

# RECOVERY TIMES

Vol. 53, No. 6, June 2017

The Alcoholics Anonymous San Fernando Valley Central Office Newsletter

## WHY WE ARE HERE

In honor and remembrance of the founding of Alcoholics Anonymous on June 10, 1935, here are some interesting stories that appeared in print for A.A.'s 10th Anniversary Celebration:

Five years prior to A.A.'s first International Convention, an historic gathering took place in Cleveland, Ohio to commemorate A.A.'s tenth anniversary in June 1945. Over 2,500 members of Alcoholics Anonymous from 36 states, two Canadian provinces, and Mexico attended the two-day event. Celebrations kicked off on Saturday June 9th with two regular A.A. meetings and two "open house" meetings held in different parts of Cleveland. On June 10th, marking the ten year anniversary of the founding of A.A., cofounders Bill W. and Dr. Bob spoke to a crowd of 1,000 at the Music Hall in downtown Cleveland. In his talk, Bill spoke about the growth of A.A., briefly retelling his own story and about the writing of the Big Book. Bill concluded his talk by stating that "A.A. is much bigger than any of us" and joked that Dr. Bob and himself were "a couple of old, cracked antiques who have had a little more experience than others."



Following Bill, Dr. Bob spoke briefly about the development of A.A. in Akron, Ohio. He concluded by saying, "Our program must be followed by each individual. And each individual is the only one who can do it for himself." Bill stated that June 10th was "a day for congratulations for thanksgiving and for celebration" and that A.A. "could not have been but for others." Dr. Bob went on to thank all that "were a source of help and inspiration in [his] trouble," including his wife, Anne; A.A.s of Cleveland; the members of the Alcoholic Foundation, and to all in attendance at the Music Hall.

Also on the evening of June 10th, 400 A.A. members attended a Founders Day dinner in Akron, Ohio. Bill and Dr. Bob attended the dinner after they spoke in Cleveland. Speaking about Akron, Bill said "It was here that the miracle really happened. This is the hill where the A.A. beacon was lit 10 years ago."



# San Fernando Valley Central Office

## Minutes of Intergroup Representatives Meeting May 8, 2017

**Cheryl A. IGR Chairperson** Cheryl A. opened the meeting at 7:00 p.m. with The Serenity Prayer. Angela read "The Twelve Traditions." Sandy R. accepted a motion for approval of the April Intergroup Minutes.

**TREASURER'S REPORT: Adrian I.** - Central Office is currently in the black! MTD is <\$2,105> but YTD is \$2,703, as compared with last year's YTD which was <\$3,891>. Thanks to all and keep up the good work!

**EXECUTIVE SECRETARY'S REPORT: Bob F.** - Central Office: Meetings with credit card vendors will take place in May. New meeting directories will be out mid-May. **Recovery Times:** Stories of recovery are always welcome but please limit them to 600 words, delivered via email by the 15<sup>th</sup> of the month to: [xnowisthetime@aol.com](mailto:xnowisthetime@aol.com).

**MEETING RELATED BUSINESS: Larry S.** - There were 2 new Intergroup Representatives this month:

- Julie, "Broad Highway" Tuesdays at 7:45 pm in North Hollywood.
- Joan, "Just the Facts BB Study", Sundays at 2:30 pm in Northridge.

### SERVICE REPRESENTATIVES:

- General Service District 16: Daniel: Interactive safety workshops will be held on August 26, 1:00 pm at the San Fernando Group in Sylmar on Gladstone Ave. Topics will deal with safety in AA meetings.
  - San Fernando Valley Hospital & Institutions Committee: Registration flyers are available for Bike-N-4-Books on Saturday, June 3, 2017. \$15.00 Registration.
  - San Fernando Valley 43<sup>rd</sup> AA Convention: Joel S: Will be held Jan. 26 – 28, 2018, at the Warner Center Marriott. Planning Meetings are held on the 3<sup>rd</sup> Tuesday of the month. Anyone can attend.
  - Santa Clarita Valley AA Convention: Bernard B.: 2017 Convention will be held September 8 – 10, 2017 at the Valencia Hyatt. Registration forms will be available in a couple of months. Visit [scvaaconvention.org](http://scvaaconvention.org) for info.



### 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.
  - 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").

**NEW BUSINESS** - No new business.

### ANNOUNCEMENTS FROM AA GROUPS & SEVENTH TRADITION:

- Unit A's Annual 4<sup>th</sup> of July Alcathon, Monday July 3<sup>rd</sup> and Tuesday July 4<sup>th</sup>.
- Eldon, Life's in Session introduced a new meeting: 8 pm Saturday Night Speaker Meeting" at 17635 Vanowen St., in Van Nuys.

### ACKNOWLEDGE BIRTHDAYS FOR THE MONTH OF MAY – 103 YEARS OF SOBRIETY!

- Jill P., 5 years on 5/20;
- Adrian I., 5 years on 5/11;
- Scott M., 14 years on 5/16;
- Bernard B., 23 years on 4/29;
- Tina K., 26 years on 5/13; and
- Patrick P., 30 years on 4/21.

**VACANCIES ON BOARD:** There are no vacancies on the Board.

**CLOSING:** Cheryl A.: A motion to adjourn was recognized and seconded. Meeting adjourned at 7:19 pm with *The Lord's Prayer*. Prepared and submitted by: Sandy R., Recording Secretary

## **SERVICE OPPORTUNITIES IN THE SAN FERNANDO VALLEY**

**San Fernando Valley Central Office Board Meeting:** July 5, 2017, 6:30 p.m., Central Office, 16132 Sherman Way, Van Nuys, CA 91406.

**San Fernando Valley Intergroup Meeting:** July 10, 2017: 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 19, 2017, 7 p.m. Orientation, 8 p.m. Bus. Meeting, St. Innocent Church, 5657 Lindley Ave., Tarzana.

**General Service Dist. 1:** (1<sup>st</sup> Wed.): July 5, 2017: 6:30 p.m., 7552 Remmet, Canoga Park.

**General Service Dist. 2:** (1<sup>st</sup> Tues.): July 4, 2017: 6:30 p.m., 4011 Dunsmore, La Crescenta.

**General Service District 7:** (second Saturday) July 8, 2017, 9 a.m., Women's Club: 33201 Agua Dulce Canyon Rd, Agua Dulce, CA.

**General Service District 11** (1<sup>st</sup> Mon.): July 3, 2017: New GSRs – 6:00 p.m., general meeting 6:30 p.m., 315 W. Vine Street, Glendale.

**General Service District 16** (1<sup>st</sup> Mon.): June 3, 2017: 6:00 p.m., 15950 Chatsworth, Granada Hills.

**General Service District 17** (1<sup>st</sup> Mon.): June 3, 2017. Orientation for new GSRs, 6:30 p.m., Business Meeting: 7:00 p.m., 5000 Colfax, NoHo.



### **More About Central Office of the Valley:**

**A.A. Central Office maintains 24/7 Phone Service** for AAs. Go to: [www.sfvaa.org](http://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: **(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. Please buy your meeting supplies from Central Office of the Valley. In doing so, you are supporting our office and also getting your materials at our cost. (It's always more expensive to buy them from a retail store).

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.

**Need someone to talk to?** Central Office appreciates all of the volunteers who handle phones each day. Without them, alcoholics who need information might not know where to go. To become a phone volunteer, please contact Central Office: (818) 988-3001.

**For more info, check out our website:** [www.sfvaa.org](http://www.sfvaa.org) or email: [sfvco@la.twcbc.com](mailto:sfvco@la.twcbc.com).

## FROM THE FOUNDERS

"The alcoholic slip is not a symptom of a psychotic condition. There's nothing screwy about it at all. *The patient simply didn't follow directions.*" **William Duncan Silkworth, MD, Jan. 1947**

"I am grateful for this minute. My eternity may be in it." *Arlington, Va., March 1947*

"I accepted the invitation to go on a Twelfth Step call and I in turn was twelfth-stepped." *Okmulgee, Okla., May 1994*

"It has to be love, not government that keeps AA stuck together." *New York, N.Y., December 1969*

"No one can express love and self-pity at the same moment; showing concern for others helps us to see how foolish we have been." *Dayton, OH, April 1962*

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**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 Young People in AA:** 1<sup>st</sup> 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 2<sup>nd</sup> Monday of each month at 6:30 p.m. for orientation with the general meeting to follow at 7 p.m. It takes place 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 2<sup>nd</sup> 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 have none to celebrate.**



**Deaths:** None that we know of.

**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

**To receive a copy of Recovery Times in the mail,** please send us your name, address and payment with \$7.00 to cover cost & delivery. Please tell us whether you are ordering a new subscription, are renewing, or if you are enclosing an additional contribution. If moving, please give us your former address.

Please visit us at: 16132 Sherman Way, Van Nuys, CA. We're open Monday – Friday: 9 a.m. – 6 p.m. and weekends: 9 a.m. – 5 p.m. (Literature closed last Fri. of every month for Inventory and on major holidays).

## CALENDAR OF EVENTS:



**June 8 – 11, 2017:** Desert Pow Wow, Indian Wells, CA  
<http://desertpowwow.com>

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**June 9 – 11, 2017:** 33<sup>rd</sup> High Desert Convention of AA, Victorville,  
[www.highdesertconvention.com](http://www.highdesertconvention.com)

**July 7-9, 2017:** 16<sup>th</sup> Annual Tehachapi Mountain Roundup, [www.tehachapiroundup.org](http://www.tehachapiroundup.org).

**August 4 – 6, 2017:** The Foothill Roundup, Flintridge Academy, La Canada, CA

**August 4-6, 2017:** 42<sup>nd</sup> Annual MAAD Dog Daze of Summer, Cathedral City,  
[www.maaddogdaze.org](http://www.maaddogdaze.org)

**August 5 – 12, 2017:** 20<sup>th</sup> Annual Sturgis Motorcycle Rally, Sturgis, South Dakota, email:  
**Email:** [daveab@live.com](mailto:daveab@live.com)

**September 1 – 4, 2017:** South Bay Round-Up, Torrance, CA [www.southbayroundup.org](http://www.southbayroundup.org)

**September 8-10, 2017:** 39<sup>th</sup> Annual Ventura County AA Convention: Westlake Hyatt Resort, Westlake Village, CA. [www.vcaac.org](http://www.vcaac.org)

**September 29 – October 1, 2017:** Central Coast AA Roundup, Santa Maria,  
[www.centralcoastroundup.org](http://www.centralcoastroundup.org)

### Daily Tips for Old and New Members: (From Pamphlet)

Last month, we published the reasons 5 – 8 how you can stay sober as listed in the pamphlet “Daily Tips for Old and New Members” produced by Alcoholics Anonymous. (You can get a copy at our Central Office in Van Nuys). Here are the next four tips:

**9) Minimize your situation.** Think, as you see here or there a blind or other sorely handicapped person, how joyful such a person would be if his problem could be solved by just not taking one little drink today. Think gratefully of how lucky you are to have so simple and small a problem.

**10) Cultivate the enjoyment of sobriety:** A) How good it is to be free from shame, mortification and self-condemnation. B) How good it is to be free of fear of the consequences of a drunk just ended, or a coming drunk you have never before been able to prevent. C) How good it is to be free of what people have been thinking and whispering about you, and of their mingled pity and contempt. D) How good it is to be free of fear.

**11) Catalog and re-catalog the positive enjoyments of sobriety** such as: A) The simple ability to eat and sleep normally, and wake up glad you are alive, glad you were sober yesterday, and glad you have the privilege of staying sober today. B) The ability to face life as it is. (Next month, we will print the last four tips...Stay tuned) **Copyright © 2017 by Alcoholics Anonymous World Services, Inc. All rights reserved.**

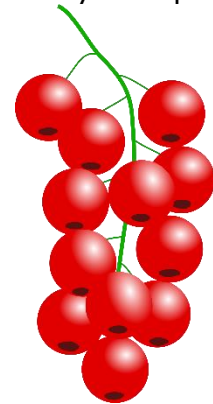
## On the Road to Cape Cod



In May, I went home to Massachusetts to visit my Mom for Mother's Day. But before I went there, I decided to visit Cape Cod, which brought back happy memories as a child. I remember being about 6 or 7 when my family stayed there for a week, renting a quaint cottage in a place called "Blueberry Acres."

Cape Cod is known for its blueberry and cranberry harvests and whenever I revisit those memories of that summer with my sister, brother and my parents, I remember the innocence of my youth before alcoholism got its hold on me.

The first few days of my visit to the Cape was exploratory: I needed to see a beach as soon as possible, smell the salty air, and walk through the sand dunes, past wild rose bushes, to mostly wide open stretches of beach with few people in sight. Then, I also had to fill myself up with fried clams, oysters, and scallops and of course, the mandatory lobster roll. Atlantic lobsters are the tastiest and any visit to the East Coast for me includes a lobster roll (which is fresh, shelled lobster served on a hot dog



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always  
roll).

After a few days on the Cape, I decided to venture out and find an AA meeting so I looked online and wrote down a few time slots that worked my schedule. I then chose an early morning meeting in South Dennis, home of the Bass River Morning Group. I arrived at the church parking Route 28 and promptly followed others who were ascending the outside wooden stairs to the second floor. As I entered the large room, the strong smell of coffee immediately perked me up. I followed my nose and found the coffee, strong and hot, and poured myself a cup as I surveyed the others in the room.

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Then I noticed a woman walking toward the coffee table carrying a large pan. What was in that pan, I wondered. Soon, it was revealed to be a blueberry cake that she had just baked with fresh blueberries from the Cape. I helped myself to a piece and took a bite. Instantly, my mood changed from "a stranger in an AA meeting" to someone who has "found their way home." It was really that quick a change in my mood! As I tasted the blueberry cake and took a gulp of that hot coffee, I felt instantly at home and I began to feel grateful. How wonderful it is to be able to find like-minded people wherever you go and instantly feel a sense of acceptance and love! Maybe, because I was standing there smiling, people began coming over to say "hi," thinking that I was a member of their group. And for all intents and purposes, I was!





When I introduced myself as a visitor from California, I also added that I was actually born in Worcester, MA. To my surprise, the leader of the meeting called out, "I KNEW IT!" and everybody laughed, including me! By the time the meeting ended, one hour later, I felt like I had to come back – once was not enough. So I returned the following morning to that same meeting.



As I got out of my car, a young woman who had been at the meeting the day before, looked at me and waved. That simple gesture warmed the cockles of my heart! Once inside, one of the men came over and introduced himself to me, asking me where I lived. At the end of that second meeting, I had phone numbers of some of the women and a recipe for the blueberry cake that someone had written out by hand for me.

I returned again the next day and continued to put out my hand and introduce myself to people around the room – as I do at meetings wherever I go. At the end of that meeting, I received a good hug from one of the oldtimers for the Bass River Morning Meeting, while another member asked me when I would be coming back again to visit them.

My experience at this meeting in Cape Cod was similar to what I have found at other meetings I have visited: in Nashville, Tennessee; in Florence, Italy; in San Francisco, CA; and even on the Navajo reservation in Arizona. Members of Alcoholics Anonymous all share a sacred bond that goes deeper than our skin color, religion, education, and what we do for work. As long as we keep our discussion centered on our recovery, we are usually welcome wherever we go. What a difference from the days of yore when I had to lie about my age to get a drink and lie about how much I had drunk to avoid getting arrested.

My visit to the Bass River Morning Group made me homesick for Massachusetts – a place where I did more damage than anywhere else during my years of drinking. But it also left me with a loving memory of a place that I moved across the country to run away from and a place I never thought I would want to return to. That one AA meeting changed my whole vacation and put me on a positive spin that lasted for the rest of my trip.



If you are new to Alcoholics Anonymous, or if you are afraid to go to meetings where you don't know anyone, take it from me – it's going to be alright. Go there with an open heart and put out your hand to others, be of service to them as best you can. By showing others that you are a part of our fellowship and expressing gratitude for the simple things you receive, you can't help but feel good – and often times, that feeling helps other people around you who need it as well.

In gratitude – Pat K., Editor

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

ADDRESS SERVICE REQUESTED