Webssite: www.aa-tulareco.org

Stepping Stones to Sobriety

Religion look a back seat with me for many years. I was neither an agnostic nor an atheist though I had definite resentments against my own church. Most of them puerile, I realize now, but I clung to them and rationalized that I had had too much religion in my childhood. Perhaps sometime in the far distant future I might again turn to God, I would muse, but now I was not ready for or inclined towards any sort of organized religion. I believed myself to be a good Christian in the broad sense of the word and took Shakespeare's "to thine own self be true" philosophy as mine. Here again I was rationalizing because now I know I was not true to even myself. I blamed circumstances and people for my misfortunes and felt that hard luck was my fate. My motto was "God helps those who help themselves" so instead of turning to Him I turned from Him and became a self-willed, determined individual intent on taking happiness where I found it.

My search for happiness was never realized for I never knew quite what I wanted from life. I was dissatisfied with my lot, bored, bitter and resentful and tried to cover up my frustrations by pretending to be the Pollyanna. I made a feeble attempt to return to religion but without

a sincere desire to get to the root of my trouble and organize my life. I rather enjoyed my ruts and didn't

Arch Rock Brookings, OR Louie T.

September 2020

do much about getting out of them. I had to have my excuses to drink and by playing the role of a martyr I found sufficient reasons for drowning my sorrows periodically.

Patience Helps

I joined A.A. about the same time I tuned in n a spiritual program on the radio. The two seemed synonymous to me and I took a genuine interest in the daily inspirational talks. I believe whatever spiritual progress I have made has come from my delving into metaphysics. I have

only touched the surface in the past year and a half but am convinced I have been helped. I have turned to God and discuss with Him anything that bothers me. I have learned to wait, "to let go and let God" instead of rushing ahead without thought of consequence. I have always been impetuous, and have had to do much disciplining

on this score. I have learned to accept my temperament and to strive to improve those character defects I recognized as potential hurdles. I have as many low moods as before I stopped drinking but they don't last as long because I am fortified and recognize them for what they are and know that in time they shall pass. Gaining an insight to the spiritual part of the program has helped me tackle problems by getting to work on myself and not blaming circumstances or people. I am comforted by the realization that I am not alone no matter what happens. I know that I shall be shown the way if I do my very best each day and sincerely try to improve. Without the spiritual approach I doubt that I would have had the desire or initiative to stay sober. With it I have seen how futile and empty my life was and how complete and full it can be. Problems are not so much to be dreaded as expected. How I rise above them is the important part. Gaining an insight to the spiritual angle has also made me realize I must know myself before I can sufficiently help my fellow man.

Faith, belief and practice have taken the place of analyzing and not utilizing with me, resulting in a new set of values and principles. I am not implying that because I have recognized my need of a spiritual approach and am doing my best to lead a better life that all is serene. Rather it means that I now know that all of life has its ups and downs. We must all face it in our own way with a will and determination to do our best with the help of God. It is only by facing difficulties that we strengthen our minds and our mistakes of yesterday can be steppingstones for tomorrow if we do something about them today.

-Mildred O. NY AA Grapevine September 1947

Made direct amends to such people wherever possible, except when to do so would injure them or other.

Probably the step that puts us in direct touch with our past. This step is very dependent on the previous step. Our willingness and motivation must be without resentment, or this step will not go so well. This can be a daunting task because who really wants to face someone and tell them what a mess of a person we were. But that's the key isn't it, to fully face the person that we WERE, past tense!

The wisdom of this step has always fascinated me. Even in the big book we are told that "we will be amazed before we are half way through." This was true for me as I began my journey through this step. Although there were groups of people that I had harmed or cheated or lied to, I found that when I approached many of them, they had forgotten much and generally pleased that I was on a path out of darkness. My experience tells me that this step isn't so much for the people we make amends to, but it is ourselves that gain the humility necessary to live a non-self-centered life.

There are other instances where I had destroyed property in a complete fog, I knew I had done it, but could not remember specifics, like location. You see I had many a night (and day) where only part of my brain was working, the rest was in a black out. After talking with an AA friend (my sponsor also gave me the same advice) it was suggested that I pick a local charity, admit to the person in charge my wrong doing and the desire to take responsibility for my actions. I could then offer a donation in-line with the damage done. This didn't have the same effect as approaching and facing the actual person I had harmed, it did however give me some semblance of humility.

There were other instances that I could never repay, like the lost time with parents, spouse, children and friends. My only reparation is living a sober life and freely giving my time to those I loved and cared for. My parents were able to see me sober for many years before they passed and my children are an important part of my life, including my grand-children.

I have another theory about step 9. Considering the belief that "...More will be revealed..." I am certain that as time goes by, little snippets of the past will come to light. Along with these snippets will be the realization that I had a part in the damage done that I must acknowledge and attempt an amends. I wonder if the ninth step is a lifelong commitment to right the wrongs of the past when revealed?

This step is the transition period from the past to the present and future. We all have a past and that past will always be with us, but it is with facing it, and trying to right wrongs done that we can "not regret the past nor wish to shut the door on it." We have gained insight into the damage that our disease caused and can use that insight to help others that are still suffering. This is a powerful step and one that can lead to the next chapter of our development, that of living a humble, fulfilling life in service to others.

-Anonymous

AA, as such, ought never be organized; but we may create service boards or committees

 6 Wordshift and the service boards or commuttees directly responsible to those they serve.
 Not Organized?
 This tradition is a little confusing for me at first glance. It is hard to see AA as we know it as not being organized. We have meeting schedules. We have open meetings, closed meetings, gay meetings, step-study meeting, and more. Our group secretaries often maintain lists of members and their sobriety dates. Some meetings have phone lists. We have sponsors meetings, gay meetings, step-study meetings, Some meetings have phone lists. We have sponsors who meet regularly with their sponsees. We have numbered Steps, Traditions, and Concepts for World Service. Most meetings around here begin with "How it Works" and end with The Lord's Prayer. It all seems pretty organized to me.

However, our actual program of recovery is in the Big Book. The Twelve steps are the AA program. It is as simple as that. What we have come to know as the fellowship or culture of AA is what has grown out of our necessity to pass on the "one-drunk-talking-toanother-drunk" method of carrying the AA message and practicing Step Twelve.

So, yes, our fellowship seems very organized, but in reality our membership is not. There are no dues, fees or membership requirements (other than a desire to stop drinking). There are no rules to guide our members' behavior, and there is no authority to enforce rules even if we had them. We don't sign up for AA, and we can't be kicked out. We are members if we say we are a members. Tradition Four declares, "Each group should be autonomous." Individual groups may come up with their own group rules or meeting procedures, and even if a group is breaking AA traditions, there is no policing AA authority to keep a group in line. As AA members, we have the freedom and the responsibility to police our own groups.

Somewhere I heard about a thing called the theory of emergence. It has something to do with how individual, interacting parts work together to create something new (like a pattern or system or organization) that is its own unique thing--something that emerges out of those seemingly random interactions and becomes something beyond just the sum of its parts. Supposedly, this is what causes fish to swim in schools with such a precise unity that it seems as if one mind were directing the entire group of fish. I think the somewhat organized structure we have come to know and expect in our AA groups has emerged in much the same way. Sounds a lot like "a loving God as He may express Himself in our group conscience" to me.

Service Boards and Committees?

Of course, when we work together to make AA more effective, to reach more suffering alcoholics, or to communicate with the institutions we sometimes cooperate with, we then find it necessary to organize things. That is where the "service boards and committees directly responsible to those they serve" bring this organization to our Twelfth-Step work.

Locally, we have the Central Office (or Intergroup) that serves the AA membership of Tulare County, providing AA literature for groups; maintaining a meeting directory (both on paper and online); manning telephone inquiries and facilitating Twelfth-Step calls. Our groups are represented at the monthly Central Office meeting by their CSRs (Central Service Representatives).

Our groups are also able to communicate with AA's General Service Office (New York) through their GSRs (General Service Representatives), who meet once a month at the District 47 General Service Meeting. We are in District 47, which is part of the California Northern Interior Area, which is part of the Pacific Region. This structure provides a conduit for local groups to send input to New York on issues that affect AA as a whole.

Our H&I committee is organized to provide Twelfth-Step opportunities for AA members who would like to carry the message into hospitals and institutions, where potential AA members are locked up or otherwise confined.

These are three local service boards or committees that are organized to give Tulare County AA members the opportunity to be of service. Once you've become a part of one of these, you will soon be aware of even

more service entities within the service structure of AA that you can be a part of. So enjoy your freedom and take advantage of the opportunities for AA service provided by these organized service boards and committees.

-Allen L.

Service Meetings AND ADDRESSES

GSR Meeting at Central Office 449 E. Maple St., Exeter, CA Zoom Mtg Wednesday July 1, 2020 Link on Central Offive Website

CSR Meeting at Central Office 449 E. Maple St., Exeter, CA Canceled Due to COVID-19

H&I Meeting at Alano Club Visalia Alano Club, 1311 W. Murray

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

H&I-Contributions P.O. Box 192490

Financial Report

TULARE COUNTY CENTRAL OFFICE Income & Expense Statement 7/21/20 THROUGH 8/20/2020

//21/20 THROUGH 8/20/2020			
INCOME	MONTH	YEAR TO DT.	
B.Day Club	19.00	399.00	
CD & Tape Cont.	0.00	0.00	
Grateful Givers Club	524.00	2,878.00	
Group Cont.	944.14	9,561.25	
Indiv Cont	225.00	2,496.27	
Lit. Sales	294.95	2,620.13	
Memorial Cont.	0.00	100.00	
Misc.	0.00	20.55	
Newsletter Cont.	0.00	0.00	
S & H	0.00	2.00	
Sales Tax	35.96	270.85	
Spec. Events	0.00	195.00	
Spec. Items	176.35	1,564.85	
Tax Refund	0.00	527.25	
TOTAL	\$2,219.40	\$20,635.15	
EXPENSES	MONTH	YEAR TO DT.	
Ans. Serv.	0.00	80.00	
Fees-Taxes	0.00	45.00	
Insurance	0.00	550.00	
Lit. Costs	0.00	1,837.32	
PI-CPC Expense	0.00	0.00	
Misc Expense	0.00	0.00	
Newsletter Cost	0.00	0.00	
Office Exp	0.00	176.92	
Office Equip.& Maint	158.79	341.99	
Phone & ISP	71.97	607.94	
Postage	0.00	113.80	
Employee Taxes	116.98	3,236.98	
Rent	525.00	3,675.00	
Salary	1,276.26	8,934.60	
Sales Tax-Paid	552.00	552.00	
Security System	0.00	377.43	
Spec. Events	0.00	195.00	
Spec. Items	0.00	846.62	
Card Charge	14.40	75.76	
Utilities	48.26	456.15	
Website	7.98	120.36	
TOTAL	\$2,771.64	22,222.87	
Net Gain(Loss)	(\$552.24)	(\$1,587.72)	
BEGINNING TOTAL ACCT BAL: ENDING TOTAL ACCT BAL:		\$14,690.96 \$14,138.72	

Tulare County Hospitals & Institutions

At the August 8, 2020 Tulare County H&I Meeting, we had the opportunity to come together to learn how our committee is continuing to carry the message to the confined alcoholic. We are holding zoom H&I meetings twice a month at Mothering Heights and are gearing up to begin zoom H&I meetings at Pine Recovery. Literature continues to be delivered to the facilities, bringing hope to the confined alcoholic in these trying times. While some of our facilities remain closed and unable to accommodate virtual meetings, our coordinators are staying connected and continuing to keep volunteers current, so we are ready once the facilities open. The reports given at our meeting reflected the dedication and continued work our Facility Coordinators perform to keep our volunteers informed and ready to re-enter facilities when possible. We continue to include our surrounding Area Chairs and Spanish Regional Chair in our meetings which has resulted in Regional Unity never experienced before.

At our meeting we did vote to change our meeting date and time to the 4th Saturday of odd months at 10:00 am. H&I orientation will begin at 9:00 am prior to the meeting and will also be held at 9:00 am on the 4th Saturday of the even months when we do not have a business meeting. This is an excellent opportunity to learn the purpose of the H&I Committee and see if it is the service commitment for you! Our next meeting will be September 26, 2020 orientation at 9:00 am and meeting at 10:00 am. We will be meeting on this date via zoom and the information is available at aatulareco.org. We hope to resume in person meetings soon but are grateful for the technology that has kept us together moving forward in the past months. We encourage all Tulare County A.A. Groups to elect an H&I representative and have them attend our meeting to carry your group's conscience to our committee's activities. Please continue to pass the pink can were possible.

We are grateful to the members who continue to contribute to the Pink Can. Thank you for being a part of the unity which carries the message of A.A. to the confined alcoholic in the Northern California area. It is a blessing to be in-service with you all!

Joyce R Area 93 Chair

September AA Birthdays

September		and y
Joe F.	Porterville	42
Margie C.	Exeter	39
Robert H.	Exeter	38
Lawrence S.	Visalia	38
Rebecca M.	Lemoore	38
Gerald V.B.	Andover MN	35
Joan C.	Visalia	35
Tom P.	Dinuba	35
Ruth B.	Visalia	34
Cliff L.	Visalia	34
John W.	Tulare	34
Carolyn K.	Visalia	33
David H.	Visalia	33
Ken R.	Visalia	33
Warren G.	Visalia	33
Hal W.	Lemon Cove	33
Jerry"Bubba"W.	Tulare	32
Joan A.	Exeter	32
Kelley N.	Tulare	32
Linda P.	Visalia	32
Ty N.	Tulare	32
Ćary K.	Visalia	30
Mike H.	Visalia	30
Kim A.	Tulare	29
Tom C.	Visalia	29
Russell W.	Visalia	28
Elly Q.	Three Rivers	27
Ken F.	Visalia	27
Linda J.	Porterville	25
Cruz J.	Tulare	25
Cindy S.	Porterville	24
Anetta P.	Porterville	20
Mark H.	Exeter	18
Barbara W.	Quincy CA	16
Melanie M.	Visalia	16
Kim H.	Tulare	16
Vendy	Visalia	15
AL S.	Visalia	14
John	Dinuba	14
Jose G.	Dinuba	13
Diane O.	Visalia	7
Stella T.	Porterville	6
Eric J.	Springville	2

District 47 Minutes

August 5, 2020

This is a Zoom meeting with members participating from various locations.

Meeting Called to Order: 7:00 p.m. by DCM Allen L. Committee: Allen L., DCM; Ralph D., GSR for Bridge Street Drunks Only Group; Jim K., Recording Secretary, GSR for Monday Men's Stag; Danette L., GSR for the Saturday Women's 12x12 Study; Josh F., Treasurer The GSR Preamble was read by Danette L..

12 Traditions: read by Josh F.12 Concepts: Concept 7 read by Allen L.Approval of Minutes: July 1, 2020 minutes approved.

Treasurer's Report: Josh F. Balance Forward \$2,622.56. Income from groups, \$28.06. No expenses. Current Balance \$2,650.62. Thanks to you and Bridge Street Drunks Only for the contribution this month! Josh suggested DCM expense prediction for our District in the future. 1.ACM (3) \$130 for hotel, \$60 for gas, and \$40 for food and beverage. times 3 for 3 ACMs equaling \$690. 2.DCM expense for Assemblies: \$430 per assembly \$260 for 2 nights hotel, \$60 for gas, and \$110 for food and beverage equaling \$1320. 3.DCM expense for PRAASA: Highly Variable (potential range of \$500 to \$2,000) once a year. 4.District Events (workshops, service fairs): \$265 for Area Officer Mileage, \$400 for food/drink/ misc., \$200 for facility rental equaling \$865. 5.Rent to Central Office and P.O. Box: \$500. Any decision regarding support of Central Office and other AA entities will be tabled until closer to the end of the year when we have a better idea of our financial status and that of our area as well.

CSO Report: No one present attended the meeting. **Registrar:** No Report **PICPC**

H&I Report: Ralph D. reported that the Tulare County H and I business zoom meeting this Saturday at 9 am. See Central Office website for zoom numbers and log in.

DCM Report/Old Business: Allen attended the ACM on July 18, 2020. Mini PRAASA will occur via ZOOM. All future conferences are up in the air for now. District 33 secured the Fairgrounds for the Winter Assembly. District 49 backed out of the 2021 Pre-Conference Assembly. Bids will be accepted at the next ACM. DCMs were encouraged to check with GSRs and submit bids if interested. 18 DCMS were in attendance with a few additional DCM reports read by the recording secretary. The treasurer reported and contributions to the area were down \$2,000 for this time last year and reminded all to please donate and use the Cash App or by mail. CNIA pays the East Yolo Fellowship \$100 per month to use their facility for ACMs. The question arose regarding paying during the pandemic. Will be discussed further in the future. Contributions can now be made to CNIA via Cash App at \$CNIA07. No Old Business.

New Business: Danette discussed how local groups she attends are able to contribute to Central Office.

7th Tradition: Not observed **Announcements:** Joyce will be speaking at the Saturday night Valley Group 7 pm meeting 7-8.

The meeting closed with the Declaration of Unity and the Responsibility Declaration read by Allen L.

The meeting was adjourned at 7:49 p.m.

Respectfully submitted, Jim K, Recording Secretary

Group Contributions

	Month	YTD
10th Ave Men's-Lemoore		0.00
Alpha-Wed-Tulare		90.00
As It Is Outlined in Book		46.00
Attitude Modification-210		200.00
Breath of Fresh Air		0.00
Bridge St. "Drunks Only"	150.15	1,963.85
Civic Center Grp.	75.00	135.00
Clodbusters-Tulare		20.00
Crossroads-Tulare		120.00
CSO Meeting		166.00
Dinuba Grp		50.00
District 47		400.00
Dr. Bob & Friends		0.00
Exeter-Quiet Trails		200.00
Exeter Sun Afternoon		0.00
Foundation Group		0.00
Freedom Fellowship		525.00
Fri. Night Study Tulare		20.00
Friday Noon 210		111.21
H&I		96.00
Half & Half		200.00
Hillman Group		0.00
Keep it Simple Sunday	273.63	611.33
Lindsay Fireside Grp		25.00
Messy Pants Winos		0.00
Monday Men's Mtg.		150.00
Mid Valley-Tulare		800.0
Mon Book Study-S'ville		0.00
Mon Lit Study-Visalia		20.00
Nooners Group-Visalia		0.00
Pine Recovery AA Mtg		28.00
Porterville Young People		0.00
Practicing The Principles		0.00
Rainbow Group		107.00
Rule 62-Visalia		125.00
Serenity Junction-Tulare		0.00
Serenity Seekers AM-Visalia		199.17
Sober Sisters		78.38
Wed. Sobriety Celebration		0.00
Springville Gut Level		150.00
St. Ritas Group		0.00
Sun Bkfst Spkr Mtg		230.00
Sun PM Serenity Seekers		0.00
Tulare Young People		104.00
TUFYPAA		125.75
Tulare Fri. Book Study		0.00
Tulare Tuesday Night		400.00
Tulare Thur. Noon		200.00
Tulare Sunday Night		0.00
Tues. Men's-P'ville0.00		
Tues. Noon 210		80.00

Total	874.27	10,335.52
Young & Restless		0.00
Women's Sat AM 12x12		309.60
Women in Unity		0.00
Women's Fri. Night-P'ville		50.00
Women's Changes-P'ville		87.50
Women's Amity-Visalia	125.49	231.99
Weekend Attitude Adj.		0.00
Wed. Acceptance, P'ville		150.00
Valley Speaker Series		701.74
Valley Group		430.00
Unity Thru Traditions	250.00	250.00
Three Rivers-Monday		248.00

Central Office Contacts

Voice Mail Calls	0
AA Members	9
Court Ref/Info	
Meeting Information	9
H&I	0
Alanon & Alateen Information	0
Info. re Recovery Homes	1
Schedules & Info-Mailed & Faxed	0
Bridging The Gap	1
Other 12 Step Programs	1
Visitors to Office	44
Literature Sales	8
Specialty Sales	21
Churches & Schools	0
General Information	9
Prospective Members	1
Twelve Step Calls	
E-Mail Contacts	
Spanish Contact	1
	-
Total	107
1000	10/

<u>Contributions</u>

Birthday Club

Don H.	Porterville	47
John W.	Tulare	34
Jim K.	Visalia	18

GRATEFUL GIVERS CLUB Members - \$ 330.00

Individual Contributions

Anonymous David G. Jim K. John W. Joyce R. Michele S. Ralph D. Rosana H. Shannon S.

Newsletter Contributions
None
Memorial Contribution
None

Lighter Side of AA

The First Drink

An old Alkie is sitting at the bar. He orders two shots. He proceeds to pour out the first one all over the bar, downs the second one and then orders two more. He pours out the first one on the bar, downs the second one and orders two more.

The bartender asks him why he keeps pouring out the first shot all over the bar.

The alcoholic replies with "My AA group said all I need to do is avoid that first drink."



I have some good news and some bad news. The good news is, the judge ruled court orderd AA is inhumane. The bad news is, he reduced your sentence to waterboarding.



"No matter how hard I tried to quit, I kept drinking like a fish."

Your Content Here!!!

Have an event????

New group starting up?????

Have a story to share???

Take some amazing photos aorund 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:

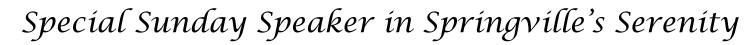
centralintergroupnews@gmail.com

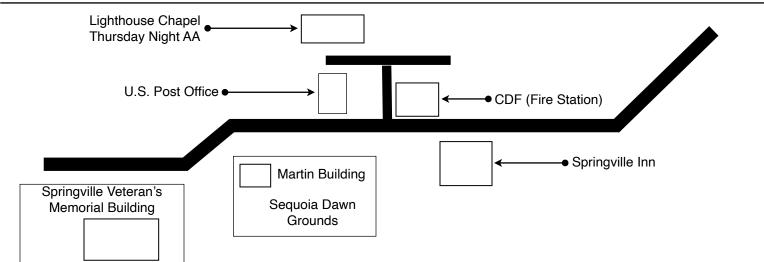
... and we will help you communicate to district 47!!!

Sunday Speaker Breakfast Sunday Morning, September 13, 2020

Always the 2nd Sunday of the Month - Come Join Us!

Speaker: Kathy M. Porterville, CA





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	Coffee's Hot - Attitude Adjustment Time
8:30 AM	Breakfast Service (\$5.00)
10:15 AM	Meeting Starts (7th Tradition is honored)
10:30 - 10:45 AM	10 Minute Speaker - Main Speaker

Image: Wide Service Standadd and a construction of a constructin o construction of a construction of a construction of a constru			
	Saturday, September 5	Sunday, September 6	
8:45 am	Welcon Serenity Praye		
	Serenity Praye		
9:00 am	Memoirs of a Judge that Nudged Rogelio Flores, Santa Barbara, CA Retired Judge & Past Class A Trustee 10-Minute Tradition or Concept Vigne	Contempt Prior to Investigation? The 12 Concepts - "A Spiritual Experience" Jennifer D., Wilmington, NC	
10:30 am	Service Panels Panel 1 - Young People Panel 2 - Bridging the Gap Panel 3 - Corrections (H & I) Q&A	Service Panels Panel 1 - Public Info & Cooperation with Professionals Panel 2 - Intergroup/Hotline Panel 3 - General Service Panel 4 - Sponsorship	
12:00 pm	Q&A Break		
12:30 pm	Finance & Romance in AA's Digital Age Jennifer D., Wilmington, NC 10-Minute Tradition or Concept Vigr	Anonymity and Outside Issues: Rights vs. Responsibilities Roger W., Vine Grove, KY nette Before Each Main Speaker	
2:00 pm	The Three Legacies and Relationships Chuck & Beth H., Cary, NC 10-Minute Tradition or Concept Vignette from an Al-Anon Speaker *This 2 Hour and 15-Minute Session Includes a 15-Minute Break at 3 pm Before Concluding at 4:15 pm ⁴	Ask It Basket with Speakers Rogelio, Jennifer, Don, Roger, Chuck & Beth	
3:00 pm	Break	Close with Responsibility Statement	
4:30 pm 6:00 pm	Unity vs. Conformity in the Home Group Don L., Bellingham, WA 10-Minute Tradition or Concept Vignette to Open Close with Responsibility Statement	Online Event! Space is Limited Pre-Register Today!	
Registration Link & Contact Info: Unityandserviceconference.org 925.222.5639			