

RECOVERY TIMES Vol. 54, No. 7, July 2017

The Alcoholics Anonymous San Fernando Valley Central Office Newsletter

SUMMER FUN IN SOBRIETY



When I first got sober, I thought that sobriety was going to be boring and that I was going to have to laugh at lame jokes by people old enough to be my grandparents. Well all that has changed – and, for the record, it's not because I've gotten "boring" myself. It's because I discovered that I can enjoy the company of others without stimulating my system with alcohol. Here are some of the events I learned about when I got sober

which I still enjoy today:

Happy Campers: AA Camp-out at Lake Piru - \$12.00 per car. Always the 3rd Saturday at 8 p.m. from May – October. I've been to this twice and although I didn't camp there, I enjoyed driving up and having a meeting under the stars with a blazing bonfire in the middle.

Biking-4-Books: This event offers AA's an opportunity to be of service by raising money for those in hospitals and institutions. You can walk, ride a bike, run or skateboard your way around the track, and then enjoy a great BBQ and a meeting. This is held in May of each year.

The Foothill Roundup: This mid-size Roundup, held August 4- 6th, is hosted at a really nice location: Flintridge Academy, 4543 Crown Ave., La Canada. This event always begins with a rousing performance of AA spirituals by the Mary Lind Recovery Choir, followed by the Friday night opening speaker. There's an awesome BBQ on Saturday and ice cream socials Friday and Saturday as well as marathon meetings all day long from Friday, August 4 – Sunday August 6th, 2017. Registration is only \$12.00 (with BBQ & ice cream socials, it's \$30.00).

South Bay Roundup: This South Bay AA Convention, Sept. 1 – 4, 2017, is one of the most colorful I've ever attended. Held in Torrance, CA at the Torrance Marriott, the event begins with a flag processing from all the AA groups in that area. It's a wild and joyful event with everyone cheering on their group. Then there are marathon meetings, live music, a poker run, Vegas Night, a Banquet and dance and more! See more at: <https://www.southbayroundup.org>.

Ventura County AA Convention: Taking place Sept. 8 – 10, 2017 at the lovely Westlake Village Hyatt Resort, this is a really fun way to spend your weekend. There's a comedic play on the History of AA, a live performance by the "All Star Gratitude Band," Bingo, a golf tournament, a banquet, speaker meetings, marathon meetings, and more (plus meetings and events for Al-Anon and Ala-Teens. Registration is \$20.00 and for \$15 more, you can get your name and sobriety date imprinted on a mug. Learn more at: www.vcaac.org.

Take Your Sponsor to Breakfast: Held every October, this is a huge outdoor buffet held at the DAV in Woodland Hills and a chance to pay back your sponsor for all the time he/she has given you by buying him/her breakfast. It always features a wonderful speaker and is the only major fundraiser for Central Office.

Tri-State Roundup: This Laughlin, Nevada Roundup, held in May brings in people from California, Nevada, Colorado and even Utah. It's held at the historic Riverside Hotel & Casino on the Colorado River and it's a blast! Rooms are cheap, there's a ton of activities going on all the time, and it's a beautiful place to be for the weekend, whether or not you like to try your luck on the machines. (Continued on Page 6)

San Fernando Valley Central Office
Minutes of Intergroup Representatives Meeting
June 12, 2017

Cheryl A. IGR Chairperson Cheryl A. opened the meeting at 7:00 p.m. with The Serenity Prayer. Norm read "The Twelve Traditions." Sandy R. accepted a motion for approval of the May 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: This is the first May Central Office has been in the black in over eight years! The website is running well, and now is being updated weekly. New meeting directories are available. **Recovery Times:** Stories of recovery are always welcome but please limit them to 600 words, delivered via email by the 15th of the month to: 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 11: Ernie: Need more GSRs! We meet on the first Monday of the month in Glendale.
- General Service District 16: Daniel: "Safety in AA Workshop" will be held on August 26, 2pm to 6pm, at San Fernando Hall, 13245 Gladstone Ave., Sylmar. This is a free event.
- General Service District 1: Peter: Had their Area Assembly in May. Budget meeting this Saturday, June 17.
- San Fernando Valley Hospital & Institutions Committee: Daniel: Bike-N-4-Books went really well last month!
- San Fernando Valley 43rd AA Convention: Joel S: Will be held Jan. 26 – 28, 2018, at the Warner Center Marriott. Theme is "I Could Have Missed It All." Planning Meetings are held on the 3rd Tuesday of the month.
- Santa Clarita Valley AA Convention: Bernard B.: 2017 Convention will be held September 8 – 10, 2017 at the Valencia Hyatt. This year's theme is "God Could and Would if Sought." Registration forms will be available next month. The Annual Spaghetti Dinner will be held on July 8th starting at 6pm. Visit our website at scvaaconvention.org for tickets and more information!

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. 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

Don, West Valley Participation Group: Motion to have a financial statement prepared by July 17, 2017.
Executive Secretary, Bob F.: Discussed computer software problems, resulting in delays. The problems continue to be addressed, but no solution yet. As a result, to have a financial statement in the same form as previous years by July 17 would be impossible. To do it manually would require an enormous number of man hours. In the meantime, financial information continues to be available to anyone for review at Central Office, and all are invited to do so. After discussion, the motion was tabled.

ANNOUNCEMENTS FROM AA GROUPS & SEVENTH TRADITION:

- Norm, Fun Bunch: Join us at our new location: Community of Christ Church, 6610 Shoup Ave., Canoga Park, on Wednesdays at 7:30 pm.
- Chris, Seniors In Sobriety International Conference: September 14-17, 2017, at the Airtel Plaza Hotel in Van Nuys. The theme is "Rediscovering Life."
- Josh, SFVAAC: Save the date for BINGO on August 26th at One Generation. More info to follow!

ACKNOWLEDGE BIRTHDAYS FOR THE MONTH OF JUNE – 87 YEARS OF SOBRIETY!

- Sandy R., 7 years on 6/2;
 - Peter, 17 years on 6/11;
 - Josh S., 26 years on 6/1;
 - Diane D., 37 years on 6/3;
- Also, HAPPY BIRTHDAY TO ALCOHOLICS ANONYMOUS, 82 YEARS OLD ON 6/10!!!**

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

CLOSING: A motion to adjourn was recognized and seconded. Meeting adjourned at 7:36 pm with *The Lord's Prayer*.

. SERVICE OPPORTUNITIES IN THE SAN FERNANDO VALLEY

San Fernando Valley Central Office Board Meeting: August 9, 2017, 6:30 p.m., Central Office, 16132 Sherman Way, Van Nuys, CA 91406.

San Fernando Valley Intergroup Meeting: August 14, 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): July 17, 2017, 7 p.m. Orientation, 8 p.m. Bus. Meeting, St. Innocent Church, 5657 Lindley Ave., Tarzana.

General Service Dist. 1: (1st Wed.): August 2, 2017: 6:30 p.m., 7552 Remmet, Canoga Park.

General Service Dist. 2: (1st Tues.): August 1, 2017: 6:30 p.m., 4011 Dunsmore, La Crescenta.

General Service District 7: (second Saturday) August 12, 2017, 9 a.m., Women's Club: 33201 Agua Dulce Canyon Rd, Agua Dulce, CA.

General Service District 11 (1st Mon.): August 7, 2017: New GSRs – 6:00 p.m., general meeting 6:30 p.m., 315 W. Vine Street, Glendale.

General Service District 16 (1st Mon.): August 7, 2017: 6:00 p.m., 15950 Chatsworth, Granada Hills.

General Service District 17 (1st Mon.): August 7, 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** 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**. **For more info, visit: www.sfvaa.org or email: sfvc@la.twcbc.com.**

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.

FROM THE FOUNDERS

"A.A. REGENERATION"

Such is the paradox of A.A. regeneration: strength arising out of complete defeat and weakness, the loss of one's old life as a condition for finding a new one. — A.A. COMES OF AGE, p. 46

"I am responsible for the effort it takes to take care of the outcome." Anon

"We have been speaking to you of serious, sometimes tragic things. We have been dealing with alcohol in its worst aspect. But we are not a glum lot. If newcomers could see no joy or fun in our existence, they wouldn't want it. We Absolutely Insist on Enjoying Life."

Big Book, pg. 132

"Make a decision, have an experience." Anonymous

"The chief activator of our defects has been self-centered fear. . . ."

— TWELVE STEPS
AND TWELVE
TRADITIONS, p. 76

AA SERVICE COMMITTEES:

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: 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 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 2nd Monday of every month at St. Innocent Church, 5657 Lindley, Tarzana. We would love to have you represent your group in this important function.

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, Sandy R. – 7 Years, Sophia T. – 18 Years, Kay – 20 Years, Roy G. – 24 Years, Josh S. – 26 Years, Doug R. – 30 Years, and Marne – 40 Years.**



Deaths: Martin C. - (Burbank) 64 Years

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:

- **August 4 – 6, 2017: The Foothill Roundup**, Flintridge Academy, 4543 Crown Ave., La Canada, CA www.foothillroundup.org.
- **August 4-6, 2017: 42nd Annual MAAD Dog Daze of Summer**, Cathedral City, www.maaddogdaze.org
- **August 25 – 26, 2017: 50th District 22 Annual AA Convention**, San Luis Obispo, CA
- **August 25 – 27, 2017, 12th Berlin, English-speaking AA Convention**, Berlin, Ger.
- **September 1 – 4, 2017: South Bay Round-Up**, Torrance, CA www.southbayroundup.org
- **September 8-10, 2017: 39th Annual Ventura County AA Convention**: Westlake Hyatt Resort, Westlake Village, CA. www.vcaac.org
- **September 14-17, 2017: Seniors In Sobriety International Conference**: Airtel Plaza Hotel in Van Nuys. The theme is "Rediscovering Life."
- **September 29 – October 1, 2017: Central Coast AA Roundup**, Santa Maria, www.centralcoastroundup.org



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

Over the past few months, we've published excerpts from 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). These 15 tips have kept a lot of people sober through the years. Here are the last four tips:

12) Cultivate a helpful association of ideas:

- A) Associate a drink as being the single cause of all the misery, shame and mortification you have ever known.
- B) Associate a drink as being the only thing that can destroy your new found happiness and take from you your self-respect.

13: Cultivate gratitude:

- A) Gratitude that so much can be yours for so small a price.
- B) Gratitude that you don't have to drink.
- C) Gratitude that AA exists and you found out about it in time. (Continued, next page)
- D) Gratitude that you are only a victim of a disease called Alcoholism, that you aren't a degenerate, immoral weakling, or the self - elected victim of a vice or a person of doubtful sanity.
- E) Gratitude that since others have done it, you can, in time, bring it to pass that you will not want or miss the drink that you are doing without.

14: Seek ways to help other alcoholics & remember: The 1st way to help others is to stay sober, yourself.

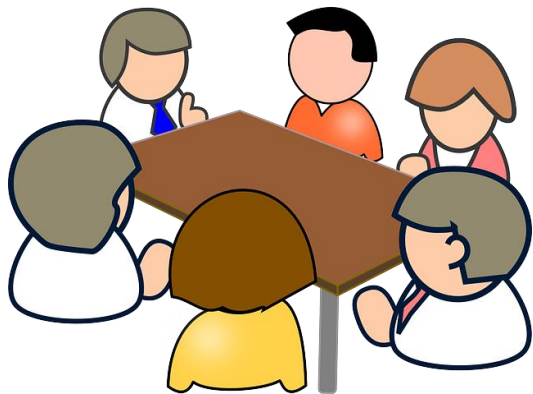
(continued, next page)

15: Don't forget that when the heart is heavy and resistance is low, and the mind is troubled and confused, there is much comfort in a true and understanding friend standing by. You have that friend in A.A. Copyright © 2017 by Alcoholics Anonymous World Services, Inc. All rights reserved.

Summer Fun in Sobriety (continued, page 1)

Desert Pow Wow: This is a desert convention, held in June every year in Indian Wells, right outside of Palm Springs. A lot of people from the northeast San Fernando Valley attend for the powerful speaker meetings, marathon meetings, special events and the traditional Longtimers meeting. It's held at the elegant Renaissance Indian Well Resort & Spa but it's got a homey, warm feel to it – just like the friends you'll see when you go there. Visit: <http://desertpowwow.com>.

Big Island Bash: Every May, an AA Convention is held on the Big Island of Hawaii called the Big Island Bash in Kailua Kona. When I attended this convention, a few years ago, I really enjoyed the activities that were offered – like the sober snorkeling event where I got to meet and swim with some local Hawaiian AAs and visitors. There's a traditional luau with hula dancers and Hawaiian music and there are many other events planned around the meetings that go on all day and night. Who can resist the idea of going to Hawaii and having fun while staying sober? For more info, see: www.bigislandbash.com.



Beaver Kampvention: This event is held in Beaver, Utah every year right around Labor Day. It's held in the little town of Beaver where AA's from all around drive in to camp out and hold meetings in the great outdoors. There are a host of fun activities that come with this event, including a sober softball game, a Poker Run, a hotdog eating contest (on motorcycles), and a sober dance. I went one year and loved it, and the townsfolk in Beaver had a welcome banner strung up across the road that welcomed AAs to their town. How nice to be welcomed back!

San Fernando Valley AA Convention: At the end of January, those of us in the Valley all drive over to the Warner Center Marriott in Woodland Hills for the annual convention. In 2018, it will be the 43rd year for this great convention which always kicks off with an extremely entertaining show performed by AAs, based on a fairytale or popular theme. It's witty, it's funny, and it's a great way to start the year. This convention holds meetings all night long, as well as all day, and that's unusual for most conventions. The Saturday night banquet is usually a formal event where people dress to the nine's to visit with close friends and enjoy the camaraderie. Speakers are always great and it's one of the best-attended events around with close to 2,000 people every year (AAs, Al-Anons and Ala-Teens). See: www.sfvaaconvention.org for more info.

Alcathons: An Alcathon is usually a two or three-day event with back-to-back AA meetings all day-long (and sometimes all night-long). There are plenty of them in the Valley: The San Fernando AA Group (located at 13245 Gladstone Ave. in Sylmar) hosts two –leading up to New Year's and again, in May for Memorial Day. It's always well attended and there are pot lucks held throughout the event. Pacoima, the Burbank Group, Stepping Stones, Rafters, Unit "A," and the Hole in the Sky all have Alcathons. These are held at various times during the year and act as both fundraiser for the group and a chance to host other groups so everyone gets to know one

another. It's a great thing to have so many AA groups available in our area and to know that there is always a party going on somewhere nearby!

Special Events: The Valley Club hosts a New Year's Eve event with speakers and a potluck every year. Other groups hold Halloween costume parties and dances throughout the year, and Holiday Parties are big events at almost every AA group in the Valley with gift exchanges for children of AA parents.

Round Ups: There are smaller conventions which are known as "Round Ups," which are held at different locales throughout the year – Tehachapi, Ventura, and other locations all have "Round Ups." There are also several out of state ones that you can carpool to with other AA's.

Sober Picnics: Most groups host a sober picnic each year – usually during the summer months – where everyone contributes food and soft drinks. Even if you can't bring something, you are always welcome to attend your group's picnic. It's a way to get out and socialize with others and to be of service, as well as helping with the preparation and clean up.



Bingo: Sober Bingo is another popular event that many people attend. Initially, I thought this would be boring, but I was quite surprised to find that sober people are very funny to be around. Jokes are flying throughout the game and people really get into their bingo games! I had so much fun just being there, that I didn't mind that I didn't win

anything!

Retreats: Every month or two, there is a retreat held in Los Angeles or somewhere nearby that focuses on the 12 Steps of recovery. Retreats that I know of include events with well-known AA speakers at locations in Malibu, West LA (Woman to Woman), or the San Bernardino mountains (Camp Seeley). I went to two Camp Seeley weekends when I was new in sobriety. I carpoled up with other AAs in my group and stayed in a cabin on the property. There were campfires, BBQs, and a marshmallows roast over the fire. There was a crafts room where you could paint rocks and decorate your badge, and there was a short hike in the woods to a river where a heart-shaped rock sat in the middle – very pleasing to the eye! I loved Camp Seeley and found the food to be plentiful; the location, scenic; and the price, very reasonable. Camp Seeley is held every April and October.

There are many more events, too plentiful to list, but just know that being sober does not have to be boring. Remember: We are not a glum lot!

Movies, coffee, celebrations around holidays, dancing, road trips to other AA meetings, beach meetings, and more – who knew that there was so much to do once I got sober? I truly have never been bored with AA – at least not yet!

There's so much more I want to do with my time and find out what I've been missing. I intend to take full advantage of the good times ahead and never look back, except to learn from my mistakes! *Editor, Pat K.*



Central Office of SFV

**16132 Sherman Way
Van Nuys, CA 91406**

ADDRESS SERVICE REQUESTED