trails meets in Exeter at the Methodist church from 7:30 to 8:30. This meeting is a subject meeting for 1 hour. We recognize birthdays at the end of the month. We have about 15-20 folks in attendance.

Phillip P. - Friends of Bill W and Dr Bob meet at 1820 N Gem on Tuesday at 7:00pm. Meeting is organizing a back to the 40's at the church on the corner of "O" and Kern and the starting time will be 6:00pm. Made a contribution of \$400.00 to Central office in June.

Phillip P.-Mid Valley Group meets on Saturday at 1820 N. Gem at 2:00pm. Attendance is increasing great meeting and it won't interfere with your mornings or evenings.

Phillip P. - Serenity Junction at St. John church. We have a new Secretary and influx of newcomers. The meeting is at 7; 00pm on Monday but St John's is accommodating Saturday meeting for the 13th...

Louie T. - Hillman Group meets Thursday at noon at Rita's Catholic Church in Tulare. It is an open meeting with an average attendance of 10-15. Great coffee and a great message.

Cheryl H. - Springville Gut Level is dedicated in carrying the message of hope. Good attendance of newcomers

and established members. This is an active group of AA members who keep up with the business of AA locally, area and New York.

Trudy W. - Fireside Fellowship in Lindsay meets on Thursday at 7; 30pm at the Methodist Church. Small group and needs your support.

OLD BUSINESS:

Monica will be representing Central Office the Aug 3 Service Faire in Porterville.

NEW BUSINESS:

None

.7th TRADITION: \$32.00

ANNOUNCEMENTS: None

MEETING ADJOURNED: 7 25pm

Service Meetings

AND ADDRESSES

GSR Meeting at Central Office
449 E. Maple St., Exeter, CA
Wednesday, August 7, 2019 at 7:00 PM

CSR Meeting at Central Office
449 E. Maple St., Exeter, CA
Tuesday, August 14, 2019 7:00 PM

H&I Meeting at Alano Club
Visalia Alano Club, 1311 W. Murray
Saturday, August 10, 2019 at 9:00 am
2nd Saturday of even months.

SERVICE ADDRESSES

Tulare County Central Office

449 E. Maple St..
Exeter, CA 93221

District 47, C.N.I.A.

P.O. Box 273
Exeter, CA 93221

CNIA Treasurer

PO Box 161712
Sacramento, CA 95816-1712

General Service Office

PO Box 459, Grand Central Station
New York, NY 10163

Financial Report

TULARE COUNTY CENTRAL OFFICE

Income & Expense Statement

6/21/2019 THROUGH 7/20/2019

<u>INCOME</u>	<u>MONTH</u>	<u>YEAR TO DT.</u>
B.Day Club	185.00	628.00
CD & Tape Cont.	0.00	5.00
Grateful Givers Club	430.00	2,040.00
Group Cont.	1,592.65	10,536.47
Indiv Cont	33.56	3,245.14
Lit. Sales	491.60	3,340.93
Memorial Cont.	0.00	0.00
Misc.	0.00	27.16
Newsletter Cont	0.00	0.00
S & H	2.00	4.00
Sales Tax	45.12	432.31
Spec. Events	0.00	7,321.89
Spec. Items	347.45	2,886.14

TOTAL **\$3,127.38** **\$30,467.04**

<u>EXPENSES</u>	<u>MONTH</u>	<u>YEAR TO DT.</u>
Ans. Serv.	40.00	280.00
Fees-Taxes	0.00	64.95
Insurance	0.00	550.00
Lit. Costs	0.00	3,659.49
PI-CPC Expense	0.00	0.00
Misc Expense	0.00	0.00
Newsletter Cost	0.00	0.00
Office Exp	0.00	317.95
Office Equip.& Maint	0.00	509.44
Phone & ISP	187.82	1,306.38
Postage	55.00	113.66
Employee Taxes	1,426.38	4,009.19
Rent	525.00	3,675.00
Salary	1,277.82	8,954.74
Sales Tax-Paid	691.00	691.00
Security System	0.00	317.52
Spec. Events	0.00	2,392.18
Spec. Items	220.00	1,469.50
Card Charge	6.52	61.20
Utilities	43.96	482.00
Website	3.50	23.92

TOTAL **\$4,477.00** **28,878.12**

Net Gain(Loss) **(\$1,349.62)** **\$1,588.92**

BEG. TOT. ACCT. BAL: **\$15,121.83**

END. TOT. ACCT BAL: **\$13,772.21**

Grateful Givers

The Central Office board and the group C.S.R.'s are excited to introduce to all Alcoholic Anonymous members of District 47 a new program Grateful Givers. The purpose of the program is to assist individuals interested in making a monthly contribution to the Central Office. Making the process of contributing as simple as possible is the goal of the program. Individuals would be given a stamped addressed envelope with which to send in their contribution. The envelope will contain an information form for your name, address and contact number. Fill out the form and drop your contribution in the mail. As soon as it arrives at the Central Office you will receive a thank you note/receipt containing a stamped envelope for the next month's contribution. The names of the members involved nor donation amounts to the Central Office will be released. The Central Office will publish the total monthly contributions in the newsletter each month. The Central Office operates completely off our contributions, group contributions, the Birthday Club and special events. In the recent year this has not been enough to sustain our financial responsibilities. Our hope is that the Grateful Givers Club will give that a boost. We chose the name Grateful Givers because Alcoholic Anonymous saved our lives. As a result we are grateful that we again have the ability to give. If you are interested in getting involved in the program you can contact your C.S.R. or contact the Central Office. We will be making contribution envelopes available to the groups by way of your C.S.R.

To date the Grateful Givers Program raised \$1,610.00 Great Job and let's keep supporting our Central Office!!

Group Contributions

<u>5/21/19-6/20/19</u>	<u>Month</u>	<u>YTD</u>
10th Ave Men's-Lemoore		21.60
ABC Group		0.00
Alpha-Wed-Tulare		0.00
Attitude Modification-210		425.00
Bill & Friends		150.00
Breath of Fresh Air		0.00
Bridge St. "Drunks Only"	450.80	2,208.64
Central Calif. Roundup		0.00
Civic Center Grp.	113.00	273.40
Clodbusters-Tulare	200.00	600.00
Crossroads-Tulare		150.00
CSO Meeting	32.00	286.00
Dinuba Grp	84.00	134.00
District 47		400.00
Exeter-Quiet Trails		300.00
Exeter Sun Afternoon		150.00
Foundation Group		50.00
Freedom Fellowship		0.00
Fri. Night Study Tulare		50.00
Friday Noon 210		0.00
Half & Half	250.00	250.00
Hillman Group		100.00
Lemoore Sat 12x12		0.00
Lindsay Fireside Grp		0.00
Messy Pants Winos		40.00
Monday Men's Mtg.		0.00
Mid Valley-Tulare		00.00
Mon Book Study-S'ville		0.00
Mon Lit Study-Visalia		300.00
Mon Men's Book Study		0.00
Nooners Group-Visalia		0.00
Pine Recovery AA Mtg		28.00
Porterville Young People		40.00
Practicing The Pinciples		0.00
Rainbow Group		260.00
Rule 62-Visalia		100.00
Serenity Junction-Tulare		0.00
Serenity Seekers AM-Visalia		500.00
Soberfest Groups		0.00
Sobriety Sisters		158.00
Wed. Sobriety Celebration		0.00
Springville Gut Level		360.00
Sun Bkfst Spkr Mtg	150.00	350.00
Sun PM Serenity Seekers		0.00
Tulare Young People	84.00	164.00
TUFYPAA	313.75	

Tulare Fri. Book Study		0.00
Tulare 2nd Fri Spkr Mtg		0.00
Tulare Tuesday Night		700.00
Tulare Sunday Night		0.00
Tues. Men's-P'ville		230.00
Three Rivers-Monday		147.00
Unity Thru Traditions		34.35
Valley Group		0.00
Valley Speaker Series		0.00
Wandering Couples		141.00
Wed. Acceptance, P'ville	100.00	300.00
Weekend Attitude Adj.		0.00
Women's Amity-Visalia		0.00
Women's Changes-P'ville		100.00
Women's Fri. Night-P'ville		0.00
Women's Sat AM 12x12		0.00
Young & Restless	150.00	150.00

Total	1,463.80	10,407.62

Speaker Meetings

Porterville Recovery Club Speaker Meeting

186 W. Walnut Ave.
Friday August 2nd, 2019 at 8:00 PM
Speaker: - TBA

Friday Book Study Speaker Meeting

1820 N. Gem St, Tulare
Friday, August 9th, 2019 at 8:00 PM
Speaker: - Jim B. Springville

Sunday AM Breakfast, Speaker Meeting

Veterans Memorial Building
36000 Hwy 190, Springville
Sunday, August 11th, 2019 at 10:15 AM
(Breakfast at 8:30 to 10:00 AM)
Speaker: Carla M. - Los Angeles, CA

The Valley Group, Speaker Meeting

St. Paul's Episcopal Church
120 N. Hall St. Visalia, CA 93291
Every Wednesday from 7-8 p.m.

Speakers for August

Aug 7 - Lanette O. of Visalia 1 Year 1 Month and 28 Days!

Aug 14 - Scotty S. of Fresno 5 Years

Aug 21 - Bob T. of Visalia 25 Years

Aug 28 - Sara S. of Visalia 1 Year and 3 days!
That's 32 years of sober experience in AA in four simple one-hour sessions!

Lighter Side of AA

The Geenie and the bottle

Johnny B. is struggling with recovery and, as luck would have it, he is pulled over by a policeman the one time he slips up.

“Sir, I smell alcohol on your breath. Have you been drinking today?”

“Well, officer, you’d be drinking too if you’d just killed your wife.”

“WHAT!?! Are you confessing to murder?”

“The handgun is hidden under the seat. In the glove box, I stashed the heroin and a syringe I used to knock her out. Her body, bless her soul, is wrapped in a sheet in the trunk of the car.”

The officer, stunned, handcuffs Johnny B. and calls for his sergeant. The sergeant arrives, takes the car keys and opens the trunk.

There’s no body in here,” he says to the patrolman. “I thought you said there was a homicide?”

The sergeant then looks in the glove box.

There isn’t any heroin and there’s no syringe,” he says. He then searches under the seat. “And no gun either.”

The sergeant turns to Johnny B. for an explanation.

“Geeze, I bet he said I was drinking too.”

Upcoming Events

**Have an Event?? Send an Email:
centralintergroupnews@gmail.com**

District 47 Meeting

July 3, 2019

Meeting called to order by our District Committee Member Josh F. @ 7:01 PM

District Officers and GSRs present: Josh F. DCM, Allen L. Alt. DCM and GSR for Visalia AM Serenity Seekers, James W. GSR for Bridge Street Drunks Only, Kenneth B. GSR for Springville Gut Level, David G. GSR for Messy Pants Winos and John W. GSR for the Alpha Group.

Serenity Prayer and the GSR Preamble were recited by all present.

Twelve Traditions were read by James W.

Concept 7 was read by Josh F.

Approval of Minutes: Minutes of the previous June 5th meeting were approved without any changes.

Treasures Report: Not available due to our trusted servant Greg G. vacationing in his mobile chalet on the coast.

CSO Report: Allen L. reported that Monica R. was voted in as a 5th Board Member, with the title Board Member at Large.

DCM report: Josh F. went up to the Post Conference Assembly in Woodland. He noted that the delegate’s report of this year’s General Service Conference is available online @ CNIA.org.

Note: Mike K. our CNIA Delegate will also be at our Service Fair in Porterville this August 3rd and will give his report and answer any questions you might have. Josh brought up the idea that our future service fairs should be centered around the 3 Legacies of Service, Recovery and Unity. It will be a good topic for future discussion.

New Business: David G. presented the topics for the Summer Service Fair being held at the Porterville Recovery Club on Saturday, August 3rd. The theme is “Opportunities for Service and the topics are: H & I, Central Office, TUFYPAA (young peoples) and The General Service Office at all levels: District, Area and the General Service Conference. Mike K. our Area Delegate will give his report on the recent General Service Conference in New York. There is an informative flier about this event online in the Central News. A free Tri-Tip lunch will be served. The event will begin promptly at 10 am, ending at 2 pm.

The meeting closed with the Declaration of Unity and the Responsibility Declaration at 8:00pm.

District 47 Presents a Summer Service Fair

Opportunities for AA Service in Tulare County

Where do you fit?

Panel presentations by members of four AA service entities with a questions and comments session following each presentation!

H&I Committee

What is the H&I Committee? • What purpose does it serve?
H&I Member's Experience • AA Member introduced to AA through H&I
Sign-up and clearance information

Central Office

What is Central Office? • What purpose does it serve? • How can you support Central Office?
CSR (Central Service Representative) • Central Office Board of Directors
12th-Step List • Bridging the Gap/Contact on Release
PI/CPC (Public Information/Cooperation with the Professional Communities)

TUFYPAA

What is TUFYPAA? What purpose does it serve?
Service Positions available • Personal Experiences of Young People in AA

District, Area and General Service Conference

What is the General Service Conference? • What purpose does it serve?
GSR (General Service Representative) • DCM (District Committee Member
Area 07-CNIA • Area Officers • Appointed Positions • Delegate
Our Delegate's personal experience with General Service • 2019 Delegate's Report

Free Tri-Tip Lunch • AA Fellowship • Service Information

August 3, 2019 • 10 AM to 2 PM
Porterville 12 Step Recovery Club • 186 S. D Street, Porterville, CA

The Valley Speaker Series Presents:

SOBERFEST 2019

\$15 pre-sale
dinner tickets

Get your
tickets now!

Saturday October 12th, 2019
CHRIST LUTHERAN CHURCH
3830 W. Tulare Ave, Visalia

11am-5pm

Back to the 40's step workshop
(Newcomers who attend receive free dinner ticket)

530pm-630pm

Ranch style tri-tip & spaghetti dinner

7pm

Speaker Meeting
Bob D. of Las Vegas, Nv
Sober 40 Yrs, 11 months, 12 days!!

Meeting is ASL Interpreted

Special needs assistance:
Alex A: 559-280-3850

Contacts:

Boo M. 559-303-2484
Barbara V. 559-303-5761
Elgin M. 559-553-5736
Bill H. 559-740-8613



VEGANS
ARE
WELCOME!

ANNUAL

Ice Cream SOCIAL

AUGUST 17
@ 5:30 PM

tickets
\$10

kids 12
& under
FREE

speaker
meeting
FREE

Ice Cream • Cupcakes • Raffle

Speaker Tish M., Covina, CA

Hope Lutheran Church
364 E. Barstow Ave.
(Barstow & Fresno)

Magic show by Tim Mannix

Ice Cream Making Contest
Entries sent to josera472@gmail.com

Purchase Tickets at
Central Office or at www.3c-2a.org



4TH ANNUAL UNITY & SERVICE CONFERENCE

July 19 - 21, 2019

CONCORD HILTON, 1970 DIAMOND BLVD, CONCORD, CA



APPLYING OUR TRADITIONS & CONCEPTS TO REAL LIFE

Bob D., Las Vegas, NV
Scott H., Kamloops, BC
Meg & Drew B., Concord, CA
Vikki R., Yuba City, CA
Melissa L., Rochester, NY
Jeanne Woodford, CA

Sponsoring: Using All 3 Legacies
AA Around the World
Three Legacies in Relationships
Safety in AA
Concepts in the Home Group
Speaker - Past Class A Trustee
& Past San Quentin Warden

Service Panel Speakers + Bonus Workshops

Friday Night Ice Cream Social*
Saturday Evening Banquet*
Showcasing Highlights from the AA Play "In Our Own Words"
Sunday Morning Concepts Breakfast*

THIS IS A SELL OUT EVENT! Register at: UnityAndServiceConference.org
Base Registration: \$35. *Ticketed events require Pre-Reg due to availability!

[Hilton Hotel Discounts](#) available until June, 2019, or until hotel block sells

Sponsored by the Love and Service Group, Pleasant Hill, CA

Email info@unityandserviceconference.org or call (925) 922-5639 for more info



Announcing a Weekly Open AA Speaker Meeting in Visalia



**New Location
Starting
April 3, 2019**

The Valley Group

Meets Every Wednesday
Evening
7-8 PM

Chip Meetings for Newcomers!

**Meeting in The Parish Hall
at St. Paul's Church
120 N. Hall Street
Visalia, CA 93291**



RECOVERY RETREAT

February 14-16, 2020
with **John McAndrew**

\$250 Shared Occupancy
\$350 Private Occupancy
(if space available)

RETREAT BEGINS WITH 6PM DINNER ON FRIDAY
AND ENDS AFTER 12PM LUNCH ON SUNDAY

*If Interested
1 x 3 /
6058-082-655
559-280-8507*

St. Anthony Retreat Registration Form

Name: _____ Phone: () _____

Address: _____

Parish Name: _____ Email: _____

Room Preference: Shared \$250 Name of Roommate, or we can assign one _____

Private \$350 (if space available) _____

Special Needs/ Dietary Needs: _____

Able to climb stairs? yes no EMERGENCY CONTACT : _____

Credit Card #: _____ Exp. Date: _____ Charge All: Deposit Only:

WE ACCEPT MC, VISA & DISCOVER

Name on Credit Card: _____



Please Print

Signature

To make a reservation, please send form and \$75 deposit per person to
St. Anthony Retreat ■ PO Box 249 ■ Three Rivers, CA 93271 -0249
(559) 561-4595 ■ Fax (559) 561-4493 ■ stanthonyretreat.org
Make checks payable to "St. Anthony Retreat"
ALL DEPOSITS ARE NON-REFUNDABLE AND NON-TRANSFERABLE

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!!!