

RECOVERY TIMES

Vol. 38, No. 10, October 2013

The Alcoholics Anonymous San Fernando Valley Central Office Monthly Newsletter

What Constitutes a Good Sponsor, as Minneapolis Sees It

Written in July 1945 (Many groups have used to good advantage the sponsor system, one of which is outlined below).



1. Sincerity in A.A. and dry for certain length of time.
2. Must have friendly attitude toward new member. If that is not possible, do not accept the sponsorship.
3. Work on only one member at a time.
4. Come to *all* the classes with the new member.
5. Keep in close touch by telephone.
6. See that the new member comes to all the meetings and be there also.
7. See that he meets people.
8. Have older members talk to him.
9. Don't sell the club to new members.
10. Don't quote the big names in the group.
11. Uphold other members to the new member.
12. Do not encourage discussion of personalities.
13. Do not make things too easy, such as lending money, etc.
14. Help straighten out new member's financial and domestic problems by pointing out what experience has shown to be

the best way.

15. When drunk goes to another sponsor with tales of persecution, if the second sponsor doesn't talk it over with the first sponsor, the issue becomes one of personalities, and the second sponsor will find that the slipper has outsmarted him.
16. Don't listen to a lot of gossip by slippers.
17. Second sponsor of same member should get in touch with the first sponsor and find out what has been done--what were the reactions of the slipper--so that he can't pull the same stuff on the second sponsor.
18. If a new member alibis about coming to classes and the Tuesday night meetings and the group meetings, after a short while, the sponsor should impress on him the importance of attendance at these meetings by both the husband and the wife. If you can't get him to come, then he has put you in a position where you cannot help him, as he will not let you. So drop him. The seed has been planted; redirect your energies elsewhere. Somewhere along the line he will be back when he *wants* A.A.
19. A good sponsor will not have more than two neophytes a year. But he will do a thorough job on those two.

July 1945. Copyright c. 1944-2012. AA Grapevine, Inc. *All Rights Reserved. Reprints by permission only.* Obviously, times have changed since July 1945 when this was written. Some of the language is archaic but many of these principles can still be applied when working with others. Central Office does not endorse any one view of sponsorship. Next month, we will be featuring an article from the AA Burbank Group, which held a Sponsorship Workshop on Sunday, October 6th, so stay tuned! *Editor*



CALENDAR OF A.A. EVENTS

10th Annual Santa Clarita Valley AA Convention: October 18 – 20, 2013, Valencia Hyatt & Santa Clarita Conference Center.

32nd Annual H&I Birthday Dinner - October 24, 2013 at St. Innocent.

29th Annual Santa Barbara AA Convention: October 25 - 27, 2013

Halloween Costume Ball & Dance: Oct. 26, 2013, 10 p.m.: San Fernando Group, 13245 Gladstone Ave., Sylmar

The Hole in the Sky Alcañon: Oct. 27 - 29th, 2014 Sherman Way, Canoga Park, CA

Unit A Thanksgiving Alcañon: November 28th, 10641 Burbank Boulevard, NoHo

Burbank Group Thank-A-Thon: Nov. 28 & 29, 8 a.m. - 10 p.m. both days, 3217 Winona Ave., Burbank, CA

SERVICE COMMITTEES SCHEDULE:

- **SFV Central Office Board Mtg: Nov. 6, 2013,** 6:30 p.m., Valley Central Office
- **SFV Intergroup: Mon., Nov. 11, 2013, New IGRs:** 6:30/7 p.m., St. Innocent Church., 5657 Lindley Ave., Tarzana
- **Gen Svc, Dist. 1 (1st Wed.) Nov. 6, 2013,** 6:30 p.m., 7552 Remmet, Canoga Park
- **Gen. Service, District 2: (1st Tues.) Nov. 5, 2013,** 6:30 p.m., 4011 Dunsmore, La Crescenta
- **Gen. Svc Dist. 7: (2nd Sat.) Nov. 9, 2013,** 9 a.m., Women's Club:33201 Agua Dulce Cyn Rd, Agua Dulce, CA
- **Gen Service, District 11: (1st Mon.) Nov. 4, 2013,** 6 p.m. New GSR 6:30 p.m., 315 W. Vine Street, Glendale,
- **Gen Service, District 16: (1st Mon.) Nov. 4, 2013,** 6:15 p.m. meeting, 15950 Chatsworth, Granada Hills.
- **Gen. Svc., District 17: (1st Mon.) Nov. 4, 2013,** 6 p.m. New GSRs/6:30 p.m. Bus. Mtg, 5000 Colfax, NoHo.
- **SFV H & I: (3rd Mon.) Oct. 21, 2013:** 7 p.m. Orientation/ 8 p.m. Bus. Meeting, 5657 Lindley Ave., Tarzana
- **SFV AA Convention Planning Committee:** Tues., Oct. 15, 2013, 7 p.m. St. Innocent, Tarz (see address above)

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, please call Central Office: 818 988-3001.

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

SF Valley Hospitals and Institutions Committee: Temporary contacts are needed to pair the alcoholic leaving rehabilitation, treatment or jail with AA in their home community. Contact Central Office for information.

H & I also needs volunteers to carry the message of A.A. into hospitals, prisons and treatment facilities to those who are unable to get out to meetings. See information above (SFV H & I).

San Fernando Valley Convention Committee: Volunteers are welcome to participate in the planning of the 2014 Convention. The committee meets on the 3rd Tuesday of every month starting in April.

San Fernando Valley Young People in AA: Committee Meeting is held the 1st Sunday of each month at Unit A., 10641 Burbank Blvd., NoHo.

San Fernando Valley Intergroup: Your Central Office holds a monthly meeting for all Intergroup reps on the 2nd Monday of each month at St. Innocent Church, 5657 Lindley Ave., Tarzana. 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.**



- **A.A. Central Office maintains LIVE 24/7 PHONE SERVICE** for A.A.s. **Visit:** www.sfvaa.org to find meeting info, upcoming events, service meeting info, or download a copy of Recovery Times.
- **Want to be of service?** Why not answer phone calls and help others?
- **HAS YOUR MEETING CHANGED?** Please provide meeting updates in writing to: **The Valley Central Office, 7417 Van Nuys Blvd., Ste. E., Van Nuys, CA.**

SAN FERNANDO VALLEY CENTRAL OFFICE

Minutes of September 9, 2013 Intergroup Representatives Meeting

- Chairperson Andre W. opened the meeting at 7:00 p.m. with *The Serenity Prayer*
- Aimee read "*The Twelve Traditions.*" Dawn H., Recording Secretary, accepted a motion for approval of Minutes from August's Intergroup Meeting; the minutes were approved as submitted.

TREASURER'S REPORT: Brian H. - Central Office is in the red <\$1,178.28> MTD, and in the red <\$401.39> YTD. Nevertheless, we are still far ahead of where we were last year, and Brian thanked the groups for their continued support. A full Treasurer's Report is available in the *Recovery Times*.

EXECUTIVE SECRETARY'S REPORT: Bob F. Everything is running smoothly at Central Office. Relocation possibilities are continuing to be explored; however, negotiations are continuing to possibly allow us to stay in our current location, including upgrades to the restroom facilities and increased parking availability.

- Our volunteer staff is currently running well, but Central Office can always use new volunteers. Interested parties should contact Larry at Central Office.
- The new Fall meeting directories are now available at Central Office.
- Everything is running smoothly with the www.sfvaa.org website.
- Everything is fabulous with the *Recovery Times*.

INTRODUCTION OF NEW INTERGROUP REPRESENTATIVES – Bill S. welcomed three new IGRs this month:

- Roxanne –Thursday night One Day At A Time (Gong Show) Meeting at Mason/Lassen.
- Martin –Tuesday night New Start Beginners Meeting at Mason/Lassen.
- Tim –Monday Night No More Burdens meeting in San Fernando.

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. Orientation for new IGRs begins at 6:30 p.m. prior to monthly IGR Meeting.

SERVICE REP REPORTS:

- General Service District 17: Aimee
 - The next Area Assembly will be held in November at the Elks Lodge in Van Nuys. All are welcome to attend.
- Santa Clarita Valley AA Convention: Bernard B.
 - The 10th Annual Santa Clarita Valley Convention is coming up October 18-20.
 - Registration forms are available on the back table. Preregistration is \$20; \$30 at the door.
- San Fernando Valley AA Convention: Joel S.
 - The 39th Annual San Fernando Valley Convention will take place January 31-February 2, 2014.
 - Requests for marathon meetings are available for those groups wishing to participate again this year.
 - Once again, it was announced that this year, all convention participants who wish to attend the Friday Night Opening Ceremony and the Saturday afternoon Longtimers Meeting MUST be registered.

OLD BUSINESS: Literature Sales are CLOSED the last Friday of each month. Central Office doors remain open; phones are still answered. Reminder for groups to report upcoming group events, and remove expired Group event flyers from literature tables. Continue to send meeting changes IN WRITING to Central Office.

NEW BUSINESS: (None)

ANNOUNCEMENTS FROM AA GROUPS & SEVENTH TRADITION:

- Aimee: The 32nd Annual H&I Birthday Dinner will take place Thursday, 10/24/13 at St. Innocent. Tickets are \$10 each, and flyers are available on the back table.
- The San Fernando Group will be hosting a Halloween Costume Ball on Saturday, 10/26/13 at 10PM. There will be a costume contest for kids and adults, and flyers are available on the back table.
- Andre W. Groups should bring at least 350 flyers for upcoming events so that each meeting can have at least 5 copies. Flyers must be for "AA-related events" (defined as "an event that includes an AA Meeting as part of the event")

Quotes from our A.A Founders

"Always a heady wine, success may sometimes cause us to forget that each of us lives on borrowed time." AA Co-Founder, Bill W., October 1947, *Traditions Stressed in Memphis Talk*.

"Those little maxims 'Easy Does It' and 'Live and Let Live' have come to be deeply meaningful and significant." AA Co-Founder, Bill W., January 1947, *"Will AA Ever Have a Personal Government?"*

Memorable Quotes from AAs

"The beauty of sobriety is that sometimes I am the one supported, and other times the one supporting. One act helps destroy my ego, the other my self-centeredness. I need to practice both actions if I want to survive." *Los Angeles, Calif., July 2007, "Self-Support"*

"While we readily share our views, perhaps one of the nicest things about the AA program is that we don't always have to agree with each other." *Brooklyn, N.Y., June 1975, "Self-Acceptance"*

"The Paralysis of Analysis is often an A.A.'s biggest problem." *Anonymous, Los Angeles, CA*

How many AA's does it take to build a bridge sober? ALL OF THEM! Anonymous

BIRTHDAYS FOR THE MONTH OF AUG-SEP – (136 YEARS OF SOBRIETY!)

- Jody – 7 years
- Teresa – 11 years
- Jim – 24 years
- Lyn – 24 years
- John – 25 years
- Jim – 45 years



BOARD VACANCIES: There are currently no vacancies on the Board.

CLOSING: Motion to adjourn, recognized and 2nded. Meeting adjourned with *The Lord's Prayer* at 7:20 p.m. Prepared and submitted by: Dawn H., *Recording Secretary*

CELEBRATING AN A.A. ANNIVERSARY? 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*. For September, we thank the following for their contributions: Diana H. - 20 years & Kay W. - 27 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: sfvaa.org. **Chris V. - 10 Years, Amnon W. - 32 Years, Linda D. - 8 Years, Happy Harry - 41 Years, Ed (Better Ed than Dead) - 47 Years.**

Please Support Your Central Office by sending a representative from your group to the Intergroup monthly meetings. We meet the 2nd 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 our **Recovery Times** mailed to you, please mail us your name and address along with a \$7.00 check to cover cost & delivery to:

San Fernando Valley Central Office, 7417-E. Van Nuys Blvd., Van Nuys, CA 91405.

Please tell us whether it is for a new subscription, a renewal, or if you are enclosing an additional contribution, and if moving, please also give us your former address.

Got a story, poem or artwork that is A.A.- related that you want to share? Stories should be 250-500 words.

Please email to Editor of Recovery Times at: xnowisthetime@aol.com.



Right Place, Right Time (Photo Jon W)



As an AA Grapevine rep I have been given the opportunity to have many wonderful conversations from “behind the table.” I’ve also learned how being a GVR can be an effective Twelfth-Step tool.

I first made myself available for election to an area officer position several years ago. My AA service sponsor insisted I make myself available for every office. Being an arrogant, egotistical, self-centered alcoholic, I thought she was being very insightful. Obviously she must’ve known how valuable I could be to the Fellowship. Fortunately, what she actually knew was that I needed to have the opportunity to be humbled

by the election process.

As the election began, my ego still hung onto the extremely slim possibility of being a delegate. I was thrilled: I actually got two or three votes. Though my ego made a valiant effort to soar, something told me to settle down and wait. On the second ballot, I was down to one vote. (Do I need to admit I had voted for myself?) And at the end of two ballots, of course, I dropped off. This scenario was repeated six more times that evening. God, my service sponsor, and the Third Legacy procedure had all given my ego a pummeling I was not soon to forget.

However, apparently a wee bit of humility was pounded into me. As the newly-elected chairman descended from the dais, I approached him, saying I was willing to serve in one of the appointed positions. When asked which one, I suggested the area Grapevine chairman. At the January Winter Assembly, I collected the boxes and was officially appointed to present the area Grapevine display for the next two years to any group or gathering in the area that requested my presence.

At one of these events, an opportunity to be of maximum service presented itself. I set up the tables in the foyer of the local Veterans Hall for a monthly Sunday-morning speaker breakfast meeting. Standing behind the display, I noticed a young woman walking toward the outer doors. Something motivated me to speak to her. Her name was Sally. I introduced myself and learned that she was very new to the Fellowship. As we chatted, the woman who was to be the speaker in a few moments passed by. I introduced Sally as a newcomer. They walked back into the hall chatting amiably, and I soon forgot the encounter.

One year later, at our monthly birthday meeting, Sally proudly sat at the head table. As she began to share, I marveled at how much she had changed and how much better she looked than the first time I’d seen her. I was nearly brought to tears of gratitude when she recounted the event that kept her sober a year before:

“My recovery home took me to some dumb speaker meeting,” she told the crowd. “This just didn’t appeal to me. Everybody was laughing and talking and I didn’t feel I belonged there. As soon as I finished my breakfast, I headed for the door in the direction of the liquor store down the street to buy a bottle and get drunk. Then this guy with a bunch of books on some tables stopped me. He held out his hand and introduced himself. He was nice enough, so I didn’t feel right ignoring him. But I was about to leave when he called to another woman walking past the tables and introduced us. She was about my age, but didn’t look as if she’d ever had a drunken day in her life. When he told her I was a newcomer, I groaned to myself. How could I leave now? If I walked out it would be much too obvious. I’d better stick around a bit. I’d just wait until she began talking and sneak out then. I never did leave that morning, for something the speaker said clicked.”

Sally stayed sober that Sunday morning, and remains so today—nearly six years later. Both Sally and the speaker had been in the right place at the right time. The speaker had reached out the hand of AA to Sally and was given the opportunity to carry the message. Evidently my house had been in order also, for my Higher

Power grabbed me by the scruff of the neck, held out my hand and spoke through my mouth. Nothing I did that morning was of my own doing, nor was it the result of one of my finest ideas. My finest ideas had not gotten me sober. I was allowed to be God's servant, to be his vehicle, simply because I was there being of service to the Fellowship, the area, the speaker meeting and myself. What had happened was that I had extended my hand to be of help to an alcoholic in need of recovery. And for that, I am always responsible. To this day, I am grateful and humbled by having been given that opportunity. —*Brent G., Springville, Calif.*

Take Your Sponsor to Breakfast, Breakfast



Over 250 guests attended the 4th Annual Take Your Sponsor to Breakfast, Breakfast at the DAV in Woodland Hills. The grounds were beautiful, it was a gorgeous day and we never ran out of coffee," says Bob Fisher, Office Manager of Central Office. "The speaker was great and the meal was wonderful. All in all it was a successful event."

Initial estimates are that the event raised about \$1,200 for Central Office which will go toward keeping your Central Office phone line open 24-hours a day, 7 days a week, 365 days a year.

Anyone interested in getting involved on the committee for this event, please contact Central Office: 818 988-3001.

Gratitude Month Takes Place in November

Every year, Central Office celebrates Gratitude Month during November. Each A.A. group or meeting in the San Fernando Valley can participate, by group conscience, by passing the basket a second time for Central Office operations. If your group wants to participate, it is their choice. We appreciate any and all donations!

Mark Your Calendar: Grapevine.org Calendar

October 17 -20, 2013: 23rd International Native American Indian AA Convention, Rapid City, SD www.nai-aa.com

Oct. 18- 20: 25th Northeast Woman to Woman Conference, Melville, NY www.newomantowoman.org

Oct. 25 - 27: Arizona State Conference of Young People in AA www.ascypaa.org

Oct. 25-27: 72nd Buffalo Fall Convention, Buffalo, NY www.buffaloaany.org

Oct. 25 - 27: 68th Tri-State Convention, Bossier, LA www.aa-shreveport.org

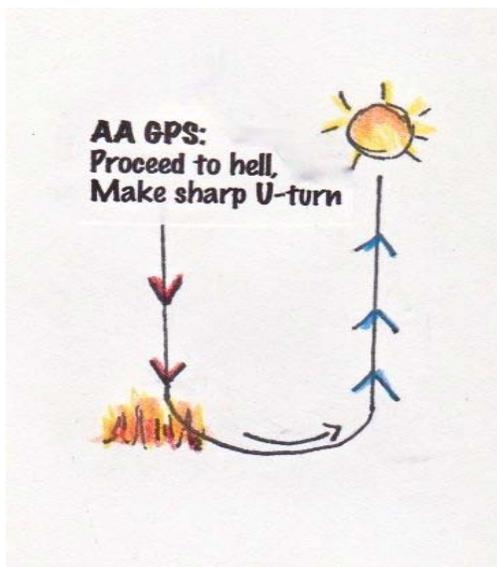
Nov. 1 - 3: Bagdad Mini Conference: Carrollton, KY bagdadretreat@iglou.com

Nov. 1-3: 8th Malta International Convention: Qawra, Malta www.aamalta.org

Nov. 1 - 3: Oldtimers Roundup, Jackson, MS msoldtimers@gmail.com

Nov. 8-11: 50th Massachusetts State Convention Framingham, MA grizzylbr@verizon.net

Nov. 8-11: 5th Jerome Chili Cookoff, Jerome, AZ sandikom@q.com



Nov. 8 - 11: 5th Hong Kong Intl. Convention: Kowloon, Hong Kong www.hkconvention.org

Nov. 15 - 17: 30th Wichita Fall Roundup: Witchita, KS www.wichitafallroundup.com

Nov. 15-17: East Central Regional Forum, Ft. Wayne, IN www.aa.org

Nov. 22-24: Woman to Woman New England, Manchester, VT www.woman2womanNE.org

Nov. 22-24: 24th McHenry's Soberfest, Lake Geneva, WI www.soberfest.org

Nov. 22-24: Kentucky Conf. of Young People in AA, Louisville, KY kcpaa2013@gmail.com

Nov. 28-Dec. 1: 47th Las Vegas Roundup: Las Vegas, NV www.lasvegasroundup.org

Nov. 29-Dec 1: Founders Day Weekend LXXII, St. Louis Park, MN www.foundersdaymn.org

Nov. 29-Dec. 1: 23rd Gratitude Roundup, Diamondhead, MS www.AAGulfCoast.org

Dec. 6-8: We are Not Saints Convention, St. Michaels, Maryland www.myhpaa.org



The 12 Steps through Word Search. Each month, Recovery Times features the Tradition of the Month. In October, we are featuring Tradition Ten **"Alcoholics Anonymous has no opinion on outside issues; hence, the A.A. name ought never be drawn into public controversy."** Can you find the words to the 10th Tradition? Read sideways, up and down and diagonally.

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

Gratitude

**San Fernando Valley Central Office
7417-E. Van Nuys Boulevard**

Van Nuys, CA 91405

ADDRESS SERVICE REQUESTED