

# RECOVERY TIMES

Vol. 36, No. 9, September 2012

## The Alcoholics Anonymous San Fernando Valley Central Office Newsletter



“**Keys of the Kingdom**” is the theme of the 9<sup>th</sup> Annual Santa Clarita Convention of Alcoholics Anonymous (with Al-Anon and Ala-Teen participation) taking place **Oct. 19 – Oct. 21, 2012** at the Hyatt Valencia and Santa Clarita Conference Center. This year’s celebration of sobriety features one-hour marathon meetings all night long, a two-hour meditation workshop on Saturday morning, and a special presentation of “**Off-White and the Seven Defects**” by the SCV Convention Comedy Theater, all for your ticket price of \$15 (pre-registration by Sept. 23) or \$25.00 at the door.

Extra special events include a Golf Tournament on Oct. 13<sup>th</sup> at Robinson Ranch, an Al-Anon Luncheon, the Saturday evening A.A. Banquet and Show with live entertainment and the Sunday Spiritual Breakfast.

This year’s SCVAA Chairman Neil A. says, “The Hyatt is providing an outdoor area for us to fellowship throughout the weekend. It’s a beautiful setting and there will be a variety of recovery activities for A.A.s, young people and Al-Anons to enjoy. Come join us for a celebration of Sobriety. Go to our website: [www.scvaaconvention.com](http://www.scvaaconvention.com) to get up-to-date information on the convention or to register.

This year, parking is free in the parking lot south of the hotel by the main entrance, however, you must be registered to attend the events. For anyone who is unable to make it this year, there will be audiotapes available online post-convention to carry the message. The Santa Clarita Valley Convention is being held at the Hyatt Valencia and Santa Clarita Convention Center, 24500 Town Center Drive, Valencia, CA 91355.

## Thoughts From One Alcoholic – Across the Pond



Today my plan is to cast off the woes of the world with its multiple corruptions and deceptions. Time for me to re-apply some of the teachings of A.A. given me from my early sobriety. which had lately become ignored!!

For instance, page 135 of the 3rd. & 4th. Editions; 3 A.A.-dichos: "First Things First," "Live and Let Live," and "Easy Does It." [without the added, 'but do it,' wherever that came from]. And of course, one from Dr. Bob himself when he diplomatically reminded Bill W., "Let's keep this thing simple."

Today, '1st-Things-1st' directs me to be thankful in word and attitude. 'Live and let Live' suggests to me that I get on with life and allow others to live theirs. 'Easy Does It' is a hint not to make rash decisions. 'Keep It Simple' is a guide for me not to add any further complications. **Aléquis, Glasgow, Scotland,**



## CALENDAR OF EVENTS

### **61<sup>st</sup> Annual So. CA. AA Convention**

Sept. 28 – 30, 2012

The Legendary Town & Country Resort Hotel, San Diego, CA [www.aasocal.com](http://www.aasocal.com)

### **9<sup>th</sup> Annual Santa Clarita Valley Conv. of A.A.**

October 19-21, 2012

Hyatt Valencia & Santa Clarita Conference Ctr.  
24500 Town Center Drive, Valencia, CA

[www.scvaaconvention.com](http://www.scvaaconvention.com)

### **28<sup>th</sup> Santa Barbara Convention**

Oct. 19- 21, 2012

Goleta, CA

[www.sbaaconvention.org](http://www.sbaaconvention.org)

### **SERVICE COMMITTEES SCHEDULE:**

#### **SFV H & I: (3<sup>rd</sup> Monday) Mon, Sept. 17, 2012:**

7 p.m. Orientation/ 8 p.m. Business Meeting  
5657 Lindley Ave., Tarzana, CA

#### **Gen Service, District 11: Mon, Oct. 1, 2012**

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

#### **Gen Service, District 16: Mon., Oct. 1, 2012**

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

#### **Gen. Service, District 17: Mon, Oct.1, 2012**

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

#### **Gen. Service, District 2: Tues. Oct. 2, 2012**

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

#### **Gen Service, District 1: Wed., Oct. 3, 2012**

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

#### **SFV Central Office Board Mtg: Oct. 3, 2012**

6:30 p.m., Valley Central Office

#### **Gen. Service District 7: Sat., Oct. 6, 2012**

9 a.m. Business Meeting  
33210 Agua Dulce Canyon Road, Agua Dulce, CA

### **SFV Intergroup: Mon., Oct. 8, 2012**

Orientation: 6:30 p.m., Business mtg: 7 p.m.  
St. Innocent Ch., 5657 Lindley Ave., Tarzana

### **SERVICE OPPORTUNITIES IN THE SAN FERNANDO 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) or call Central Office: 818 988-3001.

**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.  
**Valley Hospitals and Institutions Committee:** Carry the message of A.A. into hospitals, prisons and treatment facilities to those who are unable to get out to meetings. Call Central Office if interested.

#### **San Fernando Valley Convention Committee:**

Volunteers are welcome to participate in the planning of the 2012 SFV AA Convention to be held in Woodland Hills at the Warner Center Marriott. The Committee meets the 3<sup>rd</sup> Tuesday of every month at 7 p.m. at St. Innocent Church, 5657 Lindley Ave., Tarzana.

#### **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., NoHo.

**San Fernando Valley Intergroup:** 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., Tarzana. 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 Valley. **To serve as an Intergroup Rep, call Central Office: 818 988-3001.**



## **Heard Around A.A.**

"Take care of your #1 problem and everything else will take care of itself."

"Wear your program like a loose garment."

"Are you waking up and walking in gratitude?"

"People don't care what you say; they watch what you do."

## **How to Avoid Playing God (6-10):**

6. Build confidence in the other person until his own judgment becomes clear.

7. Have faith in the overall rightness of God's purpose in this world and the next.

8. Dwell on what is right instead of what is wrong.

9. Realize the core of Divine Being in each person. Respect it.

10. Never discount the other person's good intentions.

*Recovery Times* is published monthly, 12 months a year, by the Central Office of Alcoholics Anonymous of the San Fernando Valley (SFVAA). The views expressed in the articles are not necessarily those of A.A. Please send any announcements, stories with an A.A. message or sober jokes to Editor Pat K. at: [xnowisthetime@aol.com](mailto:xnowisthetime@aol.com). Submission does not guarantee acceptance.

**CENTRAL OFFICE: 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.

**HAVING A BIRTHDAY?** By making a \$1.00 donation for every year of your sobriety, you can support Central Office in reaching out to alcoholics all over the county. Please send your donation in during the month of your birthday so we can acknowledge you in the correct issue of *Recovery Times*. This month's sober birthday celebrants are: **Linda S. - 27 Years, Randall H - 15 Years, Brian H. - 12 Years.**

**DEATHS: 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).

## **Illustration by Leslie Z:**



## Intergroup Rep Board Meeting Notes: August 13, 2012

**Chairperson** Cheryl A. opened the meeting at 7:00 p.m. with *The Serenity Prayer*. Kim read the Twelve Traditions. Dawn H., Recording Secretary, accepted a motion for approval of Minutes from July's Intergroup Meeting. The minutes were approved as submitted.

**Treasurer's Report:** Brian H. reported Central Office is down <-\$492.11> MTD and in the red <-\$3,616.38> YTD. Group donations are up, but sales are down a bit for July. Brian requested that meeting treasurers be made aware of the importance of sending in group donations to Central Office in a timely manner. A full Treasurer's Report will be available in next month's *Recovery Times*.

**Executive Secretary, Bob F. reported that everything is running smoothly at Central Office. Our volunteer staff is currently running well, but Central Office can always use new volunteers.**

**Recovery Times:** Everything is supremely excellent with the newsletter.

**Internet** – Everything is running smoothly with the [www.sfvaa.org](http://www.sfvaa.org) website.

**Co chair Andre W. welcomed one new IGR. San Fernando Valley Hospital & Institutions Committee:**

Daniel brought new can wrappers for H & I cans that are circulated at area meetings that reflect the new post office box number for H&I donations.

**Santa Clarita AA Convention:** Bernard encouraged everyone to help support our sister convention.

**San Fernando Valley AA Convention:** The next meeting for the 2013 SFVAAC Planning Committee takes place on Tuesday, Sept. 18 at St Innocents at 7:00 p.m. All are welcome to help plan the 2013 convention.

**IGR Rep Birthdays:** Dave – 4 Years, Dan – 11 Years, Brian – 12 Years & Kim – 13 Years.

Motion to adjourn was recognized and seconded. The meeting adjourned with *The Lord's Prayer* at 7:17 p.m.

**Group Announcements: Dawn:** Two meetings need support: The Tuesday Night Gay Candlelight Meeting meets from 7:30-8:30 pm. at the Woodland Hills United Methodist Church, corner of Shoup and Collins. And the 6:00 p.m. Friday Night "As Bill Sees It" Meeting (formerly, the NBCUniversal meeting), meets at the Spirit Works Center for Spiritual Living, 260 North Pass Avenue in Burbank.

**Motion to Adjourn:** 7:17 p.m. with the Lord's Prayer.

## **A.A. Around the World: Worldwide Conventions**

*No matter where you go, you can stay sober.*

Sept. 14-16, 2012: Fairbanks, Alaska: Pacific Regional Forum

Sept.20-23 Amarillo, Texas: 66<sup>th</sup> Top of Texas Roundup

Sept. 21 – 23: 28<sup>th</sup> Convention of Italy, Rimini, Italy

Sept. 28 – 30: 27<sup>th</sup> Cajun Country Conference, Lafayette, Louisiana

Oct. 12 – 14, 2012: 17<sup>th</sup> Intl. Fall Roundup, Angeles City, Philippines

Oct. 19 – 21:28<sup>th</sup> Santa Barbara Convention, Goleta, CA

Oct. 19-21: Greensburg, Pennsylvania 72<sup>nd</sup> Laurel Highlands Conference

Oct. 26-28: Branson, Missouri, Colors of Fall in the Ozarks

Oct. 26-28: Elizabeth, New Jersey, 24<sup>th</sup> Woman to Woman Conference

Oct. 26-28: Sheridan, Wyoming, Area 76 Fall Convention

Nov. 2-4: Wetaskiwin, Alberta, Canada: Wetaskiwin Roundup



# Me and My Friend Moose

At the end, he had only one drinking companion: his imaginary friend

It seems absurd that something so simple has been extremely difficult for me to fathom. I am alcoholic, even when I'm not drinking I have an alcoholic personality. There are good spirits, bad spirits and my personal demon spirit, alcohol.



It has taken me years of blithe ignorant bliss of drinking, socially and aloof on my own bar stool away from friends in an unfrequented bar, to drink the way I wanted to without being judged.

Being judged is not of importance. The glaring truth is that alcohol for me is poison, equally deadly as strychnine, rat poison. So why have I done it? Because a little allergy germ sends an insane mental message giving me a physical urge to drink. I crave the stuff.

My Moose was an imaginary drinking friend of mine. Moose came along on my binges. We had long talks on any and all deep subjects. Moose knew how to hold his liquor, in his hand, and then sip it. Moose was much like "Harvey"—the big white rabbit that Jimmy Stewart drank with in the movie.

Moose and I were sitting on our bar stools one day talking about why life was so rotten, why we had lost good jobs, promotions, homes, mates, etc. Picking up our glasses of liquor, staring at the booze in the bottom we both looked at each other in shock and amazement...could it have been the drinking?

We drank to celebrate, we drank when we were sad, we drank when angry, we drank when we were bored, we drank when we were tired, we drank when we were falling in love, when we were dumped, when we were looking for some good sex, drank when sex didn't give us the kick we were looking for.

We drank because we were alcoholic. So what's it to be? Set 'em up again or never be set up by alcohol again?

Moose and I don't hang out anymore. We call each other once in a very long while, ask how things are going. He's lost another job, another girl friend. With me, the bartenders lost a customer and a lot of money. Everything isn't wonderful, it's not a happy Hollywood ending, but I'm sober and alive. Copyright ©1944-2011 The AA Grapevine Inc. All Rights Reserved. Reprints by permission only.



**At Wit's End:** "A woman talked at a meeting about the difficulties of early sobriety at age 55. "It hasn't been easy," she said, "going through puberty and menopause at the same time." C.C., North Hollywood, CA

It's two o'clock in the morning. The phone rings. A very drunk voice asks, "Harry there?" "There's no Harry here," growls the half-asleep owner of the phone. "You've got the wrong number."

Five minutes later the phone rings again. "Lemme talk to Harry."

"You've got the wrong number!"

Another five minutes and the same thing. "Harry?" "No!" Five more minutes go by. The phone rings. This time, the irate but wise citizen answers, "Alcoholics Anonymous!" The phone goes dead and stays quiet for the rest of the night. Norm D., Ypsilanti, MI. Copyright ©1944-2011 The AA Grapevine Inc., All Rights Reserved. Reprints by permission only.

# The Message on Tape

While away from home, he heard just what he needed to hear

The first time someone called me an alcoholic, I thought it was sort of a compliment. I was proud of drinking a lot and thought it was a good thing. I was still at the stage of bragging about it rather than lying about it.

I eventually realized my drinking had become a problem. Stopping seemed far too drastic, but AA was the only group I could think of that dealt with drinking problems and I wanted to cry on someone's shoulder about it.

I started going to meetings and could easily see that the others there were alcoholics. They would tell drinking stories that were a lot worse than anything I'd done, and then they would talk as if their problems were solved by putting the proverbial plug in the jug.

Alcohol had been my medication, and not much seemed to have been solved by going off it. I was full of anxiety, going through mood swings, making mountains out of mole hills and going to meetings to get a bit of relief, be in the only places that seemed safe and slow down my head enough to walk home, get some sleep and face my scary teaching job the next day. Rough edges, like extreme anger, were appearing and I seemed to have discovered a new mental illness, which I can now see was my alcoholism coming back to the surface instead of an answer to my problems.

I went to meetings about ten times a week for eighteen months thinking that others were telling me that the problem was alcohol and the solution was sobriety, but wondering if I really was an alcoholic because it didn't seem to be much of a solution for me. I kept sober even when I thought it might be better to go back to drinking because I had some hope that things might get better, and drinking was clearly not the answer.

I then went back to the U.S. to visit my family during the summer school vacation in Australia, went to a lot of meetings there, and brought back some tapes. On one of them, the speaker said, "The second and fifth drinks are caused by alcohol but the first is caused by sobriety. It just gets so rotten you've got to drink." Hearing that helped me to see things differently. I solved my drinking problem when I stopped doing it. The problem since then was sobriety, living without the stuff.

It was only after I had been sober for a few years that I heard someone say that an alcoholic is someone who can't guarantee their behavior after taking the first drink. It was further explained that it could be like Russian roulette, as it was for me. I still had some good times drinking but frequently would wake in a wet bed with no memory of the night before.

—Jim F., Tasmania

## Quotes From Our Founders

### To Be Fair-Minded

"Too often, I think, we have deprecated and even derided projects of our friends in the field of alcoholism just because we do not always see eye to eye with them. We should very seriously ask ourselves how many alcoholics have gone on drinking simple because we have failed to cooperate in good

spirit with these many agencies – where they be good, bad, or indifferent. No alcoholic should go mad or die merely because he did not come straight to A.A. at the beginning." **Grapevine, July 1965**

"Our first objective will be the development of self-restraint. This carries a top-priority rating. When we speak or act hastily or rashly, the ability to be fair-minded and tolerant evaporates on the spot."

**Twelve and Twelve, p. 91**





**Please Support Your Central Office.** We really could use more support by sending a Representative from your group to the IGR meetings. We meet the 2<sup>nd</sup> Monday of every month at St. Innocent Church at 5657 Lindley in Tarzana. Please Come! We would love to see you!

**Newsletter Subscriptions:** If you would like a copy of **Recovery Times** mailed to you, please complete this form with your address and 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: \_\_\_\_\_



**(Please circle):**  **New**    **Renewal**    **Additional Contribution**  
**Moving?** Please give us your former address:

**The 12 Steps through Word Search.** Each month, Recovery Times features the Step of the month. In August we are featuring Step Nine. Find the words to Step Nine below: **"Made direct amends to such people whenever possible, except when to do so would injure them or others."**

Can you find all the words? Look closely and read across as well as up and down.

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

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