

CENTRAL NEWS

February 2023

Website:

www.aa-tulareco.org

Woods in February-Robert P.

The Bright Side

“Remember, someone needs us for a friend. Let us be that friend. Remember always those who were good to us in those dark days at the start while we were still picking up pieces of our personality and trying to fit them into new and lasting forms. Once we do that, we have cast off the old shell of self-pity and self-interest and we begin to care deeply about what happens to others. When we learn to be happy in their happiness, hurt with their hurt, we are delivered from all indifference to others. Thus A.A. lights the lamps and charts the sea so unhappy, distressed folk can find the way to a higher, joyful life of sobriety.”

-The Grapevine Vol. IV, NO. 9, FEBRUARY, 1948

Step 2

“Came to believe a power greater than ourselves could restore us to sanity.”

In Chapter 5, the Big Books says Here are the steps we took. That word, took, is the past-tense of a verb. Verbs are action words. When I look at the Twelve Steps, I like to look for the actions in them, too. In Step Two, the action is Came to believe.

It is interesting to me that this says prior to taking Step Two, I didn't believe. Believe what? I didn't believe was that I had any sort of future where things got better.

I had made a decision that I needed to stop drinking; clearly I was killing myself slowly with my drinking; so I tried to quit. That's when I learned that untreated alcoholism results in restlessness, irritability and discontent. I became so stressed that I needed to drink to relieve the stress. So I drank.

Then I got into a cycle of deciding to quit, getting stressed (sometimes referred to as "white knuckling it"), and then drinking to relieve the stress. That led to me losing hope that things would get better. I was not at all thinking about a Higher Power at this time. All I had was me, and my best effort was failing and getting me drunk. With every drunk, I lost a little more hope. Beaten into a state of reasonableness, I became open to better ideas. First Step One, then Step Two.

Belief is hope in action form.

It took a journey to get to where I did believe. Step Two opens with "Came to believe": journey to hope, in action form.

I am grateful I started this journey.

-David G.

Meetings Online Anytime

Sobriety in Alcoholics Anonymous embraces as its fundamental principles total abstinence of recreational intoxication and the pursuit of vital spiritual experience. Practicing the twelve steps and meeting with our peers on a regular basis will allow most newcomers relief of the obsession to drink. Failure to reach this first step milestone is almost always coupled with resistance and stubbornness and a failure to "follow our path" like the Book says.

Spiritual connection is another goal entirely. Where obsession to drink is often relieved simply by not drinking, surrender and connection to a higher power seems like muscular body conditioning. There is no holding area where we can relax our pursuit of progress and we can easily slip back into lethargy. We can't build an impenetrable wall between our serenity and our character defects. I was baffled when it was explained to me, early in sobriety, that these defects of character plague us as long as we resist them. It's an enigma, you hear it all the time. We must surrender to win. Powerlessness over hate, lust, financial imprudence, and jealousy are just a few examples the defects that persist into long term sobriety.

It would appear that we could use our own control, our own energy to avoid these pitfalls, but in practice it seems not so. Only a spiritual channel to dispose of these rotten spots in our personalities is worth the effort. It's why, long after we turn over and become grateful for and used to abstinence from anything alcohol we are unable to avoid an occasional lapse into spiritual aridity and find ourselves in the grasp of old ideas and reactions.

Gratefully AA provides an ocean of opportunities for us to recover from these low spots in our daily living. Our Big Book never fails to provide insight and a patch for spiritual slow leaks. Meetings warm our coldness and misplaced individuality. Service to others rescues us, puts us in touch with ever illusive humility and there is a wealth of writing available and, certainly not the least, prayer and the practice of meditation afford us a rest stop, when life has us in life's fast lane for too long. The towering twelfth step calls this necessary should we effectively carry the message.

All of this is why a daily experience including these rescue methods are irreplaceable if our personal lives, our struggles, are to be aligned in serenity. If we only experienced good times, the emphasis on spiritual connection might be of less importance. That is seldom our story. We will have to be in the aura of protection that our spiritual health provides.

-Anonymous

Tradition 2

“For our group purpose there is but one ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.”

Group decisions are just that, group decisions. After a discussion of all sides of an issue, including the minority opinion, the group votes on the issue and an agreement is reached with the majority vote. This vote is called a "group conscience."

Each group is a fellowship of equals. No matter what an individual member's background, education, or professional expertise, no member has authority "over" the group. In this way, the fellowship reaches out to all who would seek its comfort and provides the atmosphere of a sense of "belonging" to all members. This tradition has been misquoted many times as "we have no leaders." But it clearly states that each group does have its leaders, they just have no authority over the rest of the group. Whether they be the group's representative to the area or district, or the secretary or treasurer, they have been entrusted with the responsibility to serve the group, not make decisions for it.

Groups clearly have other "leaders" also. There are those, who by sharing their wisdom and strength in the meetings, who are quietly recognized by the group as "spiritual leaders." There are those members, who are so well-founded in the principles and traditions of the program, the group turns to when questions arise involving possible violations of those principles and traditions. These too are leaders, but they do not govern either.

The 12 Traditions were created to help each A.A. group maintain unity and relate better to the world about us. With that in mind, they have been widely used in helping us learn how to be in better relationships with everyone in our life. Below is a snapshot inventory you can take to see how well you are honoring the spiritual principle found in this Tradition (in and out of the rooms of A.A.)

Tradition Two Checklist

From the Grapevine, November 1969

- Do I criticize or do I trust and support my group officers, AA committees, and office workers? Newcomers? Old-timers?
 - Am I absolutely trustworthy, even in secret, with AA Twelfth Step jobs or other AA responsibility?
 - Do I look for credit in my AA jobs? Praise for my AA ideas?
- Do I have to save face in group discussion, or can I yield in good spirit to the group conscience and work cheerfully along with it?
 - Although I have been sober a few years, am I willing to serve my turn at AA chores?
- In group discussions, do I sound off about matters on which I have no experience and little knowledge?

From Concept V (5) of the 12 Concepts for AA World Service:

- Do we encourage the minority opinion, the "Right of Appeal," to be heard at our home group, district committee meetings, area assemblies and the Conference?
 - What does our group accept as "substantial unanimity"?
- Has our group experienced the "tyranny of the majority" or the "tyranny of the minority"? Tyranny of the majority is when the majority of a home group can and does place its own interests above, and at the expense of, those in the minority. This results in oppression of minority groups (hence the word Tyranny). Tyranny of the minority is when a group avoids change to appease the minority, at the expense of the group's ability to function effectively.
 - Does our group understand the importance of all points of view being heard before a vote is taken?

**Paul B
Visalia**

**Individual, Newsletter,
Memorial & Birthday Club
Contributions**
12/21/2022 thru 1/20/2023

Birthday Club

Anonymous \$ 22.00
Patty R Porterville \$ 5.00

Grateful Giver's Club

Members \$405.75

Individual Contributions

**Alisa A
Doris P
James K
Robert T
Sandra K**

Newsletter Contributions

None

Memorial Contribution

None

February AA Birthdays

<u>Name</u>	<u>City</u>	<u>Years</u>
Kay C	Visalia	44
Reyes A	Visalia	40 2/5/1983
Joe B	Tulare	39
Hal E	Porterville	38
Yolanda D	Visalia	38
Kristy B	Visalia	37 2/5/1986
David G	Tulare	37
Connie D	Tulare	36
"Mad Jack"	Pixley	36 2/10/1987
Ken R	Visalia	36 2/13/1987
Brent S	Tulare	35
Debbie M	Porterville	35
Jamie M	Porterville	35 2/15/1988
Jack R	Tulare	35
Chris K	Tulare	35
Bob V	Visalia	34
Dave W	Lindsay	34
Holden M	Visalia	34
Pat L	Visalia	34
Dan G	Visalia	33
Doug M	Visalia	33
Sig G	Visalia	33
Rick E	Visalia	32 2/3/1991
Dave H	Visalia	31
Vickie H	Tulare	30
Mark F	Visalia	30
Linda R	Visalia	29
Tarrie J	Visalia	29
Tammy P	Tulare	29
Trevor H	Visalia	28 2/20/1995
Jennifer S	Visalia	26 2/14/1997
Gloria C	Visalia	26 2/14/1997
Angela F	Visalia	26 2/14/1997
Dale L	Visalia	23 2/14/2000
Paige S	Visalia	22 2/5/2001
Judy K	Visalia	22 2/20/2001
Linda N	Tulare	21 2/22/2002
Denece B	Visalia	21 2/15/2003
Kimi K	Tulare	17
Ricky T	Visalia	16 2/18/2007
Bob G	Visalia	14 2/15/2009
Derek B	Visalia	14 2/22/2009
Lee B	Tulare	11 2/19/2012

Thats 1,288 total years of sobriety!!!!

Financial Report

Central Office Contacts

TULARE COUNTY CENTRAL OFFICE

Income & Expense Statement

12/21/2022 through 1/20/2023

<u>INCOME</u>	<u>MONTH</u>	<u>YEAR TO DT.</u>
B.Day Club	27.00	27.00
CD & Tape Cont.	0.00	0.00
Grateful Givers Club	405.75	405.75
Group Cont.	2,788.62	2,788.62
Indiv Cont	125.00	125.00
Lit. Sales	942.00	942.00
Memorial Cont.	0.00	0.00
Misc.	0.00	0.00
Newsletter Cont	0.00	0.00
S & H	0.00	0.00
Sales Tax	106.7	106.37
Service Charge	8.00	8.00
Spec. Events-picnic	0.00	0.00
Spec. Items	519.24	519.24
State fund dividend	0.00	0.00
State Fund Refund	0.00	0.00
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TOTAL	\$4,922.18	\$4,922.18
<u>EXPENSES</u>	<u>MONTH</u>	<u>YEAR TO DT.</u>
Bank Charge	0.00	0.00
Fees-Taxes	0.00	0.00
Insurance	0.00	0.00
Lit. Costs	0.00	0.00
PI-CPC Expense	0.00	0.00
Misc Expense	0.00	0.00
Newsletter Cost	0.00	0.00
Office Exp	202.75	202.75
Office Equip.& Maint	0.00	0.00
Phone & ISP	132.97	132.97
Postage	0.00	0.00
Employee Taxes	1,901.30	1,901.30
Returned Chk & Chg	0.00	0.00
Rent	650.00	650.00
Salary	1,311.36	1,311.36
Sales Tax-Paid	0.00	0.00
closed account	0.00	0.00
Spec. Events-picnic	0.00	0.00
Spec. Items	505.00	505.00
Card Charge	27.96	27.96
Utilities	109.69	109.69
Ph-venmo	0.57	0.57
venmo fees	15.59	30.03
Website	4.48	4.48
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TOTAL	\$4,846.08	\$4,846.08
Net Gain(Loss)	\$76.10	\$76.10
BEGINNING TOTAL ACCT BAL:	\$22,406.38	
ENDING TOTAL ACCT BAL:	\$22,482.48	
Established Prudent Reserve:	\$19,000.00	

449 E. MAPLE STREET - EXETER, CA 93221

12/21/2022 through 01/20/2023

AA Members	84
Alanon & Alateen Info	0
Bridging the Gap	2
Churches and Schools	0
Court Referral/Info	1
E-Mail Contacts	203
General Info	4
H & I	1
Literature Sales	17
Meeting Information	15
Other 12 Step Programs	1
Prospective Members	0
Schedules & Info Mailed	0
Spanish Contacts	3
Specialty Sales	24
Twelve Step Calls	2
Visitors to the Office	24
Voice Mail Calls	14

Total 395

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!



Speaker Meetings

Porterville Recovery Club Speaker Meeting

186 W. Walnut Ave.

Friday February 3rd, 2023 at 8:00 PM

Speaker: Julie M

Sunday AM Breakfast, Speaker Meeting

Veterans Memorial Building

36000 Hwy 190, Springville

Sunday, February 5th, 2023

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

Speaker: Bill Hatzman

The Valley Group, Speaker Meeting

St. Paul's Episcopal Church

120 N. Hall St. Visalia, CA 93291

Every Wednesday from 7-8 pm.

Speakers for February

TBA

Civic Center Group

Christ Lutheran Church

3830 W Tulare Ave, Visalia

Birthday speaker meeting

Last Tuesday of the month

Sunday PM Serenity Seekers Valley Group

Sunday 7:30-9 pm.

St. Paul's Episcopal Church

120 N. Hall St. Visalia, CA 93291

Speakers for February

Attention speaker group secretaries: If you want your speaker listed in the Newsletter, please get the information to the Central Office (559) 592-6999 or TCCOF@hotmail.com by the 20th of the month preceding the month of the Newsletter.

Service Meetings

& Adresses Feb 2023

Service Meetings

GSR Meeting at Central Office

449 E. Maple St., Exeter, CA

Wednesday, February 1st, 2023 at 7:00 PM

CSR Meeting at Central Office

449 E. Maple St., Exeter, CA

Tuesday, February 14th, 2023 7:00 PM

H&I Meeting (odd months only) in person at 526 N Bridge St (no Zoom)

2nd Saturday 9:00 Orientation, Business meeting 10:00

TUFYPAA

Zoom ID 839 4820 8237 Password: service

2nd Sunday of the month February 12th 2023

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

H&I-Contributions

P.O. Box 192490

San Francisco, CA 94119-2490

Central Service Meeting Meetings

Date: January 10th, 2023

Meeting called to order: Cheryl H. Time: 7:04 PM

Board members present: Cheryl H., William (Bill) E., Patrick A., Sara S. (via Zoom), David G. Absent: none

Serenity Prayer: said by all who wish.

12 Traditions: Ernesto

Introductions: Jared from Visalia, Bill from Springville, Ally from Visalia, Ernesto, Fabian, Trudy from Lindsay, Paul from Visalia, Steve from Tulare, Joyce from Visalia, Brett from Visalia, Patrick from Tulare, Cody from Springville, David from Visalia, Carol Ann from Porterville, Sara from Visalia, Cheryl from Springville.

Minutes of last meeting: Reviewed by all; Brett moved to approve, motion seconded by Cody. Vote: all in favor, none against. Please note that the CSR Meeting Minutes are published in the Central News newsletter. If you want to get on the mailing list, give your email address to Carol Ann.

Report of last Board meeting: Meeting called to order at 8:20 PM by Cheryl Hinton. All board members were present. Previous meeting minutes were reviewed. Cheryl welcomed Sara, Patrick, and Bill being reelected to the board; 2023 is going to be a great year. Bill thanked everybody for voting for him. David was going to research the WP WordPress forms for the website. Sara is our member at large and also Bridging The Gap chairperson; she's going to do a Bridging The Gap committee kickoff meeting: dates and location TBD. Public Information which is Patrick. Sara had a member that said they wanted to contact Patrick; Patrick did get that contact. Nothing new regarding office operations. Carol Ann had ordered a lot of inventory for December and the holidays (that was old business). We had the election follow up. The board members chose to remain in their positions. New business: the Employee Retention Credit application to the I.R.S. is still in process and it takes about six months to get that done. There was some discussion on how to handle a meeting situation. The meeting adjourned at 9:25 PM

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

**Treasurer / Office Report and Financial Report
January 10th, 2023**

I am happy to announce the new landlord installed a motion

light so we will have better visibility toward the street for people who attend the GSR, CSR, and Board meetings here at Central Office in Exeter!

Central Office had an income of \$7,216.08 and expenses of \$2,808.49 for a gain of \$4,407.59.

Our Grateful Givers Club brought in \$362.35 and our Birthday Club brought in \$86.00 in much appreciated contributions.

We had \$753.23 in gross sales in 11 transactions for credit and debit cards last month.

We had 1 transaction in PayPal for \$20.00

We had \$145.00 in gross sales in 2 VENMO transactions this accounting period.

Traffic and calls have been average.

We want to thank all the groups and individuals who contributed to show their support for Central Office.

Office operations are going well and we are still fulfilling our primary purpose of carrying the AA message of recovery.

The Big Book is still on sale for \$9.83 for the hard cover. We also have AA pocket planners for 2023, as well as some great AA gift ideas like AA jewelry, money clips, book covers, golf markers, and AA playing cards, and of course literature!

We currently have \$22,401.73 in our checking account and \$393.44 in petty cash so that leaves us with a total of \$22,795.17 in our financial abilities right now.

Carol Ann Gable

Office Manager/Treasurer

(Cheryl) Are there any questions for Carol Ann? (No questions)

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.

Yes, the one individual did reach out to me; Sara got me the contact information. I am still looking for volunteers to help spread awareness and provide literature at local places like

urgent cares, hotels, or places where alcoholics might find themselves and may be in need of information.

Thank you for letting me be a service.

Patrick.

(Cheryl) Are there any questions for Patrick? (Steve had a question which lead to much discussion, regarding a potential member with suicidal ideation. Discussion continued for six and a half minutes. The gist of it was that our job is to carry the message as it pertains to alcoholism; that's what we do best. When it gets to mental health issues, that is out of our realm of expertise; we don't try to pretend to be a doctor. Mental health issues should be handled by professionals.)

(Patrick) So again, I really really really need some help. Some people to step up if we can start getting this stuff around to Emergency Rooms, doctor's offices, and hotels. I already have the stuff put together.

(Cheryl) So if any of the CSRs, you know: make an announcement in your group. If there's somebody with time on their hands that would like to carry the message, we have packets of information about A.A. from our Public Information Committee that they can take around and distribute.

(Ally) Do you have that information or is it something that we get here at Central Office? If I have somebody that would like to distribute that information, how do I know that I'm not overlapping somewhere you've already been?

(Jared) Is there a minimum length of sobriety requirement?

(Cody) Do we have our own little stands or holders?

(Patrick) I have the information, there is a little stand the pamphlets go in. The member who wants to distribute would contact me to make sure we aren't double-covering the same places. There is no minimum length of sobriety requirement; just a willingness to do the work. (Discussion continued for another five minutes. The gist was that if an individual wants to help, give them Patrick's phone number. But as a generic announcement to a group or printed phone number, give the Central Office phone number. Carol Ann can forward calls to Patrick.)

Volunteers to write Step and Tradition for Central News

Step for newsletter

Feb, Step 2-David G.-1/20/23-CentralintergroupNews@gmail.com

Mar, Step 3-Miranda G.-2/20/23-CentralintergroupNews@

gmail.com

Tradition for newsletter

Feb, Trad. 2-Paul B.-1/20/23-CentralintergroupNews@gmail.com

Mar, Trad.3-Ally A.-2/20/23-CentralintergroupNews@gmail.com

Newsletter report: none at this time.

Website report: Provided by David G.

No website report this month; we removed all analytics to ensure the anonymity of all visitors. We did experience an outage Monday the 9th because of an expired security certificate; people were warned that going to the web site was unsafe. That was fixed about a half hour after Ally let me know there was a problem. We also experienced an outage Tuesday the 10th because of an update gone awry; that was fixed after I got home from the CSR and Board meetings.

H & I report: Provided by Joyce

Tulare County Hospital & Institution Committee

January, 2023

I have the privilege of serving as the NorCal Finance chair, the region 90 chair, and the interim Area chair. We will be discussing rotation of service at our next meeting. But in the interim, we would like to thank you for your continued support to the Pink Can. The NorCal Committee ended this fiscal year purchasing \$342,399.41 in literature from AAWS. This constituted 88% of our expenses for the year. This supports AA as a whole and puts AA's lifesaving literature into the hands of the still suffering alcoholics in Treatment Centers and Institutions who attended the 31,600 meetings held this last year between Tulare County and the Oregon Border. Our Pink Can Letter which outlines the above information further along with our monthly financial reports are available for review at www.handinorcal.org. Please share this information with your groups.

On January 28, 2023, NorCal will hold its first Committee Meeting under the approved restructure. We now have a voting body of 101 members which include Area Chairs, Regional Chairs, Major Institution Coordinators and NorCal officers. Our hybrid meeting will ensure that all have the opportunity to participate which will open communication and solidify unity. It is important that all groups in Tulare County elect an H&I representative to bring your groups' thoughts to our Area Business meetings. In doing so, we are able to carry the collective conscience to the NorCal Committee.

At the Area level, we want to thank Boo M. for her two years of service as the Area Chair. Boo's service moved us through the difficult Covid period and we are very grateful. Tulare County H&I continues to bring H&I Panels twice a month to Turning Point, Pine Recovery, and Mothering Heights Women's Recovery. Once a month we take panels to the Mental Health Facility. H&I Panels are continuing in Corcoran and Avenal prisons. In December, meetings were held at SATF at Corcoran and the Tulare County Jail for the first time since the Covid shut down in March, 2020.

At our upcoming meeting, we will be planning for the upcoming year by searching for a new Area Chair and recording Secretary. NorCal is committed to carrying the message of AA to alcoholics in Corrections and Treatment facilities and facilities serving alcoholics in Northern California. This can include homeless shelters and outpatient treatment; we will be looking for suggestions. At the Area level, we will be discussing where we can expand our services. Please send any suggestions through your group representatives or contact me personally, my contact information is available through the Central Office.

We are meeting now on the second Saturday of odd months. We meet at Bridge Street Drunks at 526 North Bridge Street in Visalia. Our next meeting is on January 14, 2022 at 10:00 am. Orientation will be held at 9:00 am on the same date. If you are interested in this type of service work, please join us.

I want to really thank everybody in our area for your contributions to the Pink Can. Last year we had \$4,893; this year we ended with \$6,966, all contributed from Area 93.

Thank you for letting me of service,

Joyce R.

(Cheryl) Any questions for Joyce?

(Paul) Yes: the orientation is at 9 AM?

(Joyce) Yes, the orientation is at 9 AM and the business meeting is at 10 AM. Both are in-person at Bridge Street Drunks.

GSO liaison report: provided by David G.

We had the January GSR meeting Wednesday the 4th in hybrid format (four in-person, and four via Zoom).

Treasurer report: Balance Forward: \$3,393.97. Income: \$17.50. Expenses: DCM Mileage \$277.72. Current Balance: \$3,133.75.

Two of us are going to the Winter Assembly, which is in

Gridley California January 21-22.

Last month I mentioned a potential event on February 25; we are pivoting that to a Service Event for the Agenda Items, which will be March 19 (a Sunday). Still to include lunch, but will also enable Jenn, our delegate, to attend.

(Unreported during the CSR meeting, but voted and approved on in the GSR meeting was the wold business of paying annual rent to Central Office of \$400 for the year.)

Bridging the Gap (BtG) Chairperson provided by Sara S.

I don't have a date set for the committee meeting, but I have had interest from people that want to be on the committee. I'm going to go to the Central Office Thursday morning and talk with Carol Ann schedule around any events that are going on; I don't want to interfere with any events when I do set the date for the Bridging The Gap committee meeting.

CSR reports

If you have a change in your meeting please notify Carol Ann here at the office so she can update the meeting schedule and get that information to David for the website.

Sunday PM Serenity Seekers, Jared C., CSR,

Nothing has really changed since last month; everything is going well. It's a hybrid meeting: both inperson and online. Our secretary is Callie R. It's a speaker meeting – the speaker speaks for about a half hour to 40 minutes; it runs from 7:30 PM To 9:00 PM. After the speaker is finished, they open it up for discussion. We're still growing. We are at the St. Paul's Episcopal Church on Hall Street in Visalia. There's a very large group of newcomers there, in part because multiple institutions are going there. We could still use people with long term sobriety who are looking for sponsees; we have a lot of newcomers looking for sponsors. A lot of the service positions are being filled by newcomers, so that's positive right there. We partner with The Valley Group which does the speaker meeting in Visalia on Wednesday nights.

Tuesday Women's Changes Meeting, Presented by Bill E., on behalf of Sheryl E., CSR,

We are an open meeting for women only. We meet every Tuesday at 6:00 PM at the Porterville Recovery Club. We each pick a stick out of a jar and share about our topic. We always have a great meeting and the PAAR girls share and learn a lot. We are generally a small group and grow in numbers on the last Tuesday of each month, when we enjoy a birthday potluck with good food and sweet dessert, usually cake. Thank you for letting me be of service,

Sheryl.

Springville Breakfast Speaker Meeting , Presented by Bill E.,
on behalf of Sheryl E., CSR,

We meet the second Sunday of each month at the Springville Veteran's Memorial building on Highway 190. We open the doors at 8:00 AM, with with fresh, hot coffee. Breakfast is served from about 8:30 AM until 10 o'clock. The speaker meeting is from 10:15 till 11:45. We try to get out of there by noon. It is always great food and excellent fellowship, and of course we are self-supporting through our own contributions. In January, we fed 57 hungry people, including the speakers. It was a small meeting. Our February speaker is a local gentleman, Bill H. from Visalia. We had our business meeting at 7:30 and we voted Dusty B from Springville as our new secretary and Bill and I (I'm Bill) still hold our same service positions. We still need a GSR if anyone is interested; we haven't had a GSR for a while.

Thank you for letting me be of service,

Sheryl.

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

We are a Closed meeting of women who meet for one hour every Tuesday beginning at 6:30 PM. We gather at the Trinity Reformed Church at 6400 W. Walnut Avenue in Visalia. We meet in-person and we celebrate various lengths of sobriety, and annual birthdays are celebrated the last Tuesday of the month, with sobriety chips and dessert. Attendance averages between 20 and 30 women.

Thank you for letting me be of service,

Ally.

Friday Freedom Fellowship, Ernesto, CSR.

We are a Closed meeting, starting at 7:00 PM and ending at 8:00 at Christ Lutheran Church in Visalia. Every first Friday, we hold a business meeting at 8:10 PM. Every last Friday, we hold a birthday meeting, which is an Open meeting for family, friends and anyone who wants to celebrate with their birthday person. We give out chips at every meeting. Lindsay Fireside Fellowship, Trudy W., CSR. This meeting is now officially closed (the church where it was held has closed). We have two coffee pots and extra supplies we will gladly give away to any meeting in need. You can contact the Central Office for more information which I'll get to Carol Ann.

Thank you for letting us be of service,

Trudy.

Monday Night Men's Meeting , Paul B., CSR.

We meet at the P. P. A.V. Hall in Visalia. We are a Closed men's meeting. We meet for 90 minutes. We celebrate sobriety milestones under a year every week. On the last Monday of the month we celebrate annual birthdays with a chip and a hug and dessert. Our business meeting is the first Monday of the month. We ask men who have completed the steps and have the time and energy to sponsor to stand up. Our numbers have been growing; we been having 50 to 60 men at our meeting lately. We have a terrific secretary too.

Thank you for letting me be of service,

Paul.

Crossroads Group, Steve P., CSR,

The Crossroads Group in Tulare, on Tulare Avenue – 220 W. Tulare Avenue at the Hillman House. We meet Thursdays from 7:00 to 8:00 PM. We're a group of about 12 to 15 people most of the time; often everybody gets to share. Pine Recovery (Candlelight meeting), Steve P., CSR, The Pine Recovery Candlelight meeting is on Fridays nights, from 10:00 to 11:00 PM, in Visalia at 120 W. School Avenue. Usually there's 25 to 30 people. It's an open meeting and it's open to the public; women can come even though it's a men's recovery home.

Thank you guys,

Steve.

Civic Center Group, Brett R., CSR,

Tuesday night Civic Center meeting in Visalia at the Christ Lutheran church near Tulare and Demaree. It starts at 7:00 PM and goes to 8:00 PM. It is an Open meeting, and newcomers are welcome. Jared is our new secretary. Our business meetings are the third Tuesday of the month at 8:10 PM. We've had pretty good turnout for several months. We have a birthday meeting on the last Tuesday of the month, with cupcakes.

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 E Prosperity Ave in Tulare from 7:00 to 8:30 PM. We are a fellowship of men and women sharing our experience, strength, and hope. This is an indoor meeting, averaging about fifteen people every week although it's picked up recently. It's amazing how the holidays increase our membership ;-) 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 do have cake and ice cream regardless if anyone is celebrating a birthday. Newcomers are welcome and all

may attend. It's a wonderful meeting. We do have multiple men and women with quality sobriety that are open and willing to sponsor.

Thank you for letting me be of service,

Patrick A.

Springville Book Study Group, Cody R., CSR,

We meet from 7 to 8 PM at the Springville Lighthouse Chapel. We are an open meeting of men and women. We are a book study group; we rotate the literature that we read. We're currently reading *The Language of the Heart*. We offer coffee and baked goods almost every meeting. We would love to have more visitors. We usually have average/consistent turnout.

Gut-Level Group, Cody R., CSR,

The Thursday Gut-Level in Springville is also at the Lighthouse Chapel from 7 to 8:30 PM. It's a 90 minute meeting. It's an open meeting of men and women sharing our experience, strength and hope. The last Thursday of the month, we do our birthday meeting. We offer cakes and sweets.

Thank you for letting me be of service,

Cody.

(Bill) I'd like to add to that. The book study: brings up surprisingly and really awesome in depth conversations and really good discussion. Sometimes there will be like 15 minutes of reading and 45 minutes of discussion. So it's a pretty good deal.

Keep It Simple Sunday, David G. CSR,

We meet Sunday mornings at 10:00 AM in Blain Park in Visalia (not Tulare), on Court Street between Whitendale and Caldwell. Our meeting is 90 minutes outdoors. This is an Open meeting, and all are welcome. Bring a lawn chair / camp chair with you; this time of year, maybe bring an umbrella and blankets. 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 Scot L still, though Paul is now our Treasurer, and Shelly is now our chip chick. The business meetings are the last Sunday of the month, immediately after.

Bridge Street Drunks, Sara S., CSR,

We are a large group located in Visalia at 526 N. Bridge

We are a large fun group who hosts 18 meetings. Our business meetings are the last Saturday of the month: either 8 AM or 1 PM. Our next business meeting is January 28th at 8 AM. Our birthday meetings are the last Saturday of the month at our noon meeting and we offer chips, hugs, cake and coffee. Anyone is welcome.

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 (12 by 12 book study)
Wednesday evening 6 to 7 PM (book study)
Thursday evening 7 to 8:30 PM (Big Book study)
Saturday evening 7 to 8 PM (open meeting)

I also should report that we stopped the Tuesday evening women's meeting. Come join us.

Thank you for letting me be of service,

Sara S.

(Cheryl) I was keeping a tally of the reports tonight and I didn't know whether on Sara's, if I should put 18 reports or one report. So before adding Sara, we had 14 reports tonight for 14 groups; if you include the Bridge Street Drunks, that would be another 18. Wonderful reports, I appreciate everybody giving reports. It's great to see and listen to what the groups are doing and the people that are in service.

Old business:

1. None at this time.

New business:

1. None at this time

Seventh Tradition: \$41.61

Announcements:

• (Non- AA) The 12 Step Club in Porterville had a karaoke, New Year's New York afternoon party from 1:30 to 6 PM, and that karaoke was the bomb. Let me tell you, we have a lot of talented people in our area, so we're having another one on January 28th from 3:30 to 5:30 PM. Everybody is welcome and it's free and we could we also play games like dominoes and cards and cornhole golf and anything else. The 12 Step Club has a Facebook website: Porterville 12 Step Recovery Club.

Meeting adjourned: 8:18 PM

District 47 Meeting Minutes

January 4, 2023

Expenses: DCM Mileage \$277.72

This is a hybrid and Zoom meeting with members participating from various locations, including the Central Office in Exeter.

Total Income: \$17.50:

Total Expenses: \$277.72

Meeting Called to Order: 7:06 p.m. by DCM Allen L. Current Balance: \$3,133.75

Committee: Allen L., DCM; Ralph D., GSR for Bridge Street Drunks Only Group; Jim K., Recording Secretary, GSR for Monday Men's Stag; David G. GSR for the Friday Freedom Fellowship. Ally A., GSR for the Sat women's 12 x 12; Josh F, Secretary; Mike C., GSR for the Friday Night Pine Recovery Meeting, Claudia Q GSR for the Women's Amity Group

CSO Liaison Report: David G.

Our December CSR meeting was a hybrid meeting, with two members joining via Zoom. Central Office finances: for October 21 through November 20, Central Office had an income of \$3,359.29 and expenses of \$3,796.06 for a loss of \$436.77. In November, our previous landlord sold the building; the new landlord offered us \$650 per month for 2023, and \$685 per month after that through 2027. The board voted to accept, and Carol Ann signed the lease. The aa-tulareco.org web site now has links to the part of AA.org where one can get the Big Book and the Twelve & Twelve in PDF, American Sign Language, and audio form (for free). We also removed all web site analytics, which ensures the anonymity of all visitors. Our meeting was attended by eight CSRs; seven in-person, and one via Zoom. Elections for three members of the Board of Directors for Tulare County Central Office, Inc. were held: Sara, Patrick, and Bill were elected.

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."

Registrar: Our new registrar David G. reported that he learned more about the job at the ACM meeting and he was eager to begin with the duties the position entails.

12 Traditions: read by Josh F.

H&I Report: Rafael D. Tulare County Hospital & Institution Committee

Concept 12: Concept 1 long form read and explained by Allen L.

Thank you for your continued support to the Pink Can. The NorCal Committee ended this fiscal year purchasing \$342,399.41 in literature from AAWS. This supports AA as a whole and puts AA's lifesaving literature into the hands of the still suffering alcoholics in Treatment Centers and Institutions who attended the 31,600 meetings held between Tulare County and the Oregon Border. Our Pink Can Letter which outlines the above information further along with our monthly financial reports are available for review at www.handinorcal.org.

Approval of Minutes: Dec. 7, 2022 minutes approved with a spelling correction.

Treasurer's Report: Josh F.

Balance Forward: \$3,393.97.

Income: Crossroads (Tulare) \$7.50:

Exeter Sunday PM \$10.00.

Tulare County H&I continues to bring H&I Panels twice a month to Turning Point, Pine Recovery, and Mothering Heights Women's Recovery. Once a month we take panels to the Mental Health Facility. H&I Panels are continuing in Corcoran and Avenal Prisons. In December, meetings were held at SATF at Corcoran and the Tulare County Jail for the first time since the Covid shut down in March, 2020.

We are in need of volunteers who are interested in participating at the prisons and two men who are interested in taking meetings into Tulare County Jail. If you are interested in this type of service work, please join us on January 14, 2022 at 9:00 am for an orientation and 10:00 am for the Area Business Meeting at 526 N. Bridge Street in Visalia. At the Area level, we will be discussing the need for an Area Chair and a recording secretary.

As the NorCal Restructure brings greater communication to all areas of our Committee, it is even more important for our local AA groups elect an H&I Representative and to attend the business meetings. This will ensure we are carrying the collective conscience of Tulare County to the NorCal Committee.

DCM Report: Mike C., Alternate DCM attended the ACM/ Planning meeting.

Winter Assembly is being hosted by District 57 in Gridley Ca January 21-22. Members attending should book their rooms early as there are not too many in Gridley. Some may need to stay in Yuba City and travel. Encouraged GSR from Districts to attend the assembly. Pre-Conference Assembly District 37 has secured a location in Tracy California and the Tracy Community Center. District 37 has paid the deposit for the location and the district has created a committee to organize the event. They have appointed a chair for the committee (Jeff) who is working on finalizing the event flier and will be available in January at the Winter Assembly. Post-Conference Assembly District 15 is working on securing hotels but they have a location and date set. The full report from Mike C. is available on the Tulare County AA website.

Old Business: Allen recommended that we pay Central Office \$400 for the annual rent for our monthly meetings. Discussion was held regarding the fact that since we are back in live meetings for Area 7, we will be assisting travel expenses for DCM. New Business: Allen proposed that we contact our delegate Jann to see if she is available come for a District 47 gathering March 19 or 25 to go over agenda items and for David to do business as the new registrar.

Seventh Tradition: None

Announcements: Springville breakfast speaker meeting is this Sunday.

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 8:11 p.m.

Respectfully submitted,

Jim K, Recording Secretary



Group Contributions 12/21 through 01/20/2023

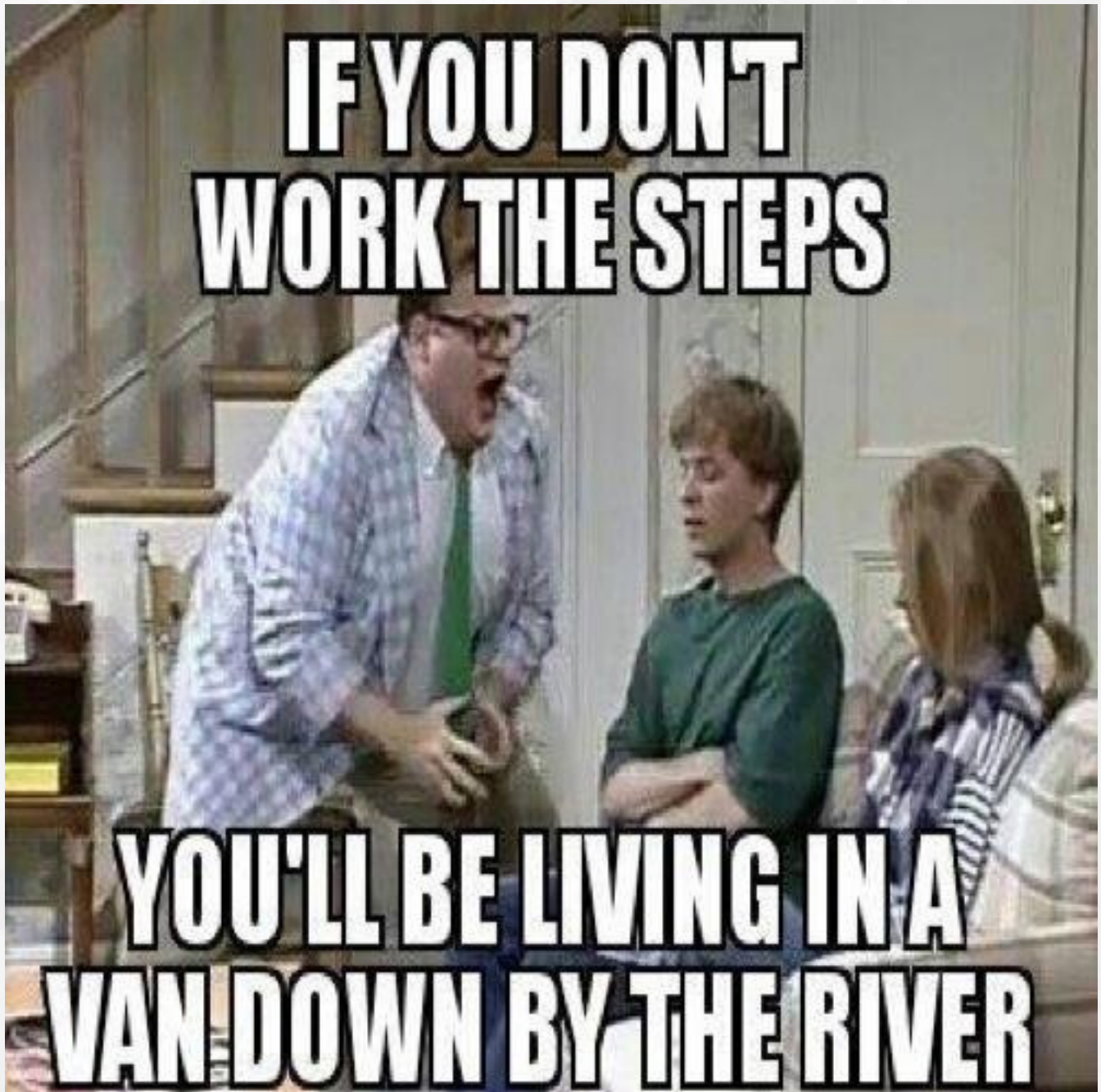
	Month	YTD	Unity through Traditions	\$200.00	\$200.00
1st Friday Speaker Meeting	\$20.00	\$20.00	Valley Group	-	-
10th Ave Men's Group	\$278.35	\$278.35	Valley Speaker Series	\$782.13	\$782.13
ACYPAA	-	-	Visalia Alano Club	\$73.31	\$73.31
ABC Group	-	-	Wed. Acceptance Group	\$500.00	\$500.00
Anonymous Group	\$300.00	\$300.00	Wknd Attitude Adjustment	-	-
Breath of Fresh Air	-	-	Women's Changes Group	-	-
Bridge St "Drunks Only"	-	-	Women's Frid Night-Pville	-	-
Civic Center Group	-	-	Women's Happy Hour-Hanford	\$46.72	\$46.72
Clodbusters-Tulare	-	-	Women's Sat AM 12x12	-	-
Crossroads-Tulare	-	-	Totals	\$2,788.62	\$2,788.62
CSO Meeting	\$41.61	\$41.61			
District 47	-	-			
Bill & Friends	-	-			
Exeter-Quiet Trails	-	-			
Exeter Sunday Afternoon	-	-			
Foundation Group	-	-			
Freedom Fellowship	-	-			
Friends of Bill W. & Dr. Bob Tulare	-	-			
Half & Half	\$200.00	\$200.00			
Keep it Simple Sunday	\$185.50	\$185.50			
Lindsay Fireside Group	-	-			
Men's Valley Book Study	-	-			
Monday Men's Big Book Study	-	-			
Monday Men's Mtg (PPAV)	-	-			
Monday Men's Stag	-	-			
Mid-Valley-Tulare	-	-			
Monday Book Study Springville	-	-			
Gem St Noon Book Study	-	-			
Monday Women's Reflections	-	-			
Nooners Group-Visalia	-	-			
Pine Recovery AA Meeting	-	-			
Practicing the Principles	-	-			
Rainbow Group	-	-			
Rule 62-Visalia	\$111.00	\$111.00			
Serenity Junction-Tulare	-	-			
Serenity Seekers AM-Visalia	-	-			
Saturday Night Believers	-	-			
Springville Gut Level 75	-	-			
St Ritas AA Group	-	-			
Springville Breakfast Meeting	-	-			
Sunday PM Serenity Seekers	-	-			
Tulare Young People	-	-			
TUFYPAA	-	-			
Tulare Friday Book Study	-	-			
Tulare Tuesday Night	-	-			
Tulare Thursday Noon	-	-			
Tulare Sunday Night	-	-			
Tuesday Men's Porterville	-	-			
Three Rivers Monday	\$50.00	\$50.00			
Tues Women's Amity Group	-	-			



Lighter Side of AA

My brother went to his AA meeting drunk, then he tripped down the stairs.

He's been having lots of trouble with the steps lately.



Meet the Editor

Hello Everyone!

My name is Robert and I am an Alcoholic!

**Its is great to meet you I am the new Editor of the
Central News.**

**I really look forward to being of service. I invite
anyone that wants to get into service to type up a short
piece and share it with us, email a picture, a quote, an
article or anything!**

I want to thank you for allowing me to be of service!!

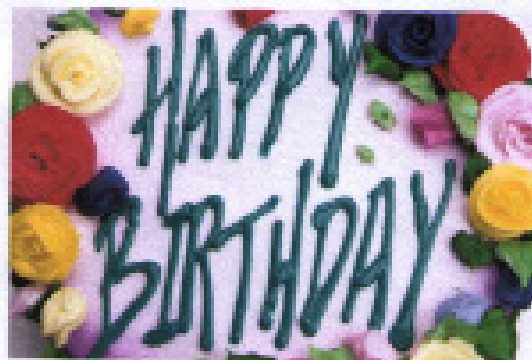
—Robert P.

**Need Help
with a Drinking Problem?**

BIRTHDAY CLUB

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

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



venmo



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

NAME: _____

SOBRIETY DATE: _____

CITY: _____

Please send information to:

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

Email Info: tccof@hotmail.com

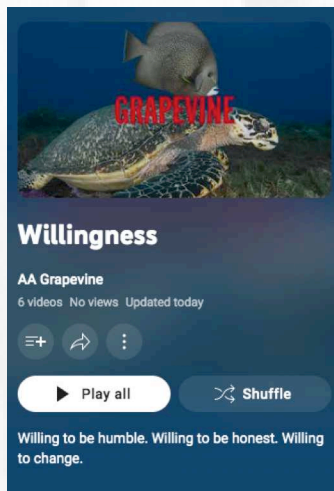
GRAPEVINE News *Pass it on!*

What's New For February 2023

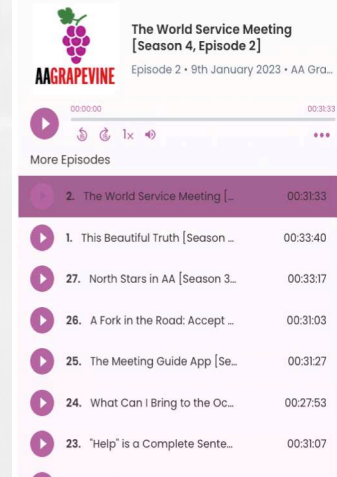


2023 Carry The Message Project

Want To Help Another Alcoholic? [Learn how here!](#)



New YouTube Playlist
“Willingness”
Check it out [here!](#)



Grapevine's Podcast
Season 4 is now available.
[Click here!](#)

IMPORTANT UPDATES

Vacancy for Non-trustee Director of AA Grapevine Board in 2023

The AA Grapevine Corporate Board is actively seeking candidates to fill a vacancy for the position of non-trustee Director at the General Service Conference in April 2023.

Learn more [here!](#)

More News:

We're collecting stories from the Fellowship in the form of audio recordings and we'd love to hear yours! [Click here.](#)

Do You Have an Event to Share? Tell us about it!
Visit www.aagrapevine.org/submit-calendar-event

Grapevine and La Viña on Instagram!
To follow us, use these addresses:

[@alcoholicsanonymous_gv](#) [@alcoholicosanonimos_lv](#)

The app for both Grapevine and La Viña will be a hand-held control center for all things. Take a look at our list of ideas — we want your input and ideas too. [Click here.](#)

ALCOHOLICS ANONYMOUS
FIRST FRIDAY SPEAKER MEETING

PRESENTS

JULIE M., 33 YEARS, PORTERVILLE, CA

AND

CAROLYN W., 17 YEARS, PORTERVILLE, CA

ON

FEBRUARY 3, 2023

8:00 TO 9:30 P.M.

PLEASE JOIN US FOR COFFEE AND FELLOWSHIP

TWELVE STEP RECOVERY CLUB

186 SOUTH D STREET,

PORTERVILLE, CA 93257

ALL OTHER FRIDAYS: AA CANDLELIGHT MEETING

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!!!

"KNOW A NEW FREEDOM"

SHASTA WINTERFEST

FEBRUARY 3RD-5TH 2023



ABOUT

Shasta Winterfest is a weekend-long gathering of fellow members and non-members of Alcoholics Anonymous, Al-Anon & Alateen. The event is inspired by recovery and filled with guest speakers, marathon meetings, special events, prize drawings, literature and other resources. Shasta Winterfest will be February 3rd – 5th, 2023, at the Holiday Inn 1900 Hilltop Drive, Redding, CA 96002

PRE-REGISTRATION ONLINE

Pre-registration is only \$20.00
www.shastawinterfest.com

REGISTRATION DAY OF EVENT

Registration the day of the event at the Holiday Inn for \$25.00

ACCOMODATIONS

Room reservation can be made online at www.ihg.com or by calling 1-844-201-1757
Discount code is AAW / \$109.00 per night.



SHASTA WINTERFEST 2023

Holiday Inn, 1900 Hilltop Drive, Redding, CA 96002



HATS • T-SHIRTS • SWEATSHIRTS • BEANIES & MORE

Merchandise can only be purchased online
www.shastawinterfest.com

Shasta Winterfest website will be updated with information as the schedule of events are finalized. Visit our website at www.shastawinterfest.com for more information & updates.