

June 2022

CENTRAL NEWS

Website: www.aa-tulareco.org

Better to Be Drunk Than Merely Sober

Spring Sunset Exeter, CA Allen L

“If coming into A.A. meant nothing more to me than being sober, I’d get out of it, get drunk and stay drunk!” said H.D., a tall personable gent, as his opening blast at a regular meeting of the Orange (New Jersey) group.

“What I mean is,” explained H.D., “if I continued to think and act and live the way I used to in my drinking days, I’d be so unhappy and miserable I’d simply have to drink.”

H.D. was expressing his own opinion but it turned out that it was actually the keynote of this particular A.A. group. Starting out with seven members a little over a year ago, they now number around 60 and have made quite a name for themselves. They aren’t very interested in the drinking histories of the new recruits and you don’t hear the blow-by-blow accounts of drunks, even in their open meetings. “All us alcoholics sound alike—why listen to a lot of chatter about binges?” they say.

As a result their meetings are very alive and not at all repetitious—everyone tells what’s happened since he got into A.A. “It’s a cinch nobody would be fooling around here if he hadn’t had trouble with liquor. We want to hear what people’ve done since they got ‘dried up,’ not before.”

This bunch subscribes unanimously to the belief that they were pretty unhappy people or they wouldn’t have become alcoholics; they felt the irresistible compulsion to drink to escape from life. They feel that if they merely get “dry” and

still remain in the old rut of thinking, living and working, they’ll fall flat on their faces in slip after slip.

“If some guy is sitting around feeling awful and fighting off taking a drink—he might just as well go out and get himself stinking. On the other hand, if he’s stepping right along into his new world he’ll be too excitedly happy as new vistas of what his life can be, open up before him. It’s as different as looking at the world from the bottom of well or from the top of a mountain.”

One of the most interesting things about H.D. and his gang was the conversation after the formal part of the meeting. There was very little of the typical A.A. talk which is so often heard in most groups. Everybody was bursting with the things that had happened since the last time they were together—the new job, the new home, the different books they’d read, civic affairs, and what was the basic reason behind the drinking in the case of some newly contacted prospects.

It struck the writer that here was a crowd of A.A.s who were really concerned with the next 24 hours—not the last 24 years, weeks, days, hours—yes, minutes.

—C.C., Manhattan.
vv

Step 6 Were entirely ready to have God remove all these defects of character.

On some very important level, Step 6 is an extension of Step 3. After turning over our lives to the force for good within us, which is what God is to me, we now stand on the threshold of change.

By the time we reach Step 6, we've already made the first change: recognizing our addiction, setting our bottles and cans aside, then beginning the process of staying free of it. There is an implication, however, that to remain free we must begin weaning ourselves off of some of the other complications of being human. Being ready for that is bigger than it sounds.

Back in the beginning of my sobriety, I used to joke that if God actually removed all of my character defects, I wouldn't have any character left. With 20/20 hindsight, I can see the truth of the fear in that, because some of my biggest hindrances to living free in the Light, with the Light, are the parts of my personality that seem critically important to my existence in this world.

For example, one treasure is my ability to judge. I'm a writer, a social critic, a researcher on industrial agriculture's negative impacts on human communities. I'm an advocate for more even distribution of wealth and a healthy balance between humans and their environment. Judging is a central part of what I do. But there are days when that judging ability turns against itself and renders me useless. On those days, judging has overridden mercy and goodness and love, some of the other character qualities I want to practice. Am I ready to have God remove this tendency to judge? Or should I ask for strength in those other qualities? Do I ask for wisdom to know the difference, when to judge or not – or beg God to do the dirty work I've taken on?

It's a two-step dance: remembering that I've turned my life over (step 3) and being willing to do whatever that means, including loosening my grip on my favorite defects (step 6). It's a process, not a project. Sometimes I step on my partner's toes, but with each twirl around the dancefloor, I get better at following.

Trudy W.

Tradition 6

Our groups ought never endorse, finance or lend our name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

My name is Jamie. I'm an alcoholic. Tradition 6 reads An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

My experience with tradition 6 basically as an individual keeps me grounded because sometimes we see people coming to the rooms homeless with no job. Nothing. Then get sober and reap the benefits of recovery. Like Getting a job, get their own place and start making money and that could divert us from our primary purpose and that focus takes us away from the program so I really think that tradition 6 keeps us focused on the main spiritual aid helping the newcomer and an individual as myself tradition 6 keeps me grounded and helps me stay away from the rat race of life and puts balance back into my program of recovery and keep focus on the primary purpose which is to stay sober and help other alcoholics as myself achieve sobriety.

That's it!

—Jameson D

Contributions

Birthday Club

Allen L	41
Anonymous	22
Anonymous	32
Boo M	25
Louise G	29
Rae B	25

GRATEFUL GIVERS CLUB

Members 240.00

Individual Contributions

Anonymous
Anonymous
David G
Doris P
Erica E
Jim K
Robert T
Sandra K

Newsletter Contributions

Exeter Sunday Afternoon Meeting

Memorial Contribution

None

Financial Report

TULARE COUNTY CENTRAL OFFICE

Income & Expense Statement

4/21/22 THROUGH 5/20/2022

<u>INCOME</u>	<u>MONTH</u>	<u>YEAR TO DT.</u>
B.Day Club	203.00	516.00
CD & Tape Cont.	0.00	0.00
Grateful Givers Club	240.00	2,515.12
Group Cont.	2,530.77	11,208.02
Indiv Cont	236.65	3,798.34
Lit. Sales	645.61	3,245.61
Memorial Cont.	0.00	200.00
Misc.	0.00	0.00
Newsletter Cont.	25.00	30.00
S & H	0.00	0.00
Sales Tax	106.36	385.15
Service Charge	0.00	1.75
Spec. Events-picnic	50.00	50.00
Spec. Items	591.55	1,904.55
State fund dividend	0.00	50.00

TOTAL	\$4,758.65	\$19,275.60
<u>EXPENSES</u>	<u>MONTH</u>	<u>YEAR TO DT.</u>
Fees-Taxes	0.00	45.00
Insurance	0.00	550.00
Lit. Costs	1,269.63	4,163.02
PI-CPC Expense	0.00	0.00
Misc Expense	0.00	0.00
Newsletter Cost	0.00	0.00
Office Exp	381.61	1,176.73
Office Equip.& Maint	0.00	231.14
Phone & ISP	132.97	664.85
Ph-venmo	38.00	115.50
Postage	0.00	58.00
Employee Taxes	0.00	3,185.45
Returned Chk & Chg	0.00	0.00
Rent	600.00	3,000.00
Salary	1,973.82	7,830.75
Sales Tax-Paid	0.00	0.00
closed account	0.00	-35.92
Spec. Events-picnic	0.00	200.00
Spec. Items	731.10	2,256.45
Card Charge	11.75	90.99
Utilities	29.73	408.74
venmo fees	1.58	1.96
Website	5.43	24.44

TOTAL	\$5,175.62	23,967.10
Net Gain(Loss)	(\$546.68)	(\$62.56)
BEGINNING TOTAL ACCT BAL:	\$20,268.71	
ENDING TOTAL ACCT BAL:	\$19,867.30	

June AA Birthdays

<u>Name</u>	<u>City</u>	<u>Years</u>
Roger H.	Visalia	54
Beau B.	Visalia	47
Arlene K.	Visalia	43
Helen D.	Tulare	40
Gary M.	Visalia	39
Chris B.	Visalia	39
Shirley K.	Porterville	37
Ed A.	Visalia	36
Raneen T.	Visalia	36
Rick S.	Exeter	36
Steve L.	Visalia	36
Dave L.	Conifer, CO	36
Ione W.	Porterville	35
Curtis H.	Visalia	34
Jack D.	Visalia	34
Danny S.	Visalia	34
Jess A.	Tulare	32
Janet K.	Visalia	31
Hal C.	Strathmore	30
Jim L.	Visalia	29
Brewster B.	Socorro NM	29
Tracy Earl D.	Visalia	29
Rae Ann B.	Corcoran	28
Bobbi J.	Porterville	25
Brenda S.	Porterville	23
Linnetta M.	Tulare	22
John H.	Visalia	19
Natalie D.	Visalia	18
Jimmy A.	Visalia	18
Gary B.	Porterville	16
Mike W.	Visalia	16
Tom S.	Visalia	15
Debbie J.	Visalia	11
Joyce R.	Visalia	9
Carol Ann G.	Porterville	6
Steve B.	Springville	4
Mike G.	Springville	4

Thats 1,605 Years of Sobriety!!!

Support the Central Office

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

Donate Today using Venmo

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Big Book Discussion

June Discussion Topic

AA Big Book Pg. 76

We have emphasized willingness as being indispensable. Are we now ready to let God remove from us all the things which we have admitted are objectionable? Can He now take them all - every one? If we still cling to something we will not let go, we ask God to help us be willing.

Comments

Steps 6 and 7 are prayer requests to the God of our understanding for the transformation of our hearts. Willingness and Humility are the essential components here. My Sponsor strongly suggested that I read and study Step 6 and Step 7 out of the Twelve Steps and Twelve Traditions Book. During my first year of recovery my Faith was not very strong. I still had resentments toward "God", but my Sponsor explained to me that these Steps are the corner stones of the 12 Step arch which I will pass through as a free man. Free from relying on myself, Free from my secrets, Free from my excuses to use and abuse alcohol, Free to have all my burdens lifted and given to my Creator. I trusted my Sponsor and he reminded me that when we first sat together in the beginning, that I would go to any lengths for victory over alcohol. Page 76 is in the first few pages of Chapter 6 "Into Action" in our Big Book. "Faith without works is dead." My Faith continued to grow as I looked at Steps 8 and 9 with the help and guidance of my Sponsor Bill M. Today I pray daily and am comfortable in my Faith.

Reyes A., Rainbow AA Group, Visalia

This is a problem for me. My logical mind knows that this is the way forward. But I also know that the "all" part of "... let God remove from us all the things which we have admitted..." is not complete for me. So apparently I still cling to this thing I will not let go. What I've learned in A.A. is that at the root of most (if not all) things is fear. Apparently I have some fear, still, that prevents me from handing over to my Higher

Power this one burden I still have in my life. Still, my life is tremendously better now than it was before - so I'm not going to look this gift horse in the mouth. Perhaps this is just an example of "sometimes quickly, sometimes slowly".

David G

Willings is the key in this reading, it tells me it is indispensable and this has absolutely been the case for me! When I first started looking at step 6, I had to ask myself if I was willing to allow God to have my defects of character.

I was sober, yes, but still had some issues that I struggled with. I gave the same willingness to have those removed as I did my alcoholism and that was enough to affect a small change, the key of willingness once again opened the door to freedom.

Louie T

July Discussion Topic

AA Big Book Pg. 76

My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen

Please submit your thoughts to:

centralintergroupnews@gmail.com by 5/20/22 to be included in the AprilCentral News!

Willingness

Willingness, or actually, non-willingness was the stumbling block that kept me from the rooms of AA for ten years.

I had been introduced to AA and was unable to face the issues and problems that were my own doing, and I just could not return to the rooms. I avoided looking at myself, and it kept me in that same treacherous tunnel of not wanting the drink, but being unable to say no. When I was sufficiently beat down, I asked my higher power in earnest for probably the first time in my life for help.

That request was granted, and the door opened for me to have the humility and honesty to delve into that trash compactor in my soul to ask God to remove all of these defects. I was able to look at myself and get to work. I believe that it is not God's job to do the work he has planned for me here, but he gives me the opportunity to do his work providing I am right with him.

The load that was relieved by removing objectionable character defects was huge, but the key for me is not to rest after that. Keeping close contact with God enables me to stay vigilant and to try my best to do his will. I can look at myself in the mirror and look people in the eye with confidence in myself, knowing the person I am projecting is the person I am.

The days of playing the actor and living two lives are gone. It all started when God gave me the key to unlock my soul and release my pent-up defects and habits to him. I will always be forever grateful.

—Jim K

Newsletter Contributions

Hello Everyone,

This is Louie T. the editor of the Central News. Since I started editing the newsletter I have noticed that there are several ways to make contributions to the Central Office such as the Birthday Club, Individual Contributions, Grateful Givers, and Memorial Contributions. However, there is one contribution I have never seen used and that is the Newsletter Contribution.

If you enjoy the Central News, I invite you to make a donation to the Central Office on the name of the Newsletter

Central Office Contacts

Voice Mail Calls	7
AA Members	44
Court Ref/Info	0
Meeting Information	7
H&I	1
Alanon & Alateen Information	1
Info. re Recovery Homes	2
Schedules & Info-Mailed & Faxed	0
Bridging The Gap	0
Other 12 Step Programs	0
Visitors to Office	15
Literature Sales	12
Specialty Sales	18
Churches & Schools	0
General Information	17
Prospective Members	0
Twelve Step Calls	0
E-Mail Contacts	187
Spanish Contact	3

Total	314

Speaker Meetings

Porterville Recovery Club Speaker Meeting
186 W. Walnut Ave.
Friday May 6th, 2022 at 8:00 PM
Speaker: - TBA

Sunday AM Breakfast, Speaker Meeting
Veterans Memorial Building
36000 Hwy 190, Springville
June 12, 2022
(Breakfast at 8:30 to 10:00 AM)
Speaker: Beverly M from Lancaster

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 October

6/1- Bob M of Fresno 9 years
6/8- Jerri T of Visalia 34 years
6/15- Elliot M of Tulare 4 years
6/22- Erika W of Bakersfield 16 years
6/29- Michael S of Visalia 9 months

Sunday Night Valley Group Serenity Seekers
914 W. Center Ave.
Visalia, CA 93291
7:30-9PM
6/5- Joyce R. of Visalia
6/12- Adam G. of Visalia
6/19- Erica D. of Visalia
6/26- Dan M. of Visalia

Service Meetings AND ADDRESSES

GSR Meeting at Central Office
449 E. Maple St., Exeter, CA
Wednesday, June 1st, 2022 at 7:00 PM

CSR Meeting at Central Office
449 E. Maple St., Exeter, CA
Tuesday, June 14th, 2022 7:00 PM

H&I Meeting
Zoom ID:885 8119 7080 Password: Sober(capital S).
4th Saturday June 25th at 9 a.m.

SERVICE ADDRESSES

Tulare County Central Office
449 E. Maple St.
Exeter, CA 93221
Email: tccof@hotmail.com
Website: www.aa-tulareco.org

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

Date: May 10th, 2022
Meeting called to order: Cheryl H. **Time:** 7:00 PM
Board members present: Cheryl H., William (Bill) E.,
Patrick A., Sara S., David G. **Absent:** none
Serenity Prayer: said by all.
Introductions: Bill, Mike, Patrick, Trudy, David, Steve, Sara,
Boo, Claudia, Brett, Erica, Sheryl, John, Carol Ann, Cheryl.
12 Traditions: Erica

Minutes of last meeting: Reviewed by members individually;
no corrections. Trudy moved to approve, Brett seconded.
Report of last Board meeting: presented by Cheryl H.

Minutes of last meeting were reviewed. The meeting was
called ordered by Bill Evans. Vice President's report: Thank
you for the opportunity of letting me be president for a
day. It was a privilege to lead the meeting and that's all I
got. Secretary's report (David): I was a bit late getting the
minutes out last month but I will get that done more quickly

this month (that would later prove to be untrue). Member
At Large report (Sara): Nothing new to report. I worked
on the Bridging The Gap. P. I./C.P.C. report (Patrick):
My report is the same as it was in the CSR meeting. Old
Business: 1) Founders Day Picnic. 2) Sign-Up Genius. New
business: 1) Consider transportation reimbursement for
office manager to attend events away from office. Tabled
until next month. 2) The Porterville Iris Festival. We're
going to have a Public Information (P.I.) booth at the Iris
Festival but the Iris Festival has been delayed to mid- or late
summer (actually, it's going to be in September). Meeting
adjourned at 8:43 PM.

Treasurer and office report: Presented by Carol Ann Gable,
Office Manager & Treasurer.

Central Office had an income of \$4,758.65 and expenses of
\$4,658.65 for a gain of \$100.

Our Grateful Givers Club brought in \$260 and our Birthday
Club brought in \$67 in much appreciated contributions.

We had \$958.66 in gross sales using the credit card and debit
card transaction program Square.

Traffic and calls have been average.

We want to thank all the groups and individuals who are
contributing to show their support for Central Office.
Office operations are going well and we are still fulfilling
our primary purpose of carrying the A.A. message of
recovery.

Carol Ann Gable
Office Manager/Treasurer

Cheryl H. presented information about the Monthly Income
and Expense Statement (we have a new CSR present): For
the month we had an income of \$4,758. Year To Date that
income was \$19,275. For expenses, the total for the month
was \$4,658. Total expenses for the year were \$18,936. So
far we're in the black for the month by \$100. We're in the
black for the year by \$339. You can see the Beginning Total
Account Balance of \$20,168.71 with Ending Total Account
Balance of \$20,268.71.

The Prudent Reserve set about 15 years ago is \$19 Thousand.
I had a phone conversation with Joyce and I let her know
about that. She still feels that the prudent reserve needs to
be raised to \$22 Thousand and that will be on the Board's
minutes for discussion. Her reasoning is that operation of
the Central Office of six months runs around \$22 Thousand.
The account balance over \$20 Thousand brought us up to
our prudent reserve, so we are in good shape. If we raise it
to \$22 Thousand, then that just gives us something to shoot
for.

Are there any questions about the income and expense statement? Trudy asked a question, but it stemmed from having only one of the two papers of the Income and Expense Report. Second printout supplied.

Central Office will be closed Monday, May 30th in observance of Memorial Day.

Public Information report: Patrick A. provided the report.

Public Information & Cooperation with the Professional Community (P.I./C.P.C.). We inform professionals and future professionals about A.A. – What we are, where we are, what we can do, and what we cannot do. We attempt to establish better communication between A.A. and professionals, to establish simple, effective ways of cooperating without affiliating. We do welcome ideas for potential events or anything that's upcoming that we can provide awareness of A.A. at; please contact your local CSR or myself if you know of any such events. We are going to have a booth at the upcoming Founders Day Picnic.
- Patrick.

Volunteers to write Step and Tradition for Central News Step for newsletter

Issue	Step	Member	Due date
June	6	Trudy	May 20
July	7	Erica	June 20

Send to: CentralintergroupNews@gmail.com

Tradition for newsletter

Issue	Trad	Member	Due date
June	6	Jamie	May 20
July	7	Mike	June 20

Send to: CentralintergroupNews@gmail.com

Newsletter report: provided by Louie T., read by Sara. Hello CSRs,

I want to say thank you, for sharing at your meetings about the newsletter and the Big Book Discussion! March had a great response, and we had several people participating in the Big Book discussion. April did not have as many submissions, but the perspective I got from the contributors helped me expand my understanding.

I would like to ask the CSRs to continue to take the Newsletter to the groups. I get emails from people who are no longer living in the area who appreciate the newsletter and I would like to continue to improve and provide a better service to them and all who read our newsletter!

I appreciate everyone's hard work and I am grateful for the opportunity to be of service.

Respectfully,
Louie T.

5/10/22

Website report: Provided by David G.

For April 2022, we had 1,706 visitors and 3,342 page views. The list of today's meetings was the most popular page, at 670 views, followed by the front page at 380. The third most popular page was the Online Meetings list page, at 276 views. Fourth place was the Visalia Weekday Noon Valley Group Online A.A. meeting, at 181 views. Smart phones were 68% of our visitors, Desktop PC's were 28%, Tablets were 3%, and one person has a smart television set. There were 16 downloads of the printed version of the meeting schedule, 5 downloads of the Pre-Conference Assembly flyer, and 3 downloads of the April Central News newsletter.

H & I report: Provided by Boo.

Boo: Tulare County Hospital & Institution Committee May 2022 Report

Hospitals & Institutions (H & I) continues to serve the following facilities: Pine Manor, Mental Health, Women's Recovery Home, and we just got back in to Turning Point. Pine Manor: 1st and 3rd Saturday via Zoom (going well). Women's Recovery: 2nd and 4th via Zoom. Mental Health: April in-person canceled due to Covid 19. Turning Point: back in person, and was re-arranged to Tuesdays. H & I provides literature to facilities upon request and/or at time of in-person meetings.

Tulare County jails remain closed to meetings due to the pandemic.

H & I would like to encourage all groups to elect an H & I Representative from your group. This will ensure that we carry the collective conscious of Tulare County to the Nor Cal H & I Committee (which is huge, stretching to the Oregon border). We urge volunteers to attend the bi-monthly business meeting; note that this next meeting is re-scheduled to May 21 because of the Memorial Day holiday.

H & I Orientation will be May 21, 9:00 AM, with the Business Meeting at 10:00 AM. Zoom ID is: 848 7072 2515 and pass code Sober (with a capital S).

Love & Service,
Boo

GSO liaison report: provided by David G.

(From Allen L., District Committee Member (DCM))
Hello South Valley GSRs & DCMs,

In an effort to return to a face-to-face General Service fellowship, drum up some enthusiasm, and recruit some new GSRs from the many groups that remain

unrepresented, District 47 has been kicking around the idea of hosting a Unity Day/Delegate Report event for A.A. members in our district.

When we reached out to our Delegate, Jen D., she suggested we collaborate with other south Valley districts to jointly host a South Valley Unity Day, and that seemed like a good idea.

Please check with your groups and let me know if your district would be willing to participate in something like this. If we form a committee, I'm sure we could come up with an appropriate location, put together a good plan for a lunch, and work out any possible logistical issues for putting on such an event.

Here are the available Saturdays in July and August:

7/2/22

7/9/22

7/23/22

7/30/22

8/6/22 (The Twelve Step Recovery Club in Porterville is having a Luau this day, if we want to use that venue).

8/13/22

8/27/22

Bridging The Gap (BTG) Chairperson provided by Sara S:

Sara talked with Brad E. out of Marysville, although there still appears to be some clarification needed about roles and responsibilities. Sara was sent the Service Manual, which she has printed out.

CSR reports:

Tuesday Night "Friends Of Bill W. and Doctor Bob", Patrick A., CSR.

This is a Tuesday Night Open Meeting held at St. John's Episcopal Church, 1701 East Prosperity Avenue, Tulare CA, 93274 from 7:00 PM to 8:30 PM. We are a fellowship of men and women sharing our experience, strength, and hope. This is an indoor meeting, sanitized daily, masks are optional. We give out chips for various lengths of continuous sobriety and celebrate birthdays at the end of each month with cake and ice cream. We will have cake and ice cream regardless if anyone is celebrating a birthday or not. Newcomers are welcome, and anyone may attend.

Regarding an outstanding issue of air conditioning; the church has purchased the equipment and it will be installed by summer, to alleviate the problem of too much heat or so many fans that people cannot be heard.

Thank you for letting me be of service,
Patrick A.

Lindsay Fireside Fellowship, Trudy W., CSR.

We are a small, intimate, open topic discussion meeting, welcoming newcomers and old timers alike. Membership

has waned due to health issues of long time members. We gather every Thursday from 7:30 to 8:30 PM in the Fireside Hall of the United Methodist Church, NE corner of Honolulu and Gale Hill, in Lindsay. Sometimes we use the book As Bill Sees It to generate topics, or we speak to a topic of importance to one of our members. We celebrate annual birthdays at the end of each month, and give monthly chips anytime for folks under one year.

Thank you for letting me be of service,
Trudy W.

Monday Night Men's Meeting, David G., CSR.

We meet at the PPAV Hall in Visalia, at the corner of Burke and Main at 7:30 PM. This is a closed meeting for men only, for an hour and a half. We usually have 25-35 attendees, although lately two of the recovery homes have been bringing people in (every other week) so attendance has been hitting 60. Every week we give chips for sobriety milestones under one year; the last Monday of the month we celebrate those members with full years behind them with cheesecake. Our business meeting is the first Monday of the month. We have coffee and literature (and candy), with a good amount of fellowship before and after. Grant C. is our Secretary. We added a piece to our format where we ask men who are willing and able to sponsor to stand up, so that newcomers who are looking for sponsors know who to approach. We are doing a basket for the Founders Day Picnic.

Keep It Simple Sunday, David G. CSR.

We meet Sunday mornings at 10:00 AM in Blain Park in Visalia (on Court Street between Whitendale and Caldwell) (note that there is a Blain Park in Tulare, but we are not there). Our meeting is 90 minutes in a beautiful outdoor setting. This is an open meeting, and all are welcome. You do want to bring a lawn chair or camp chair with you, and perhaps a blanket. As an outdoor meeting, we are pet-friendly. We celebrate sobriety milestones and birthdays every meeting. We use the Daily Reflections book as a topic starter; then everyone shares, going around the circle (time permitting). Our Secretary is Scott L. The business meetings are the last Sunday of the month, immediately after. There are usually between 20 and 30 people attending our meeting. This meeting has a summer schedule (meeting starts at 9:00 AM) and a winter schedule (meeting starts at 10:00 AM). We are currently on the winter schedule.

Crossroads Group, Steve P., CSR.

We meet Thursdays from 7:00 PM to 8:00 PM, and are an open meeting. We are a group of about 6 to 14 people; we are located at 220 W. Tulare Avenue, in Tulare. We have been back at the Hillman House for approximately two months, after being dark for two years. We think we will be able to make contributions to the service entities in a few months.

Bridge Street Drunks, Sara S., CSR.

We are a large group which hosts 19 meetings, in Visalia. Our birthday meetings are the last Saturday of the month at the noon meeting – we give chips and hugs, goodies, cake and coffee. We have literature and books at cost. Our business meetings are held the last Saturday of the month at either 8:00 AM (odd-number months) or 1:00 PM (even-numbered months). We provide coffee at all meetings. We encourage anyone to join us. Our meeting schedule is:
Monday through Sunday 7 AM to 8 AM
Monday through Sunday 12 noon to 1 PM
Tuesday evening 6 to 7 PM (literature study)
Wednesday evening 6 to 7 PM (12 x 12 book study)
Thursday evening 7 to 8:30 PM (Big Book study)
Saturday evening 7 to 8 PM (open meeting)
Sunday evening 5:30 to 6:30 PM (10th step study)
We discussed opening up a Monday evening Women's meeting; previously there was one at Bridge Street. At the moment, all meetings are outside due to flooding; construction is in progress to provide new flooring. Our landlord has raised our rent from \$550 per month to \$875 per month.

Thank you for letting me of service,
Sara S.

Tuesday Women's Amity Group – Online, Boo, CSR.

We meet every Tuesday from 6:30 to 7:30 PM on Zoom, followed by ten minutes of fellowship. The Zoom meeting ID is on the A.A. Tulare County org website. We are a Closed Women's meeting (which means this meeting is for A.A. members only, or for those who have a drinking problem and "have a desire to stop drinking"). The secretary asks someone to read the daily reflections, and/or talk about the reading, then we share our experience, strength, and hope with each other. Our group hands out chips for lengths of sobriety to let others know the program works. Our group consists of 8 – 12 women weekly. Our group has an active phone list for newcomers. Newcomers are encouraged and welcome to attend. We are virtually signing attendance cards. Our group celebrates birthdays at the end of the month with party hats (since we can't eat together). Our business meetings are held on the third Tuesday.

<https://us04web.zoom.us/j/76383444014?pwd=ZXhvVExJUjNRMVhsV2FXR0N1RmlwQT09>

Thank you for letting me be of service,
Boo

Tuesday Women's Amity Group – In-Person, Claudia, CSR.

We are a Closed meeting that meets every Tuesday from 6:30 to 7:30 PM at the Trinity Reformed Church on Walnut Avenue in Visalia. We celebrate various lengths of sobriety up to one year each week, and yearly birthdays are at the end of the month, where we attend a "no host" dinner at Amigos before the meeting.

We are doing a Group Inventory to make sure we are fulfilling its primary purpose.

Our regular business meeting is the third Tuesday of each month.

Our last contribution to Central Office was \$247. We had a donation of \$20. Contributions to date are \$13.

Civic Center Group, Brett R., CSR.

Tuesday night Civic Center meeting is held at the Christ Lutheran church near Tulare and Demaree, in Visalia. It starts at 7:00 PM and goes to 8:00 PM. Newcomers are welcome. Mitch K. is our secretary.

Sunday PM Valley Group Serenity Seekers, Erica E., CSR. Serenity Seekers is a hybrid meeting (both in-person, and online) that gets together at 914 W Center Ave. in Visalia, on Sundays, at 7:30 to 9:00 PM. The Zoom link is available on the A.A. Tulare County web site. We have a business meeting on the last Sunday of every month (8:45 PM). This is an open meeting that starts off with a speaker and then shares from the group until 9:00 PM. All are welcome. Please meet us for coffee and great company. We are also creating a basket for the Founders Day Picnic. <https://zoom.us/j/291287156?pwd=c2N2R1B4THNZT3VJbzZleEorOXVtZz09>

Tuesday Womens Changes Meeting, Sheryl E., CSR.

We meet every Tuesday of the month at the 12 Step Recovery Club in Porterville from 6:00 to 7:00 PM. The last Tuesday of the month we have our delicious birthday potluck and cake. We celebrate whether anyone is celebrating or not. Angela A. is our new secretary, and she is going to do a great job. Our group is going to do a basket for the Founders Day Picnic.

Thank you for letting me be of service,
Sheryl

Springville Breakfast Meeting, Sheryl E., CSR.

We will be up and running next month, June 12th. Our speaker is Beverly M. from Lancaster. We will be doing it buffet style; you will pay at the door, then walk over to the table at your convenience. As usual, breakfast is \$5 for adults, \$1 for children. In August, we will be raising the price due to rising food prices, to \$8 for adults and \$2 for children. But as usual, the meeting is always free and the coffee pot is warm and full. Please tell everybody that we are back in session. The menu for June is sausage, eggs, hash browns, biscuits and gravy; we have a new cook, Ken W., who moved here from Jamestown, with 30 -some years of sobriety, and who loves to cook. :-)

Thank you for letting me be of service,
Sheryl

Old business:

1. Adding the Venmo / Paypal / credit card surcharge to purchases – discussed. Sunday PM Valley Group Serenity Seekers (Erica CSR) took a vote, and does not want Central Office to automatically add a surcharge. Civic Center Group (Brett CSR) also does not want automatic

surcharges. Bridge Street (Sara CSR) had a mixed response; some were in favor of it, others said if you don't want to pay the surcharge then use cash. Mike had the question of how much will the surcharges be? We will have to get exact numbers, but costs on \$20 are that Paypal is 5.3%, Square is 3.9%, and Venmo is 2.4%. Venmo does cost more because it requires a cell phone, which costs us \$19 monthly. If Venmo does not pay for itself in six months, we will drop it. We ask all CSRs to ask their group if they want Central Office to eat or pass on the surcharges. Crossroads Group took a vote and were in favor of automatically adding the surcharge. We will have the Venmo plaque at the Founders Day Picnic, which may be where people use Venmo.

2. Founders Day Picnic – Sara reports:

1. Our next planning meeting is (was) May 11, Wednesday, at 7:00 PM, and we are online with Zoom for people in Porterville or at home who don't want to travel to Bridge Street. The planning meeting after that will be Wednesday June 1st. Central Office does have a volleyball net and ball (although the ball will need to be inflated). A member suggested we give a gift to our speaker; however tradition was been that we don't do gifts to local members. We would like to have an AI-Anon booth at the picnic. We will have a horseshoe tournament. We will have cornhole. How to get a card for expenses? Come in to Central Office and Carol Ann will give the debit card and code to Sara. Lastly, would every CSR please ask their group to make a basket for the basket raffle? One group decided that instead of making a basket, they would like to donate money .

2. Answering machine – when Carol Ann leaves the office at 1:00 PM, the answering machine picks up, and it has Cheryl's telephone number listed. What has apparently happened is that A.A. World Services has been directing people to Cheryl's phone. International calls and nationwide calls have been going to Cheryl; Cheryl asks how they got her number, and they say they were were given the number by A.A. World Services.

New business:

1. Sign-Up Genius:

1. Member anonymity: there are two ways to protect anonymity. 1) the person creating the sign-up can make all sign-ups invisible, so that no-one can see who signed up. 2) Members can sign up with only the first initial of their last name.

2. Sign-Up Genius does cost money; do we want to do that?

3. What does Sign-Up Genius do? Examples:

1. Suppose you want to co-ordinate people to be on a Twelve Step Call List. You could create an event with volunteer slots for days of the week per city. People who want to volunteer would sign up for the slot that works best for them. The volunteer could get an email or visit a web site with a link; either would launch Sign-Up Genius as a web page or as an app. The event organizer gets notified of the volunteer sign-up and approves (or not). If the volunteer gives us their phone number during sign-up, Sign-Up Genius will send them a text reminding them of

their commitment prior to the time slot going live. If the volunteer does not give us their phone number, Sign-Up Genius will send them an email.

2. Founders Day Picnic raffle baskets: a person from each group could register that their group is bringing a basket, and what the theme of the basket is. This could help avoid duplicate themed baskets.

3. Potluck meals: the event organizer creates slots for salads, drinks, main courses, side dishes, deserts; people fill in what they want to bring, and can see who is bringing what.

4. Golf tournament, New Years party, Take Your Sponsor to Breakfast, Iris Festival, etc.

4. A question was about prices (researched and reported here):

1. \$12 per month pay-as-you-go or \$9 per month for a full year paid in advance, which is \$108. This gets two administrators, 150 texts per month, 5,000 emails per month, and 3 advertising-free sign-ups.

2. \$30 per month pay-as-you-go or \$22.50 per month for a full year paid in advance, which is \$270. This gets eleven administrators, 500 texts per month, 10,000 emails per month, and 10 advertising-free sign-ups.

3. \$60 per month pay-as-you-go or \$45 per month for a full year paid in advance, which is \$540. This gets 21 administrators, 1,500 texts per month, 20,000 emails per month, and unlimited advertising-free sign-ups.

4. \$1,300 for a full year paid in advance: SignUpGenius brand removal (which would be in alignment with our Sixth Tradition) and unlimited advertising-free sign-ups.

5. The concern was raised that the service does do advertising (which implies affiliation) at all levels except the most expensive. This is a significant drawback.

6. Item closed. If a situation arises some time in the future where it might be useful, we can look at it again.

2. Office coverage for when Carol Ann goes on vacation: Carol Ann does get two weeks of vacation every year, and has family out of town she visits. What will we do for coverage when she is gone? CSRs are asked to find members with computer skills and who could commit for an entire week at a time (person would get paid the same as Carol Ann). One member at the CSR meeting did volunteer.

Seventh Tradition: \$33.75

Announcements: Our sister fellowship is having a Blues Festival May 21st – see a member of N.A. to buy tickets.

Meeting adjourned: 8:25 PM

District 47 Meeting Minutes

May 4, 2022

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

Meeting Called to Order: 7:04 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; Louise G., GSR for the Exeter Sunday Afternoon Group, David G. GSR for the Friday Freedom Fellowship.

The GSR Preamble was read by all attendees. "We are the General Service Representatives. We are the link in the chain of communication for our groups with the General Service Conference and the world of A.A. We realize the ultimate authority in A.A. is a Loving God as he may express himself in our Group Conscience. As trusted servants, our job is to bring information to our groups in order that the groups can reach an informed group conscience. In passing along this group conscience, we are helping to maintain the unity and strength so vital to our fellowship. Let us, therefore, have the patience and tolerance to listen while others share, the courage to speak up when we have something to share, and the wisdom to do what is right for our groups and A.A. as a whole."

12 Traditions: read by David G.

Concept 5: Concept 5 long form read and explained by Allen L.

Approval of Minutes: April 6, 2022 minutes approved with one correction. Ally A was listed as the GSR for the Exeter Sunday Afternoon Group, when in fact the GSR is Louise G. It has been corrected.

Treasurer's Report: No report as Josh was not present for the meeting.

CSO Liaison Report: The last CSR meeting was April 12. Income was \$2,500 and expenditures were \$4,500. The expenditure was for literature which will be sold, leaving a deficit of only \$300. Central Office is now taking VENMO. Founders Day planning meeting is May 11. You can join via zoom on the 7 pm Bridge St. Drunks meeting if you desire. The Founders Day picnic will be June 4, at Arbor 9, and groups are being asked to provide baskets for fund raising purposes for Central Office. A question was raised regarding what the Central Office prudent reserve is, and we will have that information prior to the next meeting. NA Blues Fest is May 21 in Three Rivers.

Registrar: No Report

H&I Report: Tulare County Hospital & Institution Committee, Rafael D. Tulare County H&I is continuing to encourage all groups to elect an H&I Representative. We encourage all H&I Representatives attend the bi-monthly business meeting and share their Groups' thoughts on matters which come before the Committee for review. This participation from Tulare County AA Groups, will ensure we are carrying the collective conscience of Tulare County to the NorCal Committee. We continue to hold meetings regularly at Pine Manor, Women's Recovery Home, Turning Point and Mental Health. We remain flexible and hold meetings in-person or via zoom as requested by the facilities to adhere to Covid restrictions. Corcoran and Avenal Prisons are open and weekly meetings are being held. SATF Prison has opened one yard for meetings. Literature is delivered upon request to all facilities. We are continuing to review the proposed restructuring of the NorCal Committee. The Area Chairs are collecting all the thoughts on this matter to share with the Regional Chair who will represent us at the upcoming NorCal Steering Committee Meeting on May 14, 2022.

Please note & mark your calendars for the following change:

The May business meeting will be May 21st at 10am: Due to the Memorial weekend holiday. ID is: 848 7072 2515 and passcode- Sober with a capital S. H and I orientation will remain the 4th Saturday May 28th at 9am. ID is: 848 7072 2515 and passcode- Sober with a capital S.

DCM Report: David G. and Allen L. carpooled up and attended the Pre-Conference Assembly together. It was a great get-together with over 250 in attendance. GSRs represented their groups with a wide array of heart-felt, impassioned, funny and thought provoking positions on the various agenda items. For me, this was the most enjoyable Pre-Conference Assemblies I have ever attended. The Post-Conference Assembly will be held May 21-22 at the El Dorado County Fairgrounds in Placerville, CA. Pre-registration due by May 13th—see flyer for details at: <https://cna.org/event/post-conference-assembly-3/>
Old Business: The Post Conference Assembly is coming up May 21st. This meeting is open to any AA member.
New Business: Allen will provide the committee with a pdf for registration for the Post Conference Assembly in May. Discussion was held to potentially host a service fair explaining General Service, and the possibility of moving our meeting back to in person rather than Zoom.
Seventh Tradition: None

ANNOUNCEMENTS: None

DECLARATION OF UNITY: Read by all: "This we owe to A.A.'s future: To place our common welfare first, to keep our fellowship united. For on A.A. unity depend our lives, and the lives of those to come."

RESPONSIBILITY DECLARATION: "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 7:48 p.m.
Respectfully submitted, Jim K, Recording Secretary

Porterville Young People	0	0
Practicing The Principles	0	0
Rainbow Group	0	414.5
Rule 62-Visalia	0	100
Serenity Junction-Tulare	0	0
Serenity Seekers AM-Visalia	0	0
Sober Sisters	0	0
Wed. Sobriety Celebration	0	0
Sat Night Believers	0	0
Springville Gut Level	0	100
St. Ritas AA Group	0	0
Sun Bkfst Spkr Mtg	0	0
Sun PM Serenity Seekers	0	0
Tulare Young People	0	0
TUFYPAA	0	0
Tulare Fri. Book Study	0	0
Tulare Tuesday Night	0	0
Tulare Thur. Noon	0	0
Tulare Sunday Night	0	0
Tues. Men's-P'ville	0	0
Three Rivers-Monday	0	0
TWAG	0	405.71
Unity Thru Traditions	175	175
Valley Group	0	1800
Valley Speaker Series	0	484.54
Visalia Alano	55	894
Wed. Acceptance, P'ville	250	250
Weekend Attitude Adj.	0	0
Women's Amity-Visalia	0	0
Women's Changes-P'ville	0	75
Women's Fri. Night-P'ville	0	0
Women in Unity	0	0
Women's Sat AM 12x12	0	212.65
<u>Young & Restless</u>	<u>0</u>	<u>0</u>
	2530.77	11208.02

Group Contributions

4/21/22 Thru 5/20/2022

	Month	YTD
1st Friday Spkr Mtg	15	70
Alpha-Wed-Tulare	0	0
Anonymous Group	300	1200
As It Is Outlined in Book	0	0
Breath of Fresh Air	0	0
Bridge St. "Drunks Only"	752.02	1126.27
Civic Center Grp.	0	200
Clodbusters-Tulare	300	500
Crossroads-Tulare	0	0
CSO Meeting	33.75	141.75
District 47	0	413.24
Bill & Friends	0	0
Exeter-Quiet Trails	0	400
Exeter Sun Afternoon	25	75
Foundation Group	0	0
Freedom Fellowship	0	125
Fri. Recovery Club	0	0
Fri. Night Study Tulare	0	0
Half & Half	200	200
Hillman Group	0	0
Keep it Simple Sunday	0	250
Lindsay Fireside Grp	50	50
Men's Valley Book Study	0	150
Monday Men's Mtg.	200	400
Mon. Men's Stag	100	400
Mid Valley-Tulare	0	0
Mon Book Study-S'ville	0	0
Mon Lit Study-Visalia	75	320
Mon. Women's Reflections	0	275.36
Nooners Group-Visalia	0	0
Pine Recovery AA Mtg	0	0



Lighter Side of AA

YOU MIGHT BE AN ALCOHOLIC IF...

You're fond of the saying "It's 5 o'clock somewhere."

You don't lose your car keys-- you lose your car.

You know what the barrel of a gun tastes like.

You're telling the truth when you say "I don't recall?"

You consider beer to be the Breakfast of Champions.

You wake up to blue lights in the rearview mirror.

You think the pill bottle warning label "ALCOHOL MAY INTENSIFY THIS EFFECT" is a serving suggestion.

When the doctor advises clear fluids, you drink vodka.

The song that best describes your mornings is "Whole Lotta Shakin' Goin' On."

Underage Weasel

An underage weasel walks into a bar.

The bartender says, "I'm sorry. I can't serve underage weasels."

The weasel says, "That's fine. I don't need something alcoholic. What else do you have?"

The bartender says "Oh, we have lots! We have water, pop, tea, coffee, smoothies. What would you like?"

"Pop," goes the weasel.

A Horse walks into a bar

A horse walks into a bar and says to the barman "5 whiskeys please!" before downing the whole lot.

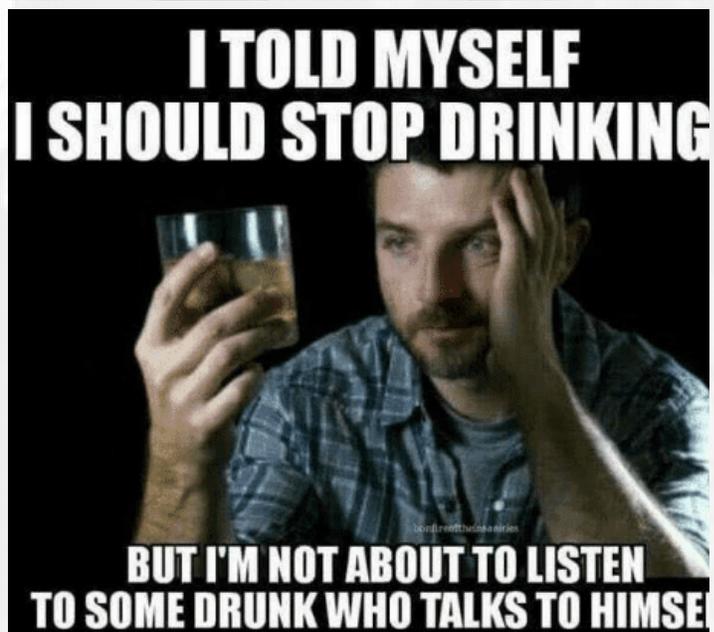
The barman looks at the horse and says "That's quite a stomach you've got, are you an alcoholic?"

The horse says "I don't think I am". Suddenly the horse poofs out of existence.

You see the joke is a reference to Descartes the philosopher who coined the phrase "I think. Therefore I am." However explaining this prior to the joke would be putting Descartes before the horse.

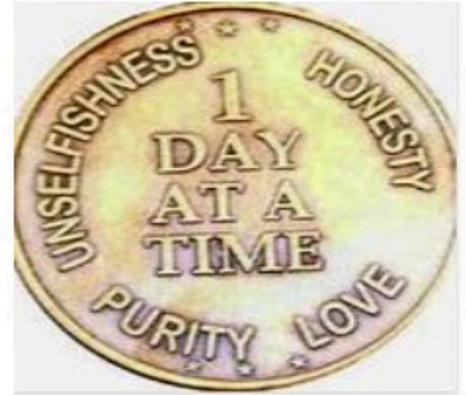
Her: I'm getting hints of oak and cocoa

Him: I'm getting hammered



87th FOUNDERS' DAY

PICNIC



Saturday, June 4th, 2022

Mooney Grove Park

Arbor #9

52700 S. Mooney Blvd. - \$5.00 Entry Fee

Family – Fun – BBQ – Volleyball – 50/50 – Raffle & More

Speaker: Greg G. with 23 years

From: Porterville, CA

Lunch from 11:00am to 12:30pm – Speaker 1:00pm

Adults: \$8.00

Children under 12: \$2.00

Hamburgers, Hotdogs, Chips, Macaroni Salad, Water, Soda, Coffee

EARLY BIRDS HELP SET AT 8AM – PICNIC KICKS OFF AT 9AM

BIRTHDAY CLUB

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

JUST CONTRIBUTE \$1.00 FOR EACH YEAR YOU HAVE BEEN SOBER ON THE ANNIVERSARY OF YOUR SOBRIETY DATE TO YOUR CENTRAL OFFICE. THAT IS ONLY ONE TIME PER YEAR. IT'S REALLY SIMPLE AND WOULD HELP YOUR CENTRAL OFFICE TREMENDOUSLY.



***Would You Like Your Name on the
Monthly Sobriety Birthday List.***

NAME: _____

SOBRIETY DATE: _____

CITY: _____

Please send information to:

**Tulare County Central Office
449 E. Maple St.
Exeter, CA 93221**

Email Info: tccof@hotmail.com

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!!!