

The Alcoholics Anonymous San Fernando Valley Central Office Newsletter

Marty Mann: The First Lady of AA



In celebration of the founding of AA in June 1935, our focus is on Mrs. Marty Mann, known as “The First Lady of Alcoholics Anonymous.” In the biography written after her death, Marty’s reference to alcoholism reads:

Alcoholism hurts physically. We never feel well.

Alcoholism hurts mentally. Guilt and remorse consume us.

Alcoholism hurts emotionally. We lose friends, become isolated.

Alcoholism hurts socially. We are anathema to others, neither accepted nor wanted.

Alcoholism hurts financially. It is the world’s most expensive disease.

Alcoholism hurts careers (including housewives). We cannot function.

Marty Mann was one of the first women pioneers in AA. In addition to having her story featured in the Big Book (page 200 in the 4th edition, “Women Suffer Too.”), in 1950 she authored “Marty Mann’s New Primer on Alcoholism” which is still considered a classic reference today. Marty was on the forefront of the movement that brought an awareness to alcoholism as a “disease” and Alcoholics Anonymous, as its remedy.

In the biography of Marty Mann by Sally Brown & David R. Brown, Marty is credited as the founder of the National Council on Alcoholism (NCA), which she also directed and represented for 35 years until her death in 1980. (NCA is now known as the National Council on Alcoholism and Drug Dependence (NCADD)). As NCA’s founder, she spoke and toured the world educating businessmen and medical professionals about alcoholism and alcoholics. Marty carried the message that:

- Alcoholism is a disease and the alcoholic is a sick person.
- The alcoholic can be helped and is worth helping.
- This is a public health problem and therefore a public responsibility.

After being introduced to AA in 1939, Marty was able to overcome her own personal challenges, which saw her life devolve from her role as a high society educated woman to a hopeless drunk at New York’s Bellevue Hospital. It was there that she was discovered by the prominent psychiatrist Harry Tiebout, M.D., who found Marty a bed as a charity patient at the private psychiatric sanitarium he headed.

When AA’s Big Book was being written, Dr. Tiebout was one of the doctors who were sent a copy of the manuscript to read. As a result of this involvement, he arranged for Marty to also read the book and arranged for her to attend her first meeting at 182 Clinton Street, the old brownstone building where Bill & Lois Wilson lived. Bill later became Marty’s AA sponsor and she went on to sponsor many women who followed.

Her biography quotes her as saying, ‘I have never been bored in an AA meeting in my life.’ **(Cont, page 4)**

SERVICE COMMITTEE SCHEDULE:

San Fernando Valley Central Office Board Meeting: July 6, 2016, 6:30 p.m., Central Office, 16132 Sherman Way, Van Nuys, CA 91406.

San Fernando Valley Intergroup Meeting: July 11, 2016: Orientation for 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): June 20, 2016: 7 p.m. Orientation, 8 p.m. Bus. Meeting, St. Innocent Church, 5657 Lindley Ave., Tarzana.

General Service Dist. 1: (1st Wed.): July 6, 2016: 6:30 p.m., 7552 Remmet, Canoga Park.

General Service Dist. 2: (1st Tues.): July 5, 2016: 6:30 p.m., 4011 Dunsmore, La Crescenta.

General Service District 7: (2nd Sat.): July 9, 2016, 9 a.m., Women's Club: 33201 Agua Dulce Canyon Rd, Agua Dulce, CA.

General Service District 11 (1st Mon.): July 4, 2016: 6 p.m. New GSRs - 6:30 p.m., 315 W. Vine Street, Glendale.

General Service District 16 (1st Mon.): July 4, 2016: 6:00 p.m., 15950 Chatsworth, Granada Hills.

General Service District 17 (1st Mon.): July 4, 2016: 6 p.m. Orientation for new GSRs, 6:30 p.m., Business Meeting: 7:00 p.m., 5000 Colfax, NoHo.

SERVICE OPPORTUNITIES IN THE SAN FERNANDO VALLEY

A.A. Central Office maintains 24/7 Phone Service for AAs. 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?** We are always in need of volunteers to answer phones, especially on weekends and holidays. If you have a year or more of continuous sobriety, please call **Central Office: (818) 988-3001**.

Central Office is located at 16132 Sherman Way, Van Nuys, CA. (SW corner of Woodley & Sherman Way, west of the Mobil Station) and remains open every day for book sales (including weekends) except for holidays and the last Friday of the month for Inventory. Our large warehouse has all of the A.A. approved literature and pamphlets that your group needs plus medallions and chips.

Central Office is a legitimate non-profit. Personal donations cannot exceed \$3,000 per year and must be from members of Alcoholics Anonymous, not from outsiders. **For more info, call: (818) 988-3001 or check out our website: www.sfvaa.org.**

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

SF Valley Hospitals and Institutions Committee (H & I): Temporary contacts are needed to pair the alcoholic leaving rehabilitation, treatment or jail with A.A. in their home community. Contact Central Office for info. 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 to meetings. See meeting info above. (SFV H & I).

San Fernando Valley Convention Committee: Volunteers are welcome to participate in the planning of the 2017 Convention. The meeting is the 3rd Tuesday of the month, May 17, 2016, at St. Innocents, 5657 Lindley Ave., Tarzana.

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.).

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. IGRs share 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 rep to the monthly Intergroup meetings the 2nd Monday of every month at St. Innocent Church, 5657 Lindley, 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 during your birthday month and we will list your name and birthday year in the next issue. **Thank you everyone for your support!** This month, we received donations from the following: **Anonymous – 20 Years, Casey W. – 5 Years, Josh H. – 25 Years, Saturday Morning Women’s Meeting – 7 Years and a Group Anniversary for The Circle of Women, Burbank – 33 Years.**

Deaths (Things We Cannot Change): We said goodbye to the following AA members: Jack G. 20+ and Laura – 4 years (San Fernando Group)

Has your meeting changed? Please provide meeting updates in writing to: **The Valley Central Office**, 16132 Sherman Way, Van Nuys, CA 91406. If you would like a copy of **Recovery Times**, please send us your name, address and payment with \$7.00 to cover cost & delivery. Also include information on whether you want a new subscription, are renewing, or if you are enclosing an additional contribution. If moving, please give us your former address.

THE RECOVERY TIMES would like to hear your story. Please keep it to 500 words and focus on sobriety. Please include your sobriety date and an email or phone number then email Pat at: xnowisthetime@aol.com.

SAN FERNANDO VALLEY CENTRAL OFFICE

Minutes of Intergroup Representatives Meeting May 9, 2016

OPENING: Brian H.

- Brian opened the meeting at 7:20 p.m. with The Serenity Prayer
- Lynn. W. read “The Twelve Traditions”
- Sandy R. accepted a motion for approval of Minutes from the April Intergroup Meeting.

TREASURER’S REPORT: Joel S.

MTD was <\$3,001> and YTD was <\$3,737>, compared with last year’s YTD which was \$6,862. Group donations were down significantly.

EXECUTIVE SECRETARY’S REPORT: Bob F.

Central Office: There were 10 new volunteers last month, but we can always use more. A minimum of one year of sobriety is required, but people with less than a year may come with their sponsors. Website Fun Facts: (Michael F.)

- We average 4,000 hits per month;
- Average length of visit is 2 min. 5 sec.;
- 70% of the hits are from mobile phones;
- The most popular meeting day hits are Thursday and Saturday;
- We get hits from all over the world.

Recovery Times: Deadline for submissions is 15th of the month; send to Pat K. at xnowisthetime@aol.com.

MEETING RELATED BUSINESS: Cheryl A.

4 new Intergroup Representatives (from 5 different meetings) this month:

Pat F., The Windsor Club in Glendale, 7 days a week; Russell B., Monday Night Noble Men’s Stag in Sherman Oaks;

- Lynn J., God's In Charge, Wed. in Canoga Park and Hole in the Sky Women's Meeting, Tuesdays in Northridge;
- Alisa W., Saturday Morning Women's Meeting in Burbank.

SERVICE REPRESENTATIVES

- General Service District 16: Ernie: Representatives continue to grow – 4 new GSRs and 2 alternates.
- George: Area 93 General Assembly being held on May 15 in Cambria
- San Fernando Valley 42nd AA Convention: Joel S: Will be held Jan 27, 28, and 29, 2017. Planning meetings held the 3rd Tuesday of every month, 7:00 p.m., at this Church. Next meeting is May 17.
- Santa Clarita Valley AA Convention: Bernard: 2016 SCVAA Convention will be on October 21, 22, and 23 at the Valencia Hyatt. Website scvaaconvention.org is up and running for registrations. See website for upcoming events!

OLD BUSINESS

Literature Sales are CLOSED on holidays and the last Friday of each month, but OPEN on weekends. Central Office doors remain open; phones are still answered.

- Reminder for groups to report upcoming group events, and remove expired event flyers from literature tables.
- Continue to send meeting changes IN WRITING to Central Office.

NEW BUSINESS - No new business.

ANNOUNCEMENTS FROM AA GROUPS & SEVENTH TRADITION:

- Bob F., Central Office: Former Board Member Bill Sickinger has passed away. A Celebration of Life has been scheduled for Sunday, June 5, 2016, from 2:00 – 4:00 pm at Radford Hall.
- Marianna K., SFVYPAA: New Women's Literature Study meeting, Sundays, 4:00 – 5:30 pm in Woodland Hills.
- Ernie, The San Fernando Group: 3rd Annual 12 Traditions Workshop on Saturday, June 18, 1:00 – 6:00 pm.
- George, Wake-Up Group: Meeting with a daily theme, 6:45- 7:45 am, at the Reseda Meeting Hall.
- Brian H: Reminder that:
 - 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 MAY – 763 YEARS OF SOBRIETY!

- Adrian I., 4 years; Sam G., 6 years; Dan, 9 years; Scott M., 13 years; Tracey Y., 19 years; & Tina K., 25 years

VACANCIES ON BOARD - There are no vacancies on the Board.

CLOSING: Brian H.: Motion to adjourn was recognized and seconded. Meeting adjourned at 7:22 pm with *The Lord's Prayer*. Prepared and submitted by: Sandy R., Recording Secretary

AA AA

Continued, page 1: "The fellowship, the sense of shared tragedy and shared triumph, of being like shipwrecked survivors in a lifeboat, is a powerful bonding experience that provides AAs the strength and courage to stay clean and sober. Over time, Marty also learned that fellowship alone is not AA, nor are individuals, clubs, rooms, or meetings, important – though they are. Instead, she discovered the deeper meaning of AA as "a [spiritual] way of thinking and a way of living" built around the Twelve Steps."*



(*A Biography of Mrs. Marty Mann, The First Lady of Alcoholics Anonymous)

Heard at Meetings

"Don't put a period where God has put a comma."
Anonymous

"When it's hysterical,
it's historical." Anon

"It's the first drink that
gets you drunk." Anon

FROM the FOUNDERS

"Each of us would like to live at peace with himself and with his fellows. We would live to be assured that the grace of God can do for us what we cannot do for ourselves.

"We have seen that character defects based upon shortsighted or unworthy desires are the obstacles that block our path toward these objectives. We now clearly see that we have been making unreasonable demands upon ourselves, upon others, and upon God."

(pg. 76, Twelve & Twelve)

CENTRAL OFFICE THANKS ALL THE VOLUNTEERS WHO ANSWER THE PHONES EACH DAY, WEEK & MONTH! WITHOUT YOU, ALCOHOLICS WHO NEED A FRIEND MIGHT NOT KNOW WHERE TO GO FOR A MEETING. TO BECOME A PHONE VOLUNTEER, PLEASE CONTACT CENTRAL OFFICE.

Got a birthday or AA anniversary to celebrate? Why not celebrate by making a donation to Central Office for each year of your sobriety. Donations help fund the expenses for running our office 365 days a year and pay for the phones to answer calls from alcoholics seeking help. Next time you need a meeting, remember that your Central Office is the central source of information for meeting and other sober activities for AA in the San Fernando Valley. **Please consider making a donation of whatever you can afford.**



ONE YEAR OF SOBRIETY
IS RECOMMENDED.



PLAN YOUR YEAR WITH THESE AA EVENTS:

- **Happy Campers:** Lake Piru Campfire Meeting, Lake Piru, CA. – 3rd Saturday of the month @ 8 p.m. (March – October)
- **Rafters Comedy Night,** Sat., June 25th, 8 p.m. \$10 suggested donation
- **Desert Pow Wow:** Indian Wells, CA, 6/9 – 6/12: www.desertpowwow.com
- **Founder's Day:** 6/10-6/12, Akron, Ohio www.akronaa.org
- **32nd annual High Desert Convention of AA,** 6/10 – 6/12/16, The Courtyard Marriott, Hesperia, CA., <http://www.highdesertconvention.com>.
- **Foothill Round up:** 7/29-31, La Canada Prep Academy, La Canada-Flintridge, CA, www.foothillroundup.org
- **Rafters 42nd Annual Alcathon,** 8/5/16 – 8/7/16, Newhall, CA
- **32nd South Bay Roundup,** 9/2- 9/5, Torrance Marriott, Torrance, CA, www.southbayroundup.org

The Twelfth Tradition

Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

Let us always remember that anonymity — not taking credit for our own or others' recovery— is humility at work.



To Those Who Wait ...



After not drinking for 25 years, he picked up. Now he has four years sober in AA

I often wondered what my life would have been if I had never become an alcoholic. In my lifetime, I have had the opportunity to live on both sides of the street of life. But as we all know, that's water under the bridge. We can't do it over.

I can remember my first drink and my last one. I was about 15 when I explored my father's liquor cabinet. It was a white frosted bottle of gin. I took a swig and it tasted awful. It tasted like pine needles and I thought, "How could anybody drink this stuff?" But I kept going back and it started to taste better each time until I liked it and how it made me feel. I guess that was the beginning of a road of bumps and curves in my life.

I was raised in a neighborhood where drugs and drink were all around me. My father was the owner of a block of apartments and as I remember, everyone was always drinking. I was the landlord's son and also an only child. Suffice it to say, I was a spoiled brat. Anything I wanted was free and available.

A lot of my life is sketchy because alcohol erased my past from my memory. But in my early 20s, I found out where all the smart lawyers went. I landed in jail for crimes committed while I was drunk. They sentenced me to three years although I got out after only one year on good behavior. I didn't learn much from the jailhouse lawyers on how to live a better life.

I was blessed in meeting a lovely woman before I went into jail. She waited for me to get out. I promised her parents that we would wait one year before getting married. She has stood by me all my life. But yet, my drinking increased. When I was 29, I went into detox at my family's request. That was the beginning of 25 years of not drinking. But unfortunately I discovered that not drinking was not enough. I might not have been drinking during those years but I didn't have true sobriety, either. And then, I drank again. It took all these years of ups and downs in the program for me to finally realize that it all boils down to me being honest with myself, my Higher Power, my AA brothers and sisters, and my sponsor. Just this past Christmas, I celebrated four years. It's been the best four years of my whole life. You can ask my wife of 64 years. I just turned 86. All good things come to those who wait! —Ernie P., *Resentment Group, Florida*

How It Works

Utter confusion, misery and pain, humiliation, remorseful, ashamed.

Dreading to face the light of each day.

Not wanting to hear what people would say like: "Where is your will power? Where is your pride?"

They don't understand that deep down inside, I wished I knew the answers to give,
and how to find the courage to live.

I had taken the pills they told me I should. I tried all the cures, but they did no good.

I made many promises and meant them too, but the compulsion to drink is stronger than you.

One day a friend happened to say: "I know the answer, I can show you a way.

All it takes is an open mind, believe what you hear from your own kind."

I went to a meeting, they read Chapter Five. The steps made some sense and hope was revived.

I saw living proof of what faith can do. It worked for them, why not for you?

One day at a time they told me to live. They said, "Easy does it" and "Learn to forgive."

Be humble, be honest and help when you can. Pass on what you learn to a new man.

I heard them repeat the Serenity Prayer and soon realized all my answers were there.

Now when someone asks, "Can miracles be?" may I always reply, "Take a look at me."

Anonymous

Central Office maintains a free call-in line 24 hours a day, 7 days a week, including holidays. Whenever anyone reaches out for help, we want the hand of AA to always be there. Call: **(818) 988-3001.**

Central Office of SFV
16132 Sherman Way
Van Nuys, CA 91406

ADDRESS SERVICE REQUESTED