

RECOVERY TIMES

Vol. 34, No. 11, Nov 2010

The Alcoholics Anonymous San Fernando Valley Central Office Newsletter



Note: November is Gratitude Month~

I Cannot Afford to Forget

FOUR YEARS ago, I was a patient in a military hospital, undergoing psychiatric treatment because of a nervous breakdown. In June 1966, I went to my first AA meeting, and, although I could not possibly face it, a very weak voice inside me kept telling me that I was an alcoholic. Yet how could I be?--when I was certain that my wife and family were responsible for my nervous breakdown. Had not the doctor himself told me that the right girl could change my life?

While in the hospital, I came in contact with a few patients who had drinking problems. Believe me, those guys used to irritate me when they'd talk about their alcoholic life in the group-therapy sessions. My answer to them was: "Quit drinking if you know booze is bad for you." Today, I remember that I even drank shaving lotion mixed with ginger ale. Still, I could not see then that I, too, had a problem with booze.

I spent eleven months undergoing electric- and insulin-shock treatments in that hospital. I was admitted in January and discharged in November of the same year, with my original problem--booze. At the time of my discharge from the hospital, I also got one from the Air Force, after almost thirteen years' service. And to add to my worried mind, a separation from my wife came through, and I was forced to find room and board with complete strangers.



I had tried to kill myself while in the hospital, but lack of courage and fear of physical pain stopped me. I tried killing my wife, but I realize today that it was my children I would have hurt most if I had succeeded. This hate for my wife and everyone around me drove me to drink. The way an alcoholic does, I felt justified in my drinking. I know now that the guy I hated most was myself and that, deep down inside, I wanted to destroy him.

After my first AA meeting, I managed to lay off booze for a little over three months, but I had more problems than before, and I hated my wife even more. Self-pity, hate, fear, pride, and rationalizations far beyond normal drove me back to booze. I know why we refer to this as a "slip." Slip you do! I figured that if there were a God, He hated me and He made my life miserable because I refused to believe in someone I could not see. After four months of hell on earth, my fear became stronger than my pride, and I returned to AA for the simple reason that I had reached my low bottom and these people were the only ones that would accept me as I was. The fellowship and love in AA, along with God's grace (and I must not forget my sincere willingness to change), have helped me to stay off booze until today. As tomorrow does not belong to me, I try not to worry about it. **(Continued, Page 6)**



**CALENDAR OF
EVENTS: Central
Office will be closed for
book sales on Nov. 25 &
Nov. 26, 2010.**

Burbank 20th Annual Thank-a-Thon
Nov. 25 & 26, 2010
3217 Winona, Burbank

Unit A Thanksgiving Day Alcahon
Nov. 25, 2010
10641 Burbank Blvd., No. Ho.

Vegas AA Roundup
Nov. 25 – 28, 2010
Riviera Hotel & Casino
www.lasvegasroundup.org

Stateline Retreat 2010
Dec. 10 – 12, 2010
Primm Valley Resort & Casino
Primm, NV
www.statelineretreat.org

San Fernando Valley AA Convention
Jan. 28 – 30, 2011
Warner Center Marriott
Woodland Hills, CA
www.sfvaaconvention.org



**THE PASSING OF AA'S -
THINGS WE CANNOT CHANGE:**

Kris J. – 8 Years
David Anton – 12 Years
Bill A. – 26 Years
Norm C. – 43 Years

If you are aware of the passing of a member of
our Fellowship, please call us at (818) 988-3001
or email an obituary to:
sfvaanews@sbcglobal.net.

SERVICE COMMITTEES SCHEDULE:

SFV H & I: Mon, Nov. 15, 2010:
7 p.m. Orientation/8 p.m. Business Meeting
5657 Lindley Ave., Tarzana, CA

Gen Service, District 11: Mon, Dec. 6, 2010
6 p.m. New GSR orientation/ 6:30 p.m. Bus. Mtg
315 W. Vine Street, Glendale, CA

Gen Service, District 16: Mon, Dec. 6
6:15 p.m. meeting
15950 Chatsworth, Granada Hills

Gen. Service, District 17: Mon, Dec. 6
6 p.m. New GSRs. /6:30 p.m. Bus. Meeting
5000 Colfax, N. Hollywood

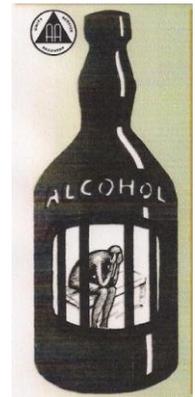
Gen. Service, District 2: Tues. Dec. 7, 2010
6:30 p.m. Business Meeting
4011 Dunsmore Ave., La Crescenta

Gen Service, District 1: Wed., Dec. 8, 2010
6:30 p.m. Business Meeting
7552 Remmet, Canoga Park

SFV Central Office Board Mtg:
Wed., Dec. 8, 2010 6:30 p.m.,
Valley Central Office

**Gen. Service District 7: Sat.,
Dec. 4, 2010**
9 a.m. Business Meeting
Agua Dulce Women's Club
33210 Agua Dulce Canyon Road

**SFV Intergroup: Mon., Dec. 13,
2010**
6:30 Orientation, 7 p.m. Business Meeting
St. Innocent Ch., 5657 Lindley Ave., Tarzana



SERVICE OPPORTUNITIES

IN THE S.F. VALLEY: Central Office needs telephone volunteers for all shifts (esp. midnight – 9 a.m.). If you have a year or more of continuous sobriety, you can sign up at the office or online: www.sfvaa.org/involve.html



Public Information Committee: Provides information to the general public about what A.A. does & doesn't do. Need volunteers, especially young people and Spanish-speaking AAs, for health fairs and to speak at schools & businesses.

Hospitals and Institutions Committee: Carries the message of A.A. into hospitals, prisons and treatment facilities to those who are unable to get out to meetings. For more info, call Central Office: (818) 988-3001.

San Fernando Valley Young People in AA Committee Meeting is held the 1st Sunday of each month at Unit A., 10641 Burbank Blvd., No. Hollywood.

San Fernando Valley Intergroup **Intergroup Reps Needed:**

If your meeting/group does not currently have an Intergroup Rep, please consider appointing someone to represent your meeting. Intergroup reps provide an important service to the group by sharing information on upcoming AA events in the SF Valley. The SFV Central Office coordinates a monthly meeting for all Intergroup reps on the 2nd Monday of each month at St. Innocent Church, 5657 Lindley Ave. in Tarzana. New Intergroup reps should arrive for the 6:30 p.m. orientation, followed by the regular meeting at 7 p.m. **For more info: on serving as an Intergroup rep, call Central Office: 818 988-3001.**

San Fernando Valley Convention: Volunteers are welcome to participate in the planning of the 2011 Convention which will be held at the Warner Center Marriott, Jan. 28 – 30, 2011. The theme will be "Love & Tolerance." The Committee meets the 3rd Tuesday of each month (except Feb. & March) at 7 p.m. at St. Innocent Church, 5657 Lindley Ave., Tarzana.-

CENTRAL OFFICE NEWS:

Live 24/7 Phone Service: Whether you are reaching out for help from another AA member or surfing the Web, you can find the Valley Central Office any hour of the day or night. Visit us at: www.sfvaa.org for meeting info, upcoming events, service meeting info, and links to other cool AA websites or call to speak with a sober AA member: (818) 988-3001.

Has your meeting changed? If your meeting info changes (location, time, meeting name or type of meeting), let Central Office know. Please provide meeting updates in writing by mail or delivered in person during office hours to: **Central Office: 7417-E Van Nuys Blvd., Van Nuys, CA 91405.**

Having a Birthday? By sending a donation to Central Office, your birthday will be posted in Recovery Times. Send \$1.00 per year of your sobriety (or just send as much as you wish to donate).

OCTOBER BIRTHDAYS:

Raoul – 1 Year

Paul D – 10 Years

Jorge H. – 13 Years

Mary Jane A. – 28 Years

Joi A. – 29 Years



Co-Founder Quotes:

"In the book Alcoholics Anonymous there is a chapter called 'A Vision for You.' Wandering through it recently, my eye was caught by this startling paragraph written a short five years ago:

"Someday we hope that every alcoholic who journeys will find a Fellowship of Alcoholics Anonymous at his destination. To some extent, this is already true. Some of us are salesmen and go about. Little clusters of twos and threes and fives of us have sprung up in other communities through contact with our two large centers..."

Rubbing my eyes I looked again. A lump came into my throat. "Only five years," I thought." **Bill W., 1944**



W.A.I.T. - Why Am I Talking?

"An alcoholic is a man with two feet firmly planted in mid-air." 1944

The fellow who is still undecided or slipping differs from us in that he is still suffering with 'Alcoholism', while we are enjoying 'Alcoholwasm'. 1950

Central Office: IGR Meeting Notes of Oct. 11, 2010

Chairman Hal S. opened the meeting with the Serenity Prayer. **Recording Secretary Dawn H.** accepted a motion to approve the minutes from September's Intergroup meeting. The minutes were approved as submitted.

Treasurer Brian H. gave the Treasurer's report: Over \$1,000 was raised for Central Office at the "Take Your Sponsor to Breakfast," Breakfast event on Oct. 9, 2010.

Executive Secretary Bob F. reported phone volunteers are needed for Central Office's phone banks (esp. 9 p.m. – midnight Saturdays and 12:00 a.m. - 9 a.m. Sundays). Volunteers are also needed to do 12 Step work and to help out of town AAs.

Internet, Michael F. reports all is well with www.sfvaa.org.

Birthdays: IGRs celebrating birthdays in Sept. were



Do you have a story or news item to contribute? E-mail: sfvaanews@sbcglobal.net or by mail to the address below.

Newsletter Subscriptions: If you would like a copy of Recovery Times mailed to you, please complete this form with your new address, and then return it with a \$7.00 check (donation to cover cost & delivery) to: **SFV Central Office, 7417-E. Van Nuys Blvd., Van Nuys, CA 91405**

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

New or **Renewal**

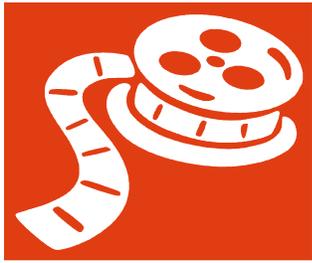
Additional Contribution \$ _____

Moving? Please give us your **former address** along with your **new address**:

Name: _____

Previous Address: _____

SECOND ANNUAL UNITY EVENT “MOVIE MADNESS” A “REEL” GOOD TIME!



Fantastic food, fellowship, and a fabulous AA historical film all made for a thoroughly enjoyable evening on Saturday, October 16th at the Prince of Peace Church in Northridge. The event drew a full house and attendees feasted on a variety of tasty treats, including theater-style popcorn, Subway sandwiches, cold drinks, coffee, and delicious “red velvet” cupcakes. No detail was overlooked right down to a red carpeted entrance and goody bags filled with candy.

The program included a preview of several new and powerful AA Public Service Announcements targeted to young people. A number of Area 93 GSR Officers then shared how they came to be of service and Area 93 Archivist George R. discussed the importance of preserving AA history. During the event, there were several drawings for Starbucks gift cards. Susan H. conducted the 50/50 raffle and Laura B. did a splendid job as Master of Ceremonies.

Explaining why the “Movie Madness” theme was chosen, Cindy T., Chairperson of the Unity Event and a GSR from District 1 stated, “We wanted a lighthearted atmosphere in which people could have an opportunity to meet and become better acquainted with some of our GSRs and to see that we aren't 'stick-in-the-muds,' and that GSR work is definitely not boring. So to attract an audience to this event we provided food, fun, and fellowship – and it was all for free!”

The highlight of the evening was the presentation of Arthur Daley's film “Bill's Own Story,” a historical gem of a movie that features Bill and Lois Wilson recounting their experiences and the events that ultimately led to the formation of Alcoholics Anonymous. Bill Wilson, in fact, was Arthur Daley's friend and sponsor. Bill asked Arthur (a well-known filmmaker and photographer) to help him make a narrative film about the beginnings of AA. “Bill's Own Story” is heartfelt and genuine -- the real deal.

Kudos and a big round of applause to all who contributed their time and effort to make “Movie Madness” a successful, fun-filled evening. Be sure to make it to the Third Annual Unity Event coming your way in 2011! For anyone interested in obtaining a copy of “Bill's Own Story” please contact the Central Office at 818- 988-3001. Susan H.

A Declaration of Unity

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.



I CANNOT AFFORD TO FORGET, (Continued, Page 1)

I started making progress in AA when I found the meaning of two simple words: open mind. With the help of my sponsor, I started to try the AA way of life with an open mind, and it worked,

even though at first I had no hopes that it would. I quit wondering which came first: the hen or the egg. With positive thinking, I started believing in a higher power, which at first was AA and now is God. This God is different from the one I pictured before AA. I am sure He does not hate me and, furthermore, He'll give me what I need as long as I let Him choose it.

As for my past behavior, I use it as experience to help me get through this present 24 hours. I cannot afford to forget the person I was; memory prevents me from drinking my first glass on many occasions. For today, I don't wish I had my wife back, but I don't hate her any more. I found out, with the help of my sponsor and my AA friends, that my hate for her was hurting me more than it was her.

AA gave me love of my God, myself, and my fellow alcoholics. Just think! In the world that I used to hate so much, I now have approximately 500,000 friends! I think that by trying with an open mind I shall learn to live a useful life and perhaps also be able to give back a little of what I got from AA.

C. S., Quebec (Oct. 2010). Reprinted with permission of the AA Grapevine.

52-25 Guild Breakfast

The 52-25 Guild held its biannual breakfast on Sunday, October 10, 2010 at Braemar Country Club in Tarzana, CA. The Guild started in the 1960s where concerned alcoholics would donate 25-cents a week for a year (\$13.00 donation) to be used by the members to give a newcomer one free week of board at a qualified Recovery House in the San Fernando Valley. Later, the group incorporated as a non profit with the State of California. Their sole purpose was to provide a week's head start for a hope-to-get-sober drunk. As far as we know, this type of organization is unique for the S.F. Valley. Year dues in 2010 are \$25.00 - still quite a deal.



The next breakfast will be at the same location on April 10, 2011. For anyone interested in the 52-25 Guild, call Central Office and speak with Bob F.

About Rule #62

Remember the hot shot from the Tradition Four essay in "The Twelve and Twelve"? Humbled when his pet project collapses under a long list of rules, he has a good laugh at himself and adds the kicker, Rule #62

Rule #62: September 2010



Send your favorite caption by October 15 to webeditor@aagrapevine.org.

1. "He's still hanging on to his old ideas..." —Gerry W., *St John's Newfoundland*
2. "I have heard of bring the body and the mind will follow but this is getting ridiculous!" —
Virginia, Milwaukee, WI
3. "I remember something about carrying the alcoholic, or was it you can't carry the alcoholic."
—Libby
4. "Some of us tried to hold on to our old ideas, and some of us our favourite lamp I guess!" —
Joe H., Vancouver
5. "I said drag yourself to a meeting, not drag someone else to a meeting." —Nick G., *Lemoore, CA*
6. "Joe here's not too keen on doing the lead; says he lacks experience, strength and hope. I disagree about the strength part- can't budge him!" —Fred F., *SadBadGlad Group, Albany, NY*
7. "I know, I know, but attraction rather than promotion just takes too long!" —Alexis, *UK*
8. "I know Joe, but he said he was never goin' to one of them business meetings again!" —Linda T.
9. "He just wont stop hanging around bars!" —Jason L., *Kingswood Mens Mtg, Delaware*
10. "They were right... some of us do seem to hold on to our old ideas... Joe here is holding on for dear life!" —Anonymous
11. "Dave here really wants what you have and is wondering if you'd be his sponsor," —Scott
12. "Hey, he's getting better, last month he had a grip on a bottle—now it's only a lamp post." —
Renee

San Fernando Valley Central Office

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Van Nuys, CA 91405

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