



A New Kind of Love

In sobriety, she learned how to love herself and others

I'm sitting at the base of Greylock Mountain, in Atlanta, Idaho. It's very quiet and I have the gift of this opportunity to contemplate. Soon, I will have my three-year sobriety birthday. It doesn't sound like long, but it's not been easy for me.

I am one who has had to work at it. It took lots of changes, transformations, experiences to get here. It's been worth it, though.

My heart is beating a sober rhythm. I feel so clear and am filled with gratitude. I am experiencing a love I have never known and it truly is grace.

I've done a lot of things in my drinking days that I'm not proud of. Even sitting here, in Atlanta, I have memories of these woods—falling on the way back to the cabin, of conversations in the bar that are embarrassing to remember, of all that beer breath I woke up with.

I used to drive up here while drinking. It's a miracle that I am not in prison for all the drunk driving I did. I can see that now. Back then, I couldn't see a thing except how to get drunk and stay drunk, and sober up enough just to work, until I couldn't even do that anymore. Walking into these rooms of AA when I was lost, blind, and when I was at the end, was the best thing I ever did for me.

As I sit here in the mountains, away from the city, away from meetings, away from fellowship, I notice that this love, this peace and serenity I feel is due to finally learning how to care for myself. I am able to sit still and breathe mountain air. I can have a clear, coherent conversation with my friend. I can live and function on a daily basis. I can do all these things without a beer by my side.

Most importantly, I learned how to love. This love is not the slurry, blurry, mushy, crazy, on a buzz, calling people at two in the morning love. This is a love that comes from a place of peace and serenity inside. It is not clouded by alcohol. It is inner truth. It is clear. It is still. It is silence. It is a love I have never known, and I'm so excited for more! I am beginning to experience some happiness.

My heart is full and resonates like a drum to the rhythm of a sober walk. It's because of the program of AA that I am here. For this, I continue to buy a ticket for a seat in this place! What a great ride!

-- Brenda M., Boise, Idaho

SAN FERNANDO VALLEY CENTRAL OFFICE
Minutes of Intergroup Representatives Meeting
January 9, 2017

OPENING: Cheryl A.

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

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

Central Office finished the year in the black! MTD is \$13,734 and YTD is \$4,466, as compared with last year's YTD which was \$6,630. These figures include contributions from Gratitude Month.

EXECUTIVE SECRETARY'S REPORT: Bob F.

- Central Office:
 - Volunteers are doing very well!
 - Central Office printed the Recovery Times on site for the second time, saving outside printing costs!
 - Central Office continues to work on website problem and is pursuing the availability of credit card purchases.
- *Recovery Times*:
 - Wonderful cover article this month on the San Fernando Valley AA Convention.
 - Reminder: Stories of recovery are welcome. Deadline for submissions is 15th of the month; send to Pat K. at xnowisthetime@aol.com.

MEETING RELATED BUSINESS: Larry S.

- 10 new Intergroup Representatives this month:
 - Donna B., "Northridge Women's' Book Study," Mondays at 7:30 pm in Northridge;
 - Andrew C., "The Burbank Group," Nightly meetings in Burbank;
 - Matthew F., "Doing the Deal," Saturdays at 7:00 am in Woodland Hills;
 - Nate S., "Comercio," Tuesdays at 7:30 pm in Woodland Hills;
 - Sean M., "S.O.S. Cabrito House," Mondays in Canoga Park;
 - Ashlee F., "Broad Highway," Tuesdays at 7:45 pm in North Hollywood;
 - Marie Z., "Women's Love and Care Discussion," Saturdays at 12:30 pm in Reseda;
 - Marianna K., "More About Alcoholism," Sundays in Tarzana;
 - Josh S. (Alt.), "Feelings Discussion Group," Saturdays at 7:30 pm in Van Nuys; and,
 - David C., New Central Office Liaison for District 17.

SERVICE REPRESENTATIVES:

- San Fernando Valley Hospital & Institutions Committee: Daniel: Have passed their prudent reserve and will be purchasing literature for H&I.
- Santa Clarita Valley AA Convention: Bob F. for Bernard: 2017 Convention will be held the first weekend in September.

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

- Attendance Certificates are distributed to those groups who attended all Intergroup Meetings in 2016.
- Cheryl A. presented past Chair, Brian H., with a beautiful plaque in gratitude for his service on the Intergroup Board of Directors. Many thanks, Brian!!!

ANNOUNCEMENTS FROM AA GROUPS & SEVENTH TRADITION:

- Andrew C., Burbank Group: Super Bowl Party, Sunday, February 5, 2017, at 3:00 pm, followed by a 5:00 pm meeting, "As Bill Sees It," and 7:00 pm Meeting Step Study.

- Celebrating 70 years of love and service on Sunday, February 17, 2017, from 7:30 am to 9:00 pm.
- Cabrito House:
 - Thursday Night Lights, Candlelight Meeting, 7:00 – 8:00 pm at the Cabrito House, Jensen Hall.
- Cheryl A.: 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 JANUARY – 32 YEARS OF SOBRIETY!

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|--------------------------|------------------------------|
| ▪ Nate, 1 year on 1/2; | ▪ Pat K., 13 years on 12/22; |
| ▪ Helen, 2 years on 1/6; | ▪ Lee M., 16 years on 1/8. |

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

CLOSING:

Cheryl A.: A motion to adjourn was recognized and seconded. Meeting adjourned at 7:27 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: March 8, 2017, 6:30 p.m., Central Office, 16132 Sherman Way, Van Nuys, CA 91406.

San Fernando Valley Intergroup Meeting: March 13, 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): Feb. 20, 2017, 7 p.m. Orientation, 8 p.m. Bus. Meeting, St. Innocent Church, 5657 Lindley Ave., Tarzana.

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

General Service Dist. 2: (1st Tues.): March 7, 2017: 6:30 p.m., 4011 Dunsmore, La Crescenta.

General Service District 7: (second Saturday) March 11, 2017, 9 a.m., Women's Club: 33201 Agua Dulce Canyon Rd, Agua Dulce, CA.

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

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

General Service District 17 (1st Mon.): March 6, 2017. Orientation for new GSRs, 6:30 p.m., Business Meeting: 7:00 p.m., 5000 Colfax, NoHo.

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.**



FROM THE FOUNDERS

“We are operating a spiritual kindergarten in which people are enabled to get over drinking and find the grace to go on living to better effect.”
As Bill Sees It, pg. 95

“If we neglect those who are still sick, there is unremitting danger to our own lives and sanity.”
Twelve Steps & Twelve Traditions, pg. 151

“Our very lives as ex-problem drinkers depend upon our constant thought of others and how we may help meet their needs.” AA, pg. 20

“Let it never be said that the spiritual way is a cowardly or escapist approach to life. On the contrary, it requires maximum diligence and persistence to seek divine guidance when all the evidence of our eyes and ears tries to tell us that life is largely physical, intellectual and emotional.”

*Jackson, Miss.,
November 1964*

*“Let Go and Let God,”
AA Grapevine*

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 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 – 17 Years, Frank K. – 32 Years, Brian M. – 39 Years, Chuck B. – 40 Years, Reseda BB Study Discussion – 20 members/ 215 Years, and Saturday Morning Women's Meeting – Robin – 33 Years, Maryanne B. – 28 Years + other members.



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 **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. Thank you~

THE RECOVERY TIMES WOULD LIKE TO HEAR YOUR STORY. PLEASE KEEP IT TO 600 WORDS AND FOCUS ON SOBRIETY. PLEASE INCLUDE YOUR SOBRIETY DATE AND AN EMAIL OR PHONE NUMBER THEN EMAIL PAT AT: XNOWISTHETIME@AOL.COM.

CENTRAL OFFICE WEBSITE: FIND MEETING SCHEDULES, BACK ISSUES OF RECOVERY TIMES, AND LOTS OF OTHER HELPFUL INFO: WWW.SFVAA.ORG. BUY YOUR AA LITERATURE, CHIPS AND MEDALLIONS AT CENTRAL OFFICE.



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.

Shop at Central Office: Did you know that you can buy books, literature, medallions and chips at the lowest price at San Fernando Valley Central Office? Please visit us at: 16132 Sherman Way, Van Nuys, CA. (SW corner of Woodley & Sherman Way, west of the Mobil Station). Central Office's hours are: 9 a.m. – 6 p.m. M-F, 9 a.m. – 5 p.m. Saturday & Sunday. (Literature closed last Fri. of every month for Inventory and on major holidays). **To reach our 24-hour telephone hotline and speak with a live person call: (818) 988-3001. For more info, email us at: sfvco@la.twcbc.com**

CONTINUING WITH THE THEME THIS MONTH OF LOVE, HERE IS ANOTHER PERSPECTIVE FROM A SOBER MEMBER OF A.A.:



Lady Love

In sobriety, she learned to respect herself and how to build relationships

When I came into AA I knew I was sick. I had been in misery for ten years or more. My whole world was sick and my attitude was badly skewed. Only looking back now, can I see the full extent of my misery. It had just become a way of life. I didn't really like other women that well. I thought they played some kind of game of life that I wasn't privy to. I found men weren't as judgmental about the vast quantities of liquor I could hold. It was a badge of honor in the beginning. By the end, it was just sad. I was good entertainment for the men, though.

I saw nothing wrong with sex for sex's sake, for sheer enjoyment without real love. Of course, I didn't at that time even know what real love was. I didn't know that I had lowered my own expectations of myself to the point that self-abuse seemed normal. I gave no thought to the truth as I now know it. I couldn't face the fact that people don't really respect a promiscuous woman. I didn't respect myself either, didn't think my actions with regards to sex were a problem.

My sponsor, Brenda, saw in me what I couldn't, and warned me about my interactions with the men in the rooms. When she suggested no new relationships until I had worked the Steps, I thought that didn't apply to random sex. I couldn't believe it when she laughingly set me straight. Since I couldn't "get the comfort that comes at once from taking a few drinks," I was convinced that I needed sexual release to get me through the physical and mental pain I was in. I finally started to understand when (continued from previous page) she told me that what I really wanted was immediate gratification, which is the same thing I got from the bottle. I knew I had to change or die drunk.

CALENDAR OF EVENTS:

FEB. 17, 2017: BURBANK GROUP: 7:30 a.m. – 9 p.m.: Celebrating 70 years of love and service. Winona Ave., Burbank

March 24 – 26, 2017: 41st Rhode Island Convention: Newport, R.I. www.rhodeisland-aa.org

April 14 – 16, 2017: 32nd Orange County AA Convention, Doubletree Hilton, Orange, CA
www.oaac.org.

April 13 – 16, 2017: 40th San Diego Spring Roundup, Town and Country Hotel, San Diego, CA
www.sandiegospringroundup.com

May 5 – May 7, 2017: 29th Big Island Bash, Kailua Kona, Hawaii www.BigIslandBash.com

May 18 – 21, 2017: 33rd Tri-State Roundup, Riverside Hotel & Casino, Laughlin, NV

Luckily, most of the men around me respected me enough not to prey on my vulnerability. I started to take direction, and prayed to a God I didn't really believe would help me. Because of the fellowship and prayer, I was able to make it one day at a time, or one minute at a time. I learned that with these tools I can make it through any adversity sober and (somewhat) sane, and with love and respect for myself.

I am very grateful to the women who taught me how to respect myself—especially Brenda M. and Viola W. I am grateful to the men who declined my advances without rejecting me. These people loved me for being sick and asking for help. The hand of AA was there for me, unconditionally and respectfully. -- **Candy A., Morgantown, West Virginia.**



Page 68 in the Big Book of Alcoholics Anonymous:
"Now about sex. Many of us needed an overhauling there. But above all, we tried to be sensible on this question. It's so easy to get way off the track. Here we

find human opinions running to extremes – absurd extremes, perhaps. One set of voices cry that sex is a lust of our lower nature, a base necessity of procreation. Then we have the voices who cry for sex

and more sex; who bewail the institution of marriage; who think that most of the troubles of the race are traceable to sex causes. ...We all have sex problems. What can we do about them?..." (Page 69 in BB)

A.A. Crossword Puzzle: Look Up, Look Down, Look Sideways, & Backwards to find the words. "We reviewed our own conduct over the years past. Where had we been selfish, dishonest, or inconsiderate? Whom had we hurt?" (Page 69 BB).

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



Love, it's the eternal quest. We want to be accepted for who we are and be loved by one and all. But yet, we come into A.A. as broken people, often with an immature idea of what love is and how it should be attained. We have to learn patience and forgiveness of others before we can begin a

spiritually healthy relationship with ourselves and others. This is why we often hear from our sponsors,

"Don't date until you have a year under your belt and have worked the Steps thoroughly."

Until we unmask the pretenses that we have of ourselves and really learn who we are – and then work on giving up our old resentments that bog us down, we really won't have any chance at a successful relationship.

Love is all around us and it is available when we are in our "right minds." Often others can see qualities that are loveable before we can see them.

Through the process of working the Steps, we learn to take responsibility for our own actions and to forgive others, whenever possible, for things that may have happened in the past. For without some change in our own behavior, nothing with change in the relationships we have with others. Editor, Pat K.

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

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