

## The Alcoholics Anonymous San Fernando Valley Central Office Newsletter

### Resources for Working With Wet Drunks

In Alcoholics Anonymous, Chapter Seven, "Working With Others," contains specific recommendations and suggestions on how to best carry the message to wet drunks, such as: "You will be most successful with alcoholics if you do not exhibit any passion for crusade or reform. Never talk down to an alcoholic from any moral or spiritual hilltop; simply lay out the kit of spiritual tools for his inspection. Show him how they worked for you. Offer him friendship and fellowship. Tell him that if he wants to get well you will do anything to help."

Today, it remains the basic script for AAs carrying the message to other alcoholics. To read Chapter Seven, "Working With Others," visit [www.aa.org](http://www.aa.org).

AAs have found that when experience is shared, good results often follow. Wanting to increase Twelfth Step efforts and avoid missteps, the St. Paul, Minneapolis Intergroup offered "**Tips On Making Twelfth Step Calls**" in their May 2001 newsletter, Lifeline. Among the suggestions offered: When making a Twelfth Step call, arrange for another AA member to accompany you. Congratulate the prospect on wanting to do something about his drinking problem. Give him some AA literature. Tell him what you used to be like, what happened, and what you are like now. And note what the Big Book says on page 96:



"We find it a waste of time to keep chasing a man who cannot or will not work with you. If you leave such a person alone, he may soon become convinced that he cannot recover by himself." Below is the list in full. You may also wish to contact your local area or intergroup to find more information about how AAs in your area make Twelfth Step calls and work with wet drunks.

REPRINTED FROM **LIFELINE**, May 2001, Volume 34, Issue 5: THE NEWSLETTER FOR Alcoholics Anonymous ST. PAUL AND SURBURBAN AREA INTERGROUP CENTRAL OFFICE

#### **Tips on Making Twelfth Step Calls**

When a Twelfth Step call is received, we begin with the assumption that another human being's life is at stake -- literally. This means that, without delay, this call is to be answered at once.

1. Arrange for another AA member to go with you.
2. Have a quiet time, read Chapter Seven in the Big Book.
3. Maintain anonymity.
4. Talk to the prospect alone, if possible. (That is, without his family and friends there.)
5. Congratulate him on wanting to do something about his drinking problem.
6. Give him some AA literature.
7. Note well what the Big Book says at the bottom of page 94: "On your first visit tell him about the Fellowship of Alcoholics Anonymous. If he shows interest, lend him your copy of this book."
8. Each of you tell him "what you used to be like, what happened, and what you are like now."
9. If he wants to talk, let him. At the top of page 95, it advises, "Give him a chance to think it over. Sometimes a new man is anxious to proceed at once, and you may be tempted to let him do so. -

**Continued on Page 6-**



## CALENDAR OF EVENTS

**Sobriety 24/7 in 2011**  
26<sup>th</sup> Annual Orange County AA  
Convention, April 22-24, 2011.  
Hilton Hotel, Costa Mesa, CA;  
[www.ocaac.org](http://www.ocaac.org)

### **AlaNest Alcathon**

March 18 – 20, 2011  
18321-A Sherman Way, Reseda, CA

### **Keep it Simple, San Diego Round Up**

April 21-24, 2011  
Town and Country Resort Hotel,  
San Diego, CA  
[www.sandiegospringroundup.com](http://www.sandiegospringroundup.com)

### **Tri-State 27<sup>th</sup> Annual Round-Up**

May 19 – May 22, 2011  
Riverside Resort Hotel & Casino  
Laughlin, NV  
[www.tristate-roundup.com](http://www.tristate-roundup.com)

### **Woman to Woman 32<sup>nd</sup> AA Retreat**

June 3 – 5, 2011  
Mount St. Mary's College  
Brentwood, CA  
[www.womantowomanla.org](http://www.womantowomanla.org)

### **A.A. Desert Pow Wow**

**Renaissance Esmeralda Resort**  
June 9-12, 2011; Indian Wells, CA

### **AA Additional Pacific PRAASA Regional**

**Forum**, August 19 – 21, 2011  
Warner Center Marriott, Woodland Hills, CA



## **THE PASSING OF AA'S –**

### **THINGS WE CANNOT CHANGE:**

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](mailto:sfvaanews@sbcglobal.net).



## SERVICE COMMITTEES SCHEDULE:

**SFV H & I: Mon, March. 21,  
2011:**

7 p.m. Orientation/8 p.m.

Business Meeting  
5657 Lindley Ave., Tarzana, CA

### **Gen Service, District 11: Mon, April 4, 2011**

6 p.m. New GSR orientation/ 6:30 p.m. Bus. Mtg  
315 W. Vine Street, Glendale, CA

### **Gen Service, District 16: Mon, April 4, 2011**

6:15 p.m. meeting  
15950 Chatsworth, Granada Hills

### **Gen. Service, District 17: Mon, April 4, 2011**

6 p.m. New GSRs. /6:30 p.m. Bus. Meeting  
5000 Colfax, N. Hollywood

### **Gen. Service, District 2: Tues. April 5, 2011**

6:30 p.m. Business Meeting  
4011 Dunsmore Ave., La Crescenta

### **Gen Service, District 1: Wed., April 6, 2011**

6:30 p.m. Business Meeting  
7552 Remmet, Canoga Park

### **SFV Central Office Board Mtg: Wed., April 6, 2011**

6:30 p.m., Valley Central Office

### **Gen. Service District 7: Sat., April 9, 2011**

9 a.m. Business Meeting  
Agua Dulce Women's Club  
33210 Agua Dulce Canyon Road

### **SFV Intergroup: Mon., April 11, 2011**

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](http://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 1<sup>st</sup> 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 2<sup>nd</sup> Monday of each month at St. Innocent Church, 5657 Lindley Ave. in Tarzana. New Intergroup reps

please arrive at 6:30 p.m. for orientation; the regular meeting starts at 7 p.m.

**For info on serving as an Intergroup rep, call Central Office: 818 988-3001.**

**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](http://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:



**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).

**FEBRUARY A.A. BIRTHDAYS:**

Barbara C. – 23 Years  
Jess A. – 26 Years  
Kevin McC – 27 Years  
Anonymous – 30 Years

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**Co-Founder Quotes:**



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Lord, please keep your arm around my shoulders and your hand over my mouth. Amen

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"A.A.'s often say, "Our leaders do not drive by mandate; they lead by example." If we would favorably affect others, we ourselves need to practice what we preach – and forget the 'preaching' too. The quiet good example speaks for itself."

**Letter by Bill W: 1966**

"Just how and when we tell the truth-or keep silent- can often reveal the difference between genuine integrity and none at all."

**Grapevine. August 1961**

"When we harbored grudges and planned revenge for defeats, we were really beating ourselves with the club of anger we had intended to use on others. We learned that if we were seriously disturbed, our very first need was to quiet that disturbance, regardless of who or what we thought caused it."

**Twelve And Twelve, Pg. 47**

"If we are planning to stop drinking, there must be no reservation of any kind, nor any lurking notion that some day we will be immune to alcohol."

**Alcoholics Anonymous, P.33**

**Central Office: IGR Meeting Notes of Feb. 14, 2011**

**Chairman Tom T.** opened the meeting with the Serenity Prayer. **Recording Secretary Dawn H.** accepted a motion to approve the minutes from January's Intergroup meeting. The minutes were approved as submitted.

**Treasurer Brian H.** reported Central Office ended 2010 in the black with the help of Gratitude Month contributions. Personal donations were up in January by \$5,500.

**Executive Secretary Bob F.** asked the groups to remind their members that **Central Office is open every day of the week, including weekends, for purchases of books, chips, medallions, etc.** He suggested that IGRs ask their groups if they would like to sponsor a weekend shift.

This helps keep the phones manned 24-hours a day during those tough-to—fill time slots on weekends. As always, weekend phone volunteers are needed to cover the 9 pm-12 am shift, Monday through Saturday, and 12 a.m.—9 a.m., on Sundays. Volunteers are also needed to serve as a contact to out-of-towners and for 12-step calls. **Call Central Office to volunteer: (818) 988-3001.** Everything is going well with Recovery Times, and the [www.sfvaa.org](http://www.sfvaa.org) website.

**H & I:** Join the H & I Committee on the 3<sup>rd</sup> Monday of every month at St. Innocents Church in Tarzana.

**Intergroup Birthdays:** Lon – 2 Years and Rick – 15 Years

**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: \_\_\_\_\_

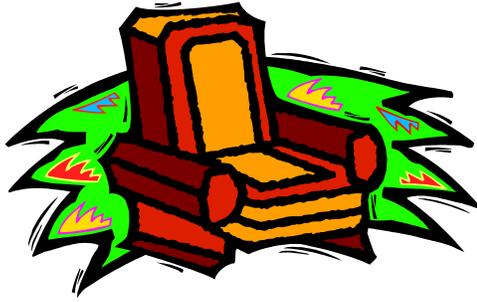
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

**New**     **Renewal**     **Additional Contribution**

**Moving? Please give us your former address too:**

\_\_\_\_\_

\_\_\_\_\_



**Seat of Life** Last week, I had a lovely party on one of those lush, green, misty summer afternoons. The house was filled with good friends in celebration of my first year of sobriety, and my dad's visit. I was maneuvering food plates around the kitchen and talking to a girlfriend, when someone said to me, "That's such a beautiful chair." I looked over to the corner of the living room, and there it was, unoccupied. My little antique winged-back burgundy brocade chair and its matching footstool. All I saw, in that moment, was the chair and the green mountains behind it.

One year ago, that chair was covered in tears, vomit, blood, and likely some urine. Probably the only bodily fluid that didn't leak onto the chair were bowel-moving materials, and maybe some obscure bile-duct secretions--but who knows, given my body's reactions to the large bottles of mouthwash (alcohol content: 26.5%) I was drinking. If I'd had any fingernails, there would have been large gashes in the armrests. A year ago, that chair held me in its arms as I rocked back and forth with shakes, heaves, and despair, as I stared psychotic out at the colorless winter, plotting suicide. No job, no driver's license, and unanswered phone calls from ignored friends. Except for the dogs, I was alone within the excruciating cycle of drinking my half-assed alcohol, blacking out, and the inevitable convulsive withdrawals, panic, and terror. Unspeakable terror. The Horsemen surrounded me, and that little chair held me through all of it.

But, on this day, the chair stood clean and beautiful against the window and wore a gorgeous lace doily. The whole house was warm and the smells of good food intermingled with music and my friends laughter. I could see a few books peeking out underneath my chair, from my rushed effort to tidy: The Big Book, a meditation book, *Living Sober*, a book on women pilots of Alaska, and information on a Master's program in environmental science.

Now, when I sit in my chair, I look out the window with hope. When fear grips me, I sit in my chair and face it head on. I cry in it, pray in it, read in it, and reminisce in it. How one little chair can be the seat of such joy, pain, and everything in-between transcends human understanding. But I do know that God is here today, as he was there then, holding me in the palm of his hand, in the arms of my chair.

**Mary C., Alaska;** Copyright © The AA Grapevine, Inc. (Feb. 2011). Reprinted with permission.

## The 12 Promises of Drinking

1. If we are casual with this phase of our development, we will be drunk before we are halfway through.
2. We are going to know a new imprisonment and a new misery.
3. We will relive the past and won't be able to shut the door on it.
4. We will comprehend the world CONFLICT and we will know PAIN.
5. No matter how far down the scale we have gone, we'll sink even lower.
6. That feeling of uselessness and self pity will deepen.
7. We will gain interest in selfish things and lose interest in our fellows.
8. Self esteem will slip away.
9. Our whole attitude and outlook upon life with SUCK.
10. Fear of people and of economic insecurity will multiply.
11. We will intuitively know how to run from situations which never used to bother us.
12. We will suddenly realize that God would never have done to use what we are doing to ourselves.



Are these extravagant promises? We think not! They are being fulfilled among those of us who are still drinking; sometimes quickly, sometimes slowly... **Anonymous**

This is sometimes a mistake. If he has trouble later, he is likely to say you rushed him. . . . If he is sincerely interested and wants to see you again, ask him to read this book in the interval (at least ask him to read the first 164 pages). After doing that (reading the book), he must decide for himself if he wants to go on .

10. When you are ready to leave, tell him you will call on him the following day if he wants, and he will have had time to read the first 164 pages, or had time to think about your conversation.
11. Note that the second paragraph on page 96 says, "Suppose you are now making your second visit to a man. He has read this volume, and he is prepared to go through with the Twelve Steps of the program of recovery." At this point you review the Twelve Steps with him, and arrange to bring him to your group meeting. If he does not want to go on, or feels that he can do it some other way, pick up your copy of the Big Book and invite him to call on you again if he changes his mind and decides that AA can be of help.
12. Finally, note how the Big Book, at the top of page 96 says, "We find it a waste of time to keep chasing a man who cannot, or will not, work with you. If you leave such a person alone, he may soon become convinced that cannot recover by himself."

Gail W., Kansas City

## Endangered

About four years ago, my home group was on the endangered list. For months, only the GSR and the treasurer (me) showed up for the business meeting. Attendance at the regular meeting was down to five or six. One night, after a business meeting, we announced that we had taken a group conscience, decided to take ourselves out to dinner with the money in the treasury, and thanked the group for a delicious meal. As you can imagine, that statement got attention! We explained that of course we hadn't done that, but we could have and they would never have known because they weren't involved.

Our group was dying, and we needed to make some changes. We got a new home group book and kept it current; we called home group members to remind them of the business meeting. Attendance began to pick up both there and at the regular meeting. We decided that when anyone wanted to use the meeting just as a forum for "how I'm feeling," or "where I'm at today," we'd talk instead about the solution as outlined in the Big Book.



We give out newcomer packets which include the pamphlets "Is AA for You?," "A Newcomer Asks," and "Do You Think You're Different?" among others. We put our numbers in the back of the "Where and When," we give it to the newcomers, and we let them know we really mean it when we tell them to call us. We always ask for a show of hands from those willing to be temporary sponsors, and encourage newcomers to talk to them; sometimes we take the newcomer to a member and say, "I think this woman would be a great temporary sponsor for you." We make regular contributions to our intergroup, the General Service Office, Virginia Area Committee (VAC), and our district. We have an intergroup representative and an alternate, as well as a GSR and an alternate who attend intergroup and district meetings and the VAC assemblies. We keep a calendar so members can sign up to chair a meeting. Those folks who just wanted to share "where they were at" and let us know how they were feeling began to drift away and be replaced by women who wanted to recover from alcoholism. Last Monday night, I looked around the room and counted forty-two women! My home group is no longer dying. It's alive and thriving.

## Home Group Inventory

*An inventory can serve the AA group in the same way it serves the individual alcoholic. The AA member's primary purpose is to stay sober: the group's primary purpose is to help that alcoholic--and others--recover through use of the Twelve Steps. An excellent tool for group inventory is a forty-eight page pamphlet, "The AA Group . . . Where it all begins. How a group functions; How to get started." It includes thirteen questions for doing a group inventory. To get the pamphlet, write to: The General Service Office, Box 459, Grand Central Station, New York, NY 10163 for a catalog and order form. The pamphlet can also be viewed at [www.aa.org](http://www.aa.org) by clicking on "Services for members."* Nancy P. Virginia

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January 2011

1. "You have to admit it, can't life get you down at times!" — *Anonymous*
2. "No more limes in my lime rickeys, James! I slipped on one of them." — *Tom O', Conscious Contact Group, Albany, NY*
3. "I'm a little dizzy, so is it ok if I sit here for awhile?" — *Victoria G., Richmond Hill Group, Ontario*
4. "Of course I didn't drink myself under the table, I am merely inspecting YOUR floor for cleanliness!" — *Don H. Strictly AA Group, Bath, NY*
5. "All right, so I've hit bottom. At least it's on a priceless imported carpet." — *Mike M, Watertown, NY*
6. "My wife said if I wanted to have another drink, I could just sleep here tonight." — *Rick Y., Belfast, ME*

**A.A. WORD SEARCH #3** Find the A.A.-related words in the puzzle. Words can be read forward, backward, up, down, or diagonally.

J X G M E E T I N G S P O C  
 F V Y E B C H M F F H J C K  
 W N E W C O M E R E C U G D  
 T I F J N I B X D L M S O V  
 J B E U O R V M S L H T X S  
 Z J R Y I R F R E O T F F T  
 V U T U T L W P E W G O O E  
 G N Q F U M B B N S E R R P  
 G S L Y L E B E Y H L T D S  
 E N C V O L Q N E I S O G J  
 V I L B S Q Q V S P E D R D  
 O C X L Q K Z S B N H A O E  
 N U I Y R E V O C E R Y U D  
 S N O I T I D A R T V P P T

**STEPS**

**TRADITIONS**

**JUST FOR TODAY**

**OXFORD GROUP**

**RECOVERY**

**FELLOWSHIP**

**SERVICE**

**NEWCOMER**

**SOLUTION**

**MEETINGS**

(Submitted by Susan H.)

**San Fernando Valley Central Office**

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