

RECOVERY TIMES Vol. 63, No. 5, May 2018

The Alcoholics Anonymous San Fernando Valley Central Office Newsletter

Are you an Alcoholic? The “20 Questions”

This little pamphlet of 20 questions was created by Johns Hopkins University in Baltimore, Maryland to decide whether or not a patient is an alcoholic. It has since become a regular piece of literature at AA meetings.

1. Do you lose time from work due to drinking?
2. Is drinking making your home life unhappy?
3. Do you drink because you are shy with other people?
4. Is drinking affecting your reputation?
5. Have you ever felt remorse after drinking?
6. Have you gotten into financial difficulties as a result of drinking?
7. Do you turn to lower companions and an inferior environment when drinking?
8. Does your drinking make you careless of your family's welfare?
9. Has your ambition decreased since drinking?
10. Do you crave a drink at a definite time daily?
11. Do you want a drink the next morning?
12. Does drinking cause you to have difficulty in sleeping?
13. Has your efficiency decreased since drinking?
14. Is drinking jeopardizing your job or business?
15. Do you drink to escape from worries or trouble?
16. Do you drink alone?
17. Have you ever had a complete loss of memory as a result of drinking?
18. Has your physician ever treated you for drinking?
19. Do you drink to build up your self - confidence?
20. Have you ever been to a hospital or institution on account of drinking?



If you think you might drink, get yourself to an AA meeting. You can view all of the meetings in the San Fernando Valley online at: www.sfvaa.org. If you need someone to talk to, call Central Office's 24-hour hotline at: (818) 988-3001.

San Fernando Valley Central Office
Minutes of Intergroup Representatives Meeting
April 9, 2018

OPENING: Larry S.

- Larry opened the meeting at 7:00 p.m. with The Serenity Prayer.
- CeCe read "The Twelve Traditions."
- Sandy R. accepted a motion for approval of the March Intergroup Minutes.

TREASURER'S REPORT: Bob F. for Adrian I.

- MTD is (\$924) and YTD is \$5,610, as compared with last year's YTD which was \$4,409.
- Financials and Group Contributions are available.

EXECUTIVE SECRETARY'S REPORT: Bob F.

Central Office: Everything is running smoothly. New volunteers are needed, as we're losing some of our regulars. One year of sobriety is required. Please contact Central Office. Also, we're scheduling meetings with three credit card vendors over the next several weeks.

Recovery Times: We are always looking for stories about sobriety. Please submit your story of 450 – 650 words to **Editor Pat K.** at: xnowisthetime@aol.com. **We reserve the right to use whatever stories are best for Recovery Times and to edit the final content, as necessary.**

MEETING RELATED BUSINESS: Josh S.

- 2 new Intergroup Representative this month:
 - Josh S., "A New Freedom," Tuesdays at 7pm in Northridge; and,
 - Molly L., "Try God," Wednesdays at 12:30 pm in North Hollywood.

SERVICE REPRESENTATIVES:

- General Service District 11: Ernie: Our idea for a new pamphlet for atheists and agnostics has become an agenda item!
- San Fernando Valley Hospital & Institutions Committee: Nick C.: Join us on the 3rd Monday of the month at Saint Innocent's Church in Tarzana. New member orientation at 7pm, business meeting starts at 8pm.
- Santa Clarita Valley 15th Annual AA Convention: Bernard B.: September 14, 15th and 16th, 2018 at the Valencia Hyatt. The theme is "Miraculous Demonstrations." Online registration is open, and printable forms are available, at www.scvaaconvention.org.

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 to those who may have come in late to please sign in on only ONE of the two sign-in sheets.

NEW BUSINESS - No new business.

ANNOUNCEMENTS FROM AA GROUPS & SEVENTH TRADITION:

- Marianna and Nicholas, YPSFVAA: 47th ACYPAA Round-Up to be held in 2019. Pre-Registration online at www.acypaa.org/register. Pre-registration is \$15 for one / \$25 for two.
- Sandy R. announced the 39th Annual Woman to Woman Workshop Weekend, June 1-3, 2018, at Mount Saint Mary's College. Register online at www.WomanToWomanLA.org.
- Nick C., SFV H&I: Bike 'n 4 Books is Sat., June 2 at 8 a.m. at Woodley Park Picnic Area #3, Van Nuys.
- AA Desert Pow Wow: June 7, 8 and 9, 2018 in Indian Wells, California. Registration forms are available or register online at www.desertpowwow.com.

REMINDERS: Larry S.: Groups should bring at least 350 flyers for upcoming events so that each meeting can pick up 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 APRIL – 122 YEARS OF SOBRIETY!

- Bernard B., 24 years on 4/29
- Alisa W., 26 years on 4/16
- Diana N., 35 years on 4/29
- Bob F., 37 years on 4/30.

VACANCIES ON BOARD – None.

CLOSING: A motion to adjourn was recognized and seconded. Meeting adjourned at 7:20 pm with *The Lord's Prayer*. Prepared and submitted by: Sandy R., Recording Secretary



Info from Central Office of the San Fernando Valley

AA Central Office of the San Fernando Valley is located at 16132 Sherman Way, Van Nuys and maintains 24/7 Phone Service for AAs. We are located in an office building on the southwest corner of Woodley & Sherman Way, west of the Mobil Station and remain 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. (It's always more expensive to buy them from a retail store). *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).* Central Office is a legitimate non-profit. Personal donations cannot exceed \$3,000 per year and must be from members of AA, not from outsiders.

Our website, www.sfvaa.org, provides meeting info, upcoming events and service meeting info. You can also download a copy of Recovery Times (and previous issues) for free. To receive a printed copy of Recovery Times, mailed to your address, please send us your name, address and payment of \$7.00 to cover a year's worth of mailings. Also let us know if this is for a new or renewing subscription and if you have changed your address.

Calendar of Upcoming Events:

- **Tri-State 34th Annual Round-Up: May 17-20, 2018**, Don Laughlin's Riverside Resort Hotel & Casino, Laughlin, NV: tristateroundup@hotmail.com.
- **39th Annual Woman to Woman Workshop Weekend, June 1-3, 2018**, at Mount Saint Mary's College. Register online at: www.WomanToWoman.LA.org.
 - **Bike 'n 4 Books**, AA Literature Fundraiser – Saturday, June 2, 2018, 8am, at Woodley Park Picnic Area #3, Van Nuys.
- **2018 A.A. High Desert Convention, June 8 – 9, 2018**, Holiday Inn, 15494 Palmdale Road, Victorville, CA. www.highdesertconvention.com (special discounts on room rates).
- **A.A. Desert Pow Wow: June 7-10, 2018**, Renaissance Indian Wells Resort & Spa, Indian Wells, CA www.desertpowwow.com.
- **The San Fernando Group will be moving in July. Stay tuned for details.**

FROM THE FOUNDERS

"The unique ability of each AA to identify himself with, and bring recovery to, the newcomer in no way depends upon his learning, eloquence, or on any special individual skills. The only thing that matters is that he is an alcoholic who has found a key to sobriety.

AA Co-Founder, Bill W.,
September 1952
"Tradition Five"

"In AA we have no VIPs, nor have we need of any. Our organization needs no title-holders nor grandiose buildings ... Experience has taught us that simplicity is basic in preservation of our personal sobriety and helping those in need."

AA Co-Founder, Dr. Bob,
September 1948
"The Fundamentals in Retrospect"

"The smartest thing you can say in AA is 'I don't know.'" Anonymous

"Let today's troubles be sufficient to today."
Indianapolis, Ind.

"Life hasn't been all smooth sailing, but because of AA, I no longer have to live in fear. I sleep at night ... I have a purpose in life."
Mankato, Minn.,

"I have a way to live that fills every hole my gut ever had." Grants, N.M.

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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 nights at 8 pm.

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. 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. **Has your**

meeting changed? Please provide meeting updates to: **SFVAA Central Office, 16132 Sherman Way, Van Nuys, CA 91406.**



Celebrating an A.A. Anniversary? Please consider making a \$1.00 donation to Central Office for each year of your sobriety during your birthday month. **This month, we celebrate the AA anniversaries of: Henry V. – 3 Years, Neal – 4 Years, Eleanor D. – 35 Years, Steve – 36 Years and the Learning to Live Men's Stag – 238 Years (total).**

Deaths: We remember: **Lenny O.,** 26 yrs. sober (8-19-91)
Bill R., 33 yrs. sober (6-16-84).

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 or email: sfvco@la.twcbc.com.

SOME CELEBRITIES WHO DIED OF ALCOHOLISM & COULD HAVE USED AA (AKA: DEATH IS NOT GLAMOROUS)

Continuing our look at celebrities who died of alcoholism, here are some names you might recognize:



Amy Winehouse, jazz/soul singer, July 23, 2011, age 27

Jim Morrison, singer for The Doors, July 3, 1971, age 27

Ron "Pigpen" McKernan, musician with The Grateful Dead, March 8, 1973, age 27

Avicii, Grammy-nominated electronic dance DJ, April 20, 2018, age 28

John Bonham, drummer for Led Zeppelin, Sept. 25, 1980, age 32

Bon Scott, AC/DC singer, February 19, 1980, age 33

Clyde McPhatter, singer for The Drifters, June 13, 1972, age 39

Dylan Thomas, writer, November 9, 1953, age 39

F. Scott Fitzgerald, writer, December 21, 1940, age 44

Michael Clarke, drummer for The Byrds, December 19, 1993, age 47

Jani Lane, front man for rock band Warrant, August 10, 2011, age 47

Alexander Godunov, Bolshoi ballet dancer, May 18, 1995, age 46

Errol Flynn, actor, October 14, 1959, age 50

Gary Moore, musician, February 6, 2011, age 58

Truman Capote, writer, August 25, 1984, age 59

John Barrymore, leading actor, May 29, 1942, age 60

W.C. Fields, comedian, writer, & actor, Dec. 25, 1946, age 66

ALCOHOL-RELATED DEATHS:

- An estimated 88,000 people (approximately 62,000 men and 26,000 women⁸) die from alcohol-related causes annually, making alcohol the third leading preventable cause of death in the United States. The first is tobacco, and the second is poor diet and physical inactivity.⁹
- In 2014, alcohol-impaired driving fatalities accounted for 9,967 deaths (31 percent of overall driving fatalities).¹⁰

Research sources: Mokdad, A.H.; Marks, J.S.; Stroup, D.F.; and Gerberding, J.L. Actual causes of death in the United States 2000. *JAMA: Journal of the American Medical Association*: 15010446 and National Center for Statistics and Analysis. *2014 Crash Data Key Findings* (Traffic Safety Facts Crash Stats. Report No. DOT HS 812 219). Washington, DC: National Highway Traffic Safety Administration, 2015. Available at: <https://crashstats.nhtsa.dot.gov/Api/Public/ViewPublication/812219>.

Ebby Thacher, who was the inspiration to Bill W. to found Alcoholics Anonymous, died on March 21, 1966. Below is the dedication Bill Wilson wrote in an AA book that he gave to Ebby at the Long Beach International Convention of Alcoholics Anonymous in 1960:

"Dear Ebby, No day passes that I do not remember that you brought me the message that saved me - and only God knows how many more. In affection, Bill."



Ebby Thatcher's Eulogy

By Bill W.

In his seventieth year, and on the twenty-first of March, my friend and sponsor "Ebby" passed beyond our sight and hearing.

On a chill November afternoon in 1934, it was Ebby who had brought me the message that saved my life. Still more importantly, he was the bearer of the Grace and of the principles that shortly afterward led to my spiritual awakening. This was truly a call to new life in the Spirit.

It was the kind of rebirth that has since become the most precious possession of each and all of us.

As I looked upon him where he lay in perfect repose, I was stirred by poignant memories of all the years I had known and loved him.

There were recollections of those joyous days in a Vermont boarding school. After the war years we were sometimes together, then drinking of course. Alcohol, we thought, was the solvent for all difficulties, a veritable elixir for good living.

Then there was that absurd episode of 1929. Ebby and I were on an all-night spree in Albany. Suddenly we remembered that a new airfield had been constructed in Vermont, on a pasture near my own home town. The opening day was close at hand. Then came the intoxicating thought: If only we could hire a plane we'd beat the opening by several days, thus making aviation history ourselves! Forthwith, Ebby routed a pilot friend out of bed, and for a stiff price we engaged him and his small craft. We sent the town fathers a wire announcing the time of our arrival. In mid-morning, we took to the air, greatly elated -- and very tight.

Somehow our rather tipsy pilot set us down on the field. A large crowd, including the village band and a welcoming committee, lustily cheered his feat. The pilot then deplaned. But nothing else happened, nothing at all. The onlookers stood in puzzled silence. Where were Ebby and Bill? Then the horrible discovery was made -- we were both slumped in the rear cockpit of the plane, completely passed out! Kind friends lifted us down and stood us upon the ground. Whereupon we history-makers fell flat on our faces. Ignominiously, we had to be carted away. The fiasco could not have been more appalling. We spent the next day shakily writing apologies. Over the following five years, I seldom saw Ebby. But of course our drinking went on and on. In late 1934 I got a terrific jolt when I learned that Ebby was about to be locked up, this time in a state mental hospital.

Following a series of mad sprees, he had run his father's new Packard off the road and into the side of a dwelling, smashing right into its kitchen, and just missing a terrified housewife. Thinking to ease this rather awkward situation, Ebby summoned his brightest smile and said, "Well, my dear, how about a cup of coffee?"

Of course Ebby's lighthearted humor was quite lost on everyone concerned. Their patience worn thin, the town fathers yanked him into court. To all appearances, Ebby's final destination was the insane asylum. To me, this marked the end of the line for us both. Only a short time before, my physician, Dr. Silkworth, had felt obliged to tell Lois there was no hope of my recovery; that I, too would have to be confined, else risk insanity or death.

But providence would have it otherwise. It was presently learned that Ebby had been paroled into the custody of friends who (for the time being) had achieved their sobriety in the Oxford Groups. They brought Ebby to New York where he fell under the benign influence of AA's great friend-to-be, Dr. Sam Shoemaker, the rector of Calvary Episcopal Church. Much affected by Sam and the 'O.G.,' Ebby promptly sobered up. Hearing of my serious condition, he had straight-way come to our house in Brooklyn.

As I continued to recollect, the vision of Ebby looking at me across our kitchen table became wonderfully vivid. As most AA's know, he spoke to me of the release from hopelessness that had come to him (through the Oxford Groups) as the result of self-survey, restitution, outgoing helpfulness to others, and prayer. In short, he was proposing the attitudes and principles that I used later in developing AA's Twelve Steps to recovery.

It had happened. One alcoholic had effectively carried the message to another. Ebby had been enabled to bring me the gift of Grace because he could reach me at depth through the language of the heart. He had pushed ajar that great gate through which all in AA have since passed to find their freedom under God.

* * *

Edwin Throckmorton Thacher, was an old drinking friend and later the sponsor of Alcoholics Anonymous co-founder Bill Wilson. He is credited with introducing Wilson to the initial principles that AA would soon develop, such as "one alcoholic talking to another," and the Jungian thesis which was passed along to Rowland Hazard and, in turn, to Thacher that alcoholism could be cured by a "genuine conversion."

Keep Coming Back, it works if you 'work it.'

Upcoming News: The San Fernando Group is moving from their longtime address on Gladstone Ave. in Sylmar to a new address in San Fernando. News forthcoming so stay tuned!!!

If you think you might drink, get yourself to an AA meeting. You can view all of the meetings in the San Fernando Valley online at: www.sfvaa.org. If you need someone to talk to, call Central Office's 24-hour hotline at: (818) 988-3001.

Central Office of SFV

16132 Sherman Way

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ADDRESS SERVICE REQUESTED