

# RECOVERY TIMES

Vol. 36, No. 11, November 2012

## The Alcoholics Anonymous San Fernando Valley Central Office Newsletter

*Note: Central Office will be closed for book sales on Thanksgiving day, Nov. 22, 2012.*

### **November is Gratitude Month**

#### **What has your Central Office done for you lately?**

Central Office of the San Fernando Valley was founded 47 years ago (1965) to provide services to A.A.s as an informational resource staffed primarily by volunteers, with the exception of the General Manager/Office Manager and a skeleton support team. Today, it continues to function in that way offering:



- A Hotline for alcoholics operating 24-hours a day, 7-days a week
- A bookstore selling the Big Book of Alcoholics Anonymous, the 12 & 12, meeting directories, chips, medallions, and a variety of pamphlets and other GSO-approved literature at cost.
- A central information point where drunks can get a live person to speak with.
- Information on over 1,500 meetings every week across the San Fernando Valley.
- The free monthly newsletter Recovery Times.
- Orchestrated meetings for Inter Group Representatives once a month.
- The creation of fun, interesting and lively events like "A.A. at the V.A." (December) and "Take Your Sponsor to Breakfast, Breakfast" (November).
- An information table at most or all of the A.A. conventions in the L.A. area.
- A channel of information from NY's General Service Office to those living in Los Angeles.
- A wealth of online information at: [www.sfvaa.org](http://www.sfvaa.org).

Over the last 47 years, Central Office has helped thousands of alcoholics find the information they needed to get to local meetings. Your Central Office has helped promote A.A. meetings in our area, shared information about conventions, Roundups, Alcathons, and other A.A. events. It has offered those who needed a way to be of service a great, satisfying commitment – to work on the phone hotlines, which are always needing new volunteers (especially during the Holidays and on nights and weekends!).

Above all, Central Office of the San Fernando Valley has functioned as a central clearinghouse of information and support for all the meetings in the Valley. Without a Central Office, the meetings would not survive. So in honor of Gratitude Month, please dig deep and give a little extra, if you can, to help support your Central Office so that it can continue doing its ongoing work of helping alcoholics achieve and maintain their sobriety.



## **CALENDAR OF EVENTS**

### **Lake Havasu City Roundup**

November 8 – 11, 2012  
Nautical Beachfront Resort  
Lake Havasu City, Arizona  
[www.thenautical.net](http://www.thenautical.net)

### **3<sup>rd</sup> Annual Take Your Sponsor to Breakfast, Bkfst.**

Saturday, Nov. 17, 2012, 8 a.m.  
Disabled American Veterans Hall  
6543 Corbin Ave., Woodland Hills, CA  
Tickets: \$10.00 (fundraiser for Central Office)

### **46<sup>th</sup> Annual Las Vegas Roundup**

November 22- 25, 2012  
Riviera Hotel & Casino, Las Vegas  
[www.lasvegasroundup.org](http://www.lasvegasroundup.org)

## **SERVICE COMMITTEES SCHEDULE:**

### **SFV H & I: (3<sup>rd</sup> Monday) Nov. 19 2012:**

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

### **Gen Service, District 11: (1<sup>st</sup> Mon.) Dec. 3, 2012**

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

### **Gen Service, District 16: (1<sup>st</sup> Mon.) Dec. 3, 2012**

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

### **Gen. Service, District 17: (1<sup>st</sup> Mon.) Dec. 3, 2012**

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

### **Gen. Service, District 2: (1<sup>st</sup> Tues.) Dec. 4, 2012**

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

### **Gen Service, District 1: (1<sup>st</sup> Wed.) Dec. 5, 2012**

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

### **SFV Central Office Board Mtg: Wed. Dec. 5, 2012**

6:30 p.m., Valley Central Office

### **Gen. Service District 7: (2<sup>nd</sup> Sat.) Dec. 8, 2012**

9 a.m. Business Meeting, Women's Club:  
33201 Agua Dulce Canyon Road, Agua Dulce, CA

### **SFV Intergroup: Mon., Dec. 10, 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.



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

"Believe that there's a light at the end of the tunnel and that you might be that light for someone else."

"Honesty without love is brutality."

"Don't tell God how big your problems are; tell your problems how big your God is."

### **Quote from our Founders:**

"In AA we have no VIPs, nor have we need of any. Our organization needs no title-holders nor grandiose buildings. Experience has taught us that simplicity is basic in preservation of our personal sobriety and helping those in need."

AA Co-Founder, Dr. Bob, September 1948 from "The Fundamentals in Retrospect."

*"Resentment is pure mental drunkenness. We must treat it mentally and spiritually to remain physically dry." A.A., Chapter 5, pg. 64*

*"We react more strongly to frustrations than normal people. By reliving these episodes and discussing them in strict confidence with somebody else, we can reduce their size and therefore their potency in the unconscious." Letter, 1957*

**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.**

**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:

**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).

*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.*

Service

## Intergroup Rep Board Meeting Notes: October 9 2012

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

**Treasurer's Report:** Brian H. said Central Office is in the red <\$352.44 MTD and in the red <-\$1,798.55> YTD.

Group donations are up and Brian thanked the groups for their continued support. Brian also reminded the IGRs that November is Gratitude Month. A full Treasurer's Report is included in the Recovery Times.

**Central Office:** Bob F. said everything is going well at Central Office. He

Reminded everyone to please let Central Office know of any meeting changes (including those that may go dark), so that our directory can be kept current. The volunteer staff is currently running well but Central Office can always use new volunteers, especially with holidays coming up. Interested parties should contact Larry at Central Office. Central Office will be closed for literature sales on Thanksgiving Day, but the office will remain open and calls will be answered. The office will reopen for literature sales on the Friday after Thanksgiving. Bob reminded everyone that Central Office is also open for literature sales from 9:00-5:00 on the weekends, and is only closed for literature sales on the last Friday of the month for inventory.

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

**Recovery Times:** Everything is super with the newsletter.

**Co chair** Andre W. welcomed two new IGRs. IGRs were reminded to encourage recruitment of IGRs from meetings that are not currently represented. There are currently 300+ groups in the San Fernando Valley, with only 50-60 meetings represented monthly at IGR.

**San Fernando Valley Hospital & Institutions Committee:** Daniel reported H&I will host its 31<sup>st</sup> Annual Birthday Dinner fundraiser October 25<sup>th</sup> at St. Innocent. The monthly H&I financial report was available on the back table.

**Santa Clarita Valley AA Convention:** Bernard invited everyone to attend the SCVAA Convention October 19, 20, 21.

**San Fernando Valley AA Convention:** Joel announced the next meeting of the 2013 SFVAA Convention Planning Committee. Thomas, Marathon Chair, distributed Marathon Meeting request forms. A Bingo night will be held on November 3<sup>rd</sup> and a 50/50 raffle with a grand prize of \$5,000. The 2013 SFVAA Convention will be held February 1-3, 2013 in Woodland Hills.

**Birthdays:** IGRs celebrating birthdays this month were: Lynne – 4 years, Elizabeth – 6 years, Dave – 16 years and Terry – 40 years.

**Motion to Adjourn:** 7:20 p.m. -the Lord's Prayer.



**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 October we are featuring Step Ten. Find the words to Step Eleven below: **"Sought through prayer and meditation to improve our conscious contact with God as we understood him, praying only for the knowledge of his will for us and the power to carry that out."** Can you find all the words? Look closely and read across as well as up and down.

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

**San Fernando Valley Central Office**

**7417-E. Van Nuys Boulevard**

**Van Nuys, CA 91405**

**ADDRESS SERVICE REQUESTED**

