

The Alcoholics Anonymous San Fernando Valley Central Office Newsletter

After 49 years, SFV Central Office Has Moved!

Our New Address Is:

16132 Sherman Way, Van Nuys



Central Office of the San Fernando Valley has completed its move to the new location at 16132 Sherman Way, Van Nuys, CA 91406. The new office is a two story office suite which hosts volunteer desks, an upstairs and a downstairs, offices for two full-time employees, a bookstore a conference room, and a

warehouse. Visitors will be happy to note there are two bathrooms, right in the office space itself, private to this office only.

Because of the problems with the former location, Central Office has been looking to relocate for the past two years. However, due to the higher expense involved with moving, Central Office stalled the move it was forced to when the building's management announced that everyone had to move due to a building renovation.

"We are starting a new era at this new location and let's hope we go another 49 years," states Longtime Office Manager Robert G. Fisher. "Our first committee walked down the hallway at the former location to their typewriter and carbon paper then installed a phone and a tiny sign that said Alcoholics Anonymous. Most of the previous tenants were not happy that A.A. was going to locate there; they thought there would be drunks lining the halls carrying brown paper bags."

The new location is centrally located for both the East and West Valleys. It's on the southwest corner of Woodley and Sherman Way in a two-story, grey concrete building by the Mobile Station and diagonally across from BEEPS restaurant, a longtime Valley institution. It's also down the street from FlyAway and the AirTel plaza. For more info, call: (818) 988-3001 or check our website: www.sfvaa.org.

SERVICE COMMITTEE SCHEDULE:

San Fernando Valley Central Office Board Meeting: Jan. 7, 2015, 6:30 p.m., Central Office, 16132 Sherman Way, Van Nuys, CA 91406

San Fernando Valley Intergroup Meeting: Jan. 12, 2015: New IGRs: 6:30 p.m., General Meeting: 7 p.m., St. Innocent Church., 5657 Lindley Ave., Tarzana.

San Fernando Valley H & I (3rd Monday): Dec. 15, 2014: 7 p.m. Orientation, 8 p.m. Bus. Meeting, St. Innocent Church, 5657 Lindley Ave., Tarzana

General Service Dist. 1: (1st Wed.): Jan. 7, 2015: 6:30 p.m., 7552 Remmet, Canoga Park.

General Service Dist. 2: (1st Tues.): Jan. 6, 2015: 6:30 p.m., 4011 Dunsmore, La Crescenta.

General Service District 7: (2nd Sat.): Jan. 10, 2015: 9 a.m., Women's Club: 33201 Agua Dulce Canyon Rd, Agua Dulce, CA.

General Service District 11 (1st Monday): Jan. 5, 2015: 6 p.m. New GSRs - 6:30 p.m., 315 W. Vine Street, Glendale



General Service District 16 (1st Monday): Jan. 5, 2015: 6:15 p.m. meeting, 15950 Chatsworth, Granada Hills.

General Service District 17 (1st Monday): Jan. 5, 2015: 6 p.m. New GSRs, 6:30 p.m. Bus. Mtg., 5000 Colfax, NoHo.

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 A.A. 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 meeting time/date above (SFV H & I).

San Fernando Valley Convention Committee: Volunteers are welcome to participate in the planning of the 2015 Convention. (See Page 4 for more info under SF Valley AA Convention).

San Fernando Valley Young People in AA: 1st Sunday of the month @ 1 p.m. at Unit A., 10641 Burbank Blvd., North Hollywood. (Regular weekly meeting: Monday night at 8 p.m. at Unit A).

San Fernando Valley Intergroup: 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: (818) 988-3001.**

Please Support Your Central Office by sending a representative to the Intergroup monthly meetings. We meet the 2nd Monday of every month at **St. Innocent Church at 5657 Lindley in Tarzana**. We would love to see you!



Celebrating an A.A. Anniversary? Please consider making a \$1.00 donation for each year of your sobriety and we will list your name and birthday year in the month of your sobriety. Please send your donation during your birthday month. **For Dec. 2014, we celebrate: Tracey H – 3 years, David H. – 24 years & Mary Jane A. – 32 years.**



Deaths (Things We Cannot Change): Jan W. – 34 Years, Bill B. – 38 Years & Joe G. – 43 Years.

If you are aware of the passing of a Fellowship member, please call us at (818) 988-3001 or email obituary to: sfvaa.org.

If you would like a copy of **Recovery Times**, please send your name, address and payment for \$7.00 to cover cost & delivery to: SFV Central Office, 7417-E. Van Nuys Blvd., Van Nuys, CA 91405. Please tell us if it is for a new subscription, a renewal, or if you are enclosing an additional contribution, and if moving, give us your former address.

A.A. Central Office maintains 24/7 Phone Service for AAs: **(818) 988-3001**. Go to: 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**, 16132 Sherman Way, Van Nuys, CA 91406.

MINUTES FROM INTERGROUP REP MEETING, NOV. 10, 2014

OPENING: **Bill S.** opened the meeting at 7:00 p.m. with *The Serenity Prayer*, Cheryl read "*The Twelve Traditions*," & Dawn H., Recording Secretary, accepted a motion for approval of Minutes from October's Intergroup Meeting; the minutes were approved as submitted.

TREASURER'S REPORT: Brian H. announced that Central Office is in the red <-\$1,261.66> MTD and in the red <-\$3,150.63> YTD. We made a profit of \$1900 on the Take Your Sponsor to Breakfast Breakfast, and also received a \$1,000 contribution from the Desert Pow-Wow. Nevertheless, group donations remain down significantly from this time last year, and the groups were encouraged to request their treasurers to send in contributions on a timely basis. Brian asked everyone to promote Gratitude Month, and to encourage folks to make "conscious donations" in excess of a single dollar to support this annual fundraiser for Central Office.



He also announced that a bid was made on a new location for Central Office but the new rent would be triple from what it has been: from \$1150/mo including utilities, to approx. \$3,000/mo *without* utilities). It is even more imperative that our fellowship continues supporting Central Office. A full Treasurer's Report is available in the *Recovery Times*.

EXECUTIVE SECRETARY'S REPORT: Bob F. said everything is running smoothly at Central Office, although sales dropped dramatically in October (possibly due to the price increase in literature). The volunteer staff is running well but we can always use volunteers for the midnight-to-9AM shift. Volunteers can contact Larry at Central Office. Printing of new directories will be postponed until December so we can include our new location address. Any meeting changes should be submitted to Central Office in writing before December 7th. In the meantime, our website is the most up to date source for meeting information: www.sfvaa.org

Recovery Times - Everything is going great with the newsletter. Thanks to our amazing editor, Pat K., for all her hard work!

MEETING RELATED BUSINESS: Introduction of 4 new Intergroup Representatives by Neva S.:

- Kim –the Tuesday Night Comercio Q&A Group.
- Tammy –the Chatsworth/Mason-Lassen Speaker Meeting.
- Stephanie – the Sunday Night Speaker Participation Meeting at Cabrito House.
- Greg –the Wednesday Night “Red Jelly Donut” Meeting.

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 the monthly IGR Meeting.

Service Representatives:

- General Service District 16: Daniel - Everything is going well at District 16.
- General Service District 1: Janeen - Elections are coming up for a new DCM and officers.
- General Service District 17: Aimee - Area elections will be held in Solvang this month.
- San Fernando Valley Hospital & Institutions Committee: Daniel - H&I is revising its structure to allow greater participation on panels.
- San Fernando Valley AA Convention: Joel S. - Dates for the convention are 1/30-31 and 2/1, and will be held at the Warner Center Marriott in Woodland Hills. Online registration is now open, and registration forms are also being mailed out.
- All groups wishing to host a marathon were encouraged to see Tami or Joel (from the Marathon Committee) after the meeting.
- Dennis B., Carry the Message Chair, requested that everybody take at least 5-10 registration forms back to their meetings.

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 - No attendance certificates awarded.

ANNOUNCEMENTS FROM AA GROUPS & SEVENTH TRADITION:

- Bob F.: This year’s annual “AA at the VA” Christmas Caroling event will take place on Monday, December 22nd at 5:00 p.m. Flyers will be available next month.
- Bill S.: 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”).

ACKNOWLEDGE BIRTHDAYS FOR THE MONTH OF NOVEMBER – 99 YEARS!

Message

"Self-justification is a universal destroyer of harmony and of love. It sets man against man, nation against nation. By it, every form of folly and violence can be made to look right, and even respectable. Of course it is not for us to condemn. We need only investigate ourselves." *Bill W., A.A. co-founder, June 1961*

"Think, think, think before you make that angry comment or mail that bitter letter. How important is it?" Dallas, TX

"More than a million of us who suffer from the disease of alcoholism have found not just the ability to live with or survive this insidious disease, but a joyful way of life as new as this morning and as old as mankind. We can gain sobriety, aspire to serenity, at no greater price than caring for our fellow sufferers and sharing with them what has been freely given to us. We can experience the true joy of love that we once tried to destroy by not giving it away, and we can learn the truth that the more we give away, the more we will have." Brick Town, NJ

- Cheryl – 2 years
- Julie – 8 years
- Barbara – 12 years
- Dawn – 19 years
- Neva – 23 years
- Mary Ann – 35 years

VACANCIES ON BOARD: There are no vacancies on the Board.
CLOSING: - A motion to adjourn was recognized and seconded. Meeting adjourned with *The Lord's Prayer* at 7:24 p.m. Prepared and submitted by *Dawn H., Recording Secretary.*

A.A. Word Search: Our word search phrase today is from **As Bill Sees It**, page 90: **"Almost without exception, alcoholics are tortured by loneliness. Even before our drinking got bad and people began to cut us off, nearly all of us suffered the feeling that we didn't quite belong."** Read up, down, sideways and diagonally to find these words.

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



From Booze to Shaving Cream

Even though he was at his bottom, at 33 years old, he had a hard time imagining staying sober forever.

In October of 1966, I was in a hospital bed, sick from alcohol poisoning. I had progressed from a very good job in investment banking, entertaining clients with the best spirits available, to drinking vanilla extract and shaving lotion. The disease of addiction had taken away all of my positive spiritual values and left me bankrupt physically, mentally, emotionally and spiritually.

During my hospital stay, a transformation took place within me that can best be described as a spiritual awakening and a spiritual experience. I finally surrendered completely and became honest, open-minded and willing to accept the fact that I was powerless over alcohol. I had been given the gift of sobriety from what I now understand was my own special Higher Power. In addition, I experienced a very intimate, powerful spiritual message that told me this gift of sobriety was given to me on the condition that I carry the message to the still suffering alcoholic the rest of my life.

After being released from the hospital, I immersed myself in the 12 Steps and attended many meetings. I became involved in a strict, disciplined group that was built on adherence to the Big Book and strong sponsor-ponsee relationships. The group assigned me three hardcore members who thought I needed extra help.

I was 33 years old at the time and prone to projecting into the future. People outside the program would say, "You can never drink again." It was hard to get my mind around having to stop for the rest of my life. I would recall the good times and fun I had drinking the elixir of life, and forget my progression and bottom.

One night, at my home group, they asked for birthdays for that month. One member announced he was celebrating five years of sobriety and I thought, how did he accomplish that? Before my hospital stay, I was unable to stay sober for even one day. Afterwards, my sponsors asked me how I liked the meeting. I remarked that I enjoyed it but was questioning how the member who announced his five years of sobriety was able to accomplish this.

That was when I first heard the slogan that he was able to achieve this one day at a time – 24 hours. My sponsor asked me, "Can you stay sober the rest of tonight?" I told him that I would try. I felt that a day was a manageable piece of time, but not the rest of my life.

The next morning, another of my sponsors called and asked me how I was doing. I replied, "I did not drink last night." He asked me, "Can you stay sober today?" I said, "I will try."

Tomorrow is not here yet. I don't have to stay sober next week, or next month. All I need to focus on is this one day.

This slogan was the most important recovery tool in my early sobriety. After 47 years of sobriety, I still live and practice these principles in all my affairs on a daily basis. Copyright c. 1944-2012. AA Grapevine, Inc. *All Rights Reserved. Reprints by permission only.* — Tom K., Bellevue, Wash.

San Fernando Valley 2015 A.A. Convention

The last weekend in January 2015 will once again find approximately 3,000 sober and fun-loving alcoholics descending upon the Warner Center Marriott in Woodland Hills to celebrate the 40th Annual San Fernando Valley AA Convention. The convention planning committee has been working tirelessly since April, and this year's convention promises to be extra special, with round-the-clock marathons, an amazing archives workshop that explores the history of our fellowship and the pioneers who made it all happen, two fantastic dances, and unbelievable speakers.

Our theme this year – "Attitude of Gratitude" – comes from a message I heard in early sobriety: "grateful people don't drink!" And you won't have to look far to find gratitude during our convention weekend! You'll feel it in the hallways, you'll see it in the eyes of our attendees, and you'll definitely hear it in every marathon meeting room.

We have several new offerings this year, including a tennis tournament on Saturday afternoon at CSUN, and a raffle prize of a fabulous trip for two to the International Convention in Atlanta over the 4th of July holiday next summer. Complete details are available on our website – www.sfvaaconvention.org – or for specific questions, feel free to leave a message on the convention hotline (818) 734-0383 or email us at info@sfvaaconvention.org

Working in conjunction with our wonderful Al-Anon, Alateen and Spanish committees, I am so proud of the phenomenal event that is taking shape, and look forward to welcoming you all beginning Friday, January 30th.

In gratitude, Dr. Dawn – 2015 SFVAAC Chair



Twas the night before Christmas

We were all in a meeting
When a jolly old drunk
Barged in with a greeting.
"Ho, ho, ho, he said, I bid you good cheer"
As he slipped, then tripped with his bottle of beer
That went crashing, then splashing on a
newcomer shoe
Who started to cry as newcomers do.
When a burly old timer yelled 'Shut up and listen'
The jolly old drunk with his eyes a glisten
Got up from the floor and sat in the chair
And proceeded to tell us why he was there.
"In less than two hours I'm due for a flight
I'm supposed to be up in my sleigh tonight
But as you can see I'm in no shape to go
In fact I'm down to my very last Ho.

We could tell by his look that he was sincere
He needed our help it was perfectly clear.
So touched were we all by this newcomers plight
That we gathered around to help him that night.
We shared our experience, strength and hope
And showed him the steps that would help him cope.
We gave him the book and showed him the way
And he said he'd be back as he climbed in his sleigh.
As he rode off he gave us a wink
He said he'd remember about the first drink.
We knew that night as he rode away
That he'd given us more than gifts in a sleigh.
For he made us aware of the gift you must give
In order to keep so that others may live.

By Robin F., Burbank

San Fernando Valley Central Office
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ADDRESS SERVICE REQUESTED