

RECOVERY TIMES

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The Alcoholics Anonymous San Fernando Valley Central Office Newsletter

Starting the New Year with a New Commitment to “Do Better”



As we begin another new year, there is always hope that things will be better. We will do better in working our program of A.A., we will meet more regularly with our sponsors, we will attend more meetings, be willing to be of service to whatever meetings we attend, and be available to speak to newcomers or to sponsor someone in need. This commitment is always fresh in our minds at the start of a new year, but in A.A., we also have the option of “doing better” at any point in time. Today, with our spiritual program in place and the fellowship of other A.A.s along with us, we can choose to “do better” at any given point in time – not just in January.

There is a prayer that has become known as the **set-aside** or lay-aside prayer that speaks to this state of consciousness. There are a number of variations, this is one of the simplest forms:

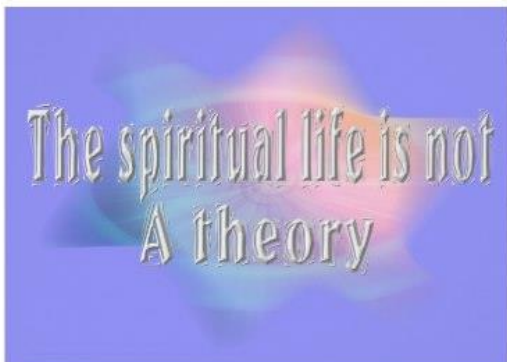
“Dear God, please help me to set aside everything I think I know about you and this world, so I may have an open mind.”

Another version is the following: *“Dear God, please set aside everything I think I know about myself, this book, my disease, these steps, and especially about you dear God so that I might have an open mind and a new experience with all these things. Please help me to see the truth.”*

There are over 790 meetings in the San Fernando Valley alone every week (and more in Los Angeles and area communities). There are also meetings online for those who cannot get out and in print, for those who choose to subscribe to the LIM (Loners Internationalist Meetings) through the General Service Office of AA in New York. There are meetings you can listen to on YouTube, on your computer and through various apps. The point is: You don't have to go it alone!

At the end of this month, from **January 31 – February 2, 2020**, the San Fernando Valley AA community celebrates the **45th SFV AA Convention** at Warner Center Marriott, 21850 Oxnard Street, Woodland Hills, CA. Registration \$30 at the door but marathon meetings are free.

Come for the marathon meetings (A.A., Al-Anon and Alateen), Speaker Meetings, Longtimers' Meetings, Golf Tournament, Friday Night Dance, Saturday Night Banquet & Show, Saturday Night Dance, and Sunday Spiritual Meeting. Come to see people you know from meetings or meet new like-minded sober people. You don't have to be alone!



This year's theme: Spiritual Life is Not a Theory

Register online: www.sfvaaconvention.org

A.A. Central Office of the San Fernando Valley is a legitimate non-profit. Personal donations cannot exceed \$5,000 per year and must be from members of AA, not from outsiders.

AA Central Office maintains a 24 hour phone line for alcoholics in need, hosted by volunteers. **Call: 818 988-3001** anytime to speak to a "live" person on the phones. After hours we still answer phones for those in need, so don't be afraid to refer people to our phone lines.



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 to volunteer. (818) 988-3001, or ask your group to volunteer for a shift every month.

Central Office is located at 16132 Sherman Way, Van Nuys on the SW corner of Woodley & Sherman Way, west of the Mobil Station. Our large warehouse has chips, medallions and all the A.A. approved literature and pamphlets your group needs.



Please buy your meeting supplies from AA Central Office of the Valley. By 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).

Visit our website: www.sfvaa.org for meeting information and copies of Recovery Times.

Update us with your meeting information via email: sfvco@la.twcbc.com, or stop by and pick up your medallions and literature at our Valley office: SFVCO, 16132 Sherman Way, Van Nuys, CA 91406.

SAN FERNANDO VALLEY CENTRAL OFFICE
Minutes of Intergroup Representatives Meeting
Dec. 9, 2019

OPENING: Josh S.

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

TREASURER'S REPORT: Tina K. - MTD is (\$3,037) and YTD is (\$2,041), as compared with last year's YTD which was (\$3,066). Please continue to be generous. Financial Statements are available.

EXECUTIVE SECRETARY'S REPORT: Bob F.

Central Office: Everything is running smoothly. New Directories will probably be available in February, so please contact Central Office for any meeting additions or changes. Phone volunteer list is great, but we can always use more! Pat K., *Recovery Times*: Did you know you can order Recovery Times subscriptions as a gift for only \$15.00? Reminder: Stories of recovery are welcome; approximately 500-600 words. Deadline for submissions is 15th of the month; send to Pat K. at xnowisthetime@aol.com.

MEETING RELATED BUSINESS: Lyn W. - There were 3 new Intergroup Representatives this month:

- Elizabeth S., "Wake-Up Group," Tue, Thu, Sat at 6:45am in Reseda;
- Teresa Mc., "Sunday Morning Speaker," Saturdays at 9am in Sherman Oaks; and
- Gary C., "Old Timers Meeting," Thursdays at 12pm in Sylmar.

SERVICE REPRESENTATIVES:

- General Service District 11: Ernie: Dist. 11 will be hosting a Workshop on The Twelve Traditions on Sunday, January 26, from 2-4pm. More to come.
- San Fernando Valley Hospital & Institutions Committee: Marianna:
 - Fundraiser in October generated \$3,039 profit!
 - H&I meets on the 3rd Monday of the month at Saint Innocent Church in Tarzana. New member orientation at 7pm, business meeting starts at 8pm. Volunteers are always needed for jail panels. For more information, visit www.sfvhi.org.
- San Fernando Valley 45th Annual AA Convention: Bernard B.:
 - The Convention website at sfvaaconvention.org is up and running! You need to be registered to attend events in the Grand Ballroom.
 - Convention will be Jan. 31 – Feb. 2, 2020. Theme is “Spiritual Life is Not a Theory.” Planning meetings are held the 3rd Tuesday of the month at 7pm, at St. Innocent Church in Tarzana.

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.
- If you're celebrating a birthday, please sign in on the Birthday sign-in sheet on the back table.

NEW BUSINESS - No new business.

ANNOUNCEMENTS FROM AA GROUPS & SEVENTH TRADITION:

Lee, San Fernando Group, 220 Brand Blvd.: Alcahlon December 27-28,
Ernie, The Burbank Group, 3217 ½ N. Winona Ave.: Ring in the New Year: December 31.

REMINDERS:

Josh S.: 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 DECEMBER: 76 YEARS OF SOBRIETY!

- Norm, 11 years
- Kate F., 13 years
- Pat K., 16 years
- Wayne, 36 years

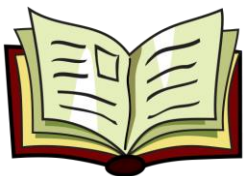
VACANCIES ON BOARD - There are no vacancies on the Board.

CLOSING:

- A motion to adjourn was recognized and seconded.
- Meeting adjourned at 7:15 pm with *The Lord's Prayer*.

Respectfully Submitted by Sandy R., Recording Secretary

Got a story to share? Recovery Times is always looking for contributions of stories on your sobriety. **Please send to Editor Pat K:** xnowisthetime@aol.com. Stories of recovery should be no more than 600 words. Deadline is always the 15th of the month for the next month's issue.



FROM THE FOUNDERS

"Dr. Silkworth taught us how to till the black soil of hopelessness, out of which every single spiritual awakening in our fellowship has since flowered. In December 1934 this man of science had sat humbly by my bed following my own sudden and overwhelming spiritual experience, reassuring me: 'No, Bill,' he had said, 'you are not hallucinating. Whatever you have got, you had better hang on to; it is so much better than what you had only an hour ago.'"

AA Co-Founder, Bill W.,
August 1957, "The Physicians," **The Language of the Heart**

"AA is no set of tablets handed down to some latter-day Moses -- but a continuing creative process in which we all take part, a perpetual journey from the known to the unknown, a truth ever-arriving through experience." NYC, NY

"We who have been helped by AA are as letters of God addressed to our friends and fellow men. By our attitudes, our speech and our behavior are we to show them the transforming power of AA's philosophy of life." St. Paul, Minnesota

"Until I understood and accepted my status as a human being, my effort toward seeking God was in vain." Nanaimo, British Columbia

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AA SERVICE COMMITTEES CALENDAR: GS Area 93

District 1: Meets 1st Wednesday of the month at 7552 Remmet Street, Canoga Park, CA at 6 p.m. orientation; 6:30 for general meeting.

District 11: Meets the 1st Monday of the month at 123 W. Windsor Road, Glendale, CA at 6:30 orientation; 7 p.m. general meeting.

District 16: Meets the 1st Monday of the month at 16132 Sherman Way, Van Nuys, CA. (Central Office) at 6 p.m. for orientation then meeting.

District 17: Meets the 1st Monday of the month at 5000 Colfax Ave., North Hollywood at 6 p.m. orientation; 6:30 p.m. general meeting.

For more info, refer to your District Committee Member (DCM).

OTHER AA COMMITTEES:

Public Information 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. To volunteer call Central Office: **(818) 988-3001**.

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. Meets 3rd Monday of the month at 5657 Lindley Ave., Tarzana (St. Innocent) at 7 p.m. for orientation/ 8 p.m. for the general business meeting.

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 at St. Innocent Church, 5657 Lindley Ave., Tarzana. (6:30 p.m. for orientation; 7 p.m. for business meeting). Intergroup reps provide an important service to the group, sharing info on upcoming AA events in the Valley. Support Central Office by sending a rep from your group to the monthly Intergroup meeting.

Celebrating an A.A. Anniversary? Consider making a \$1.00 donation to Central Office for each year of your sobriety during your birthday month.
Marie Z. – 11 Years

Bequests/Contributions: The maximum dollar amount of individual bequests by A.A.s is reviewed every two years at the General Service Conference. In 2019, at the 69th General Service Conference, the maximum amount of an individual bequest by members to A.A. was raised from \$5,000 to \$10,000." This is a one-time contribution and is not in perpetuity.

We also remember (A. A. Deaths): None that we know of.

FACING MY FEAR.... WITH GOD

One of the questions on my emotional sobriety checklist is: Am I doing this out of fear or out of faith? It requires me to step back and be honest with myself. The program of Alcoholics Anonymous teaches me to act out of faith.

When I do exactly what I want, when I want it, without thought or action, that would be "my will." Step 3 tells me to do it differently. It says: "Turn my will and my life over to the care of God, as I understand him/her."

First, that asks me to be open minded. Second, I believe it asks me to turn over whatever situation, or whomever I'm trying to change/manipulate. Insisting on my way is an ego choice and is self-centered. This has caused me many problems with my relationships, on the job, etc. Well, doing Step 3 prompts me to ask, what would God want me to do in this situation?

AA has taught me to let go of the result. Don't try to control the outcome or results. That may also include forgiveness of the other person, or perhaps forgiveness of myself for wanting it a certain way. After all, I'm human. The most loving thing may be understanding and trying to see it differently.

This is a favorite prayer: God, please help me to see this differently. Here, I'm asking God to help me see it from another perspective. See, I understand my fear is basically of two types --**1- fear of not getting what I want and -2- fear of losing something I have.** Prayer is the answer for me here.

When it comes to the challenges of life, I do not have the answers and solutions. Knowing this tells me that the best advice to give a sponsee frequently is: "PRAY". I believe that each of us, deep down inside knows exactly what to do.

Through my alcoholism, I have not listened to or paid attention to that "knowing part" of myself. It has been through the 12 beautiful steps of this AA program that my attention has shifted. I believe I should pray about everything.



Today I choose to quiet the mind and get in touch with what God would have me do. The answers come when my (own) house is in order. I enjoy 20 minutes in daily meditation. I will get the answer when I need it through an AA member, at a meeting, through my sponsor, or intuitively.

For right now, he/she may want me to wait patiently. "Do nothing right now" is sometimes the answer. My God has always been right on time. God removed the compulsion to drink 34 years ago and has helped me to become willing to learn another way of living without alcohol. It's a way of living life being happy, joyous and free. God is my goal. I am an alcoholic and the solution is surrendering to God. The closer my relationship is with God today, the more peace I feel, the happier I am.

No God. No Peace.

Know God. Know Peace.

In the sunlight of the Spirit,

Linda S., Tarzana, CA



AA Acronyms

AA = Absolute Abstinence
AA = Adventurers Anonymous
AA = Altered Attitudes
AA = Altruistic Action
AA = Attitude Adjustment
AA's-R-US = Alcoholics Anonymous Recovery Unity Service
ABC = Acceptance, Belief, Change
ACTION = Any Change Toward Improving One's Nature
ACTION = Any Change To Improve Our Natures
ADDICT = Anybody Doing Drugs In Compulsive Trouble
AFGE = Another F***** Growth Experience
AIDS = Active In Dangerous Sex
AIDS = Addicts Injecting Dirty Syringes
ALCOHOLICS = A Life Centered On Helping Others Live In Complete Sobriety
ANONYMOUS = Actions Not Our Names Yield Maintenance Of Unity & Service
ANGER = Any No Good Energy Rising
ASK = Ass-Saving Kit
BAR = Beware Alcohol, Run
BAR = Beware Alcoholic Ruin
BIG BOOK = Believing In God Beats Our Old Knowledge
BS = Before Sobriety
BUT = Being Unconvinced Totally
CALM = Can Anger Leave Me
CARE = Comforting And Reassuring Each Other
CHANGE = Choosing Honesty Allows New Growth Everyday
CIA = Catholic Irish Alcoholic
CLEAN = Completely Leaving Every Addiction Now!
COURAGE = 'Cause of Using Recovery's A Great Effort
CRAP = Carry Resentments Against People
DEAD = Drinking Ends All Dreams
DENIAL = Don't Even Notice I Am Lying
DENIAL = Don't Even Notice It's A Lie
DETACH = Don't Even Think About Changing Him/Her
DT'S = Don't Think Shit
DUES = Desperately Using Everything but Sobriety
EDI not DIE = Easy Does It not Does It Easy
EGO = Easing God Out
EGO = Edging God Out
FAILURE = Fearful, Arrogant, Insecure, Lonely, Uncertain, Resentful, Empty
FAITH = Fear Ain't In This House
FAITH = Facing An Inner Truth Heals
FAITH = For An Instant Trust Him
FAITH = Fantastic Adventure In Trusting Him
FAITH = Fear And Insecurity? Trust Him!
FAMILY = Father And Mother I Love You
FEAR = Failure Expected And Received
FEAR = False Evidence Appearing Real
FEAR = False Expectations Appearing Real
FEAR = Feelings Expressed Allows Relief
FEAR = Feelings Every Alcoholic Rejects
FEAR = Fighting Ego Against Reality

FEAR = Forget Everything and Run
FEAR = F--k Everything and Run!
FEAR = Face Everything and Recover!
FEAR = Forgetting Everything's All Right
FEAR = Frantic Effort to Appear Real
FEAR = Frantic Efforts to Appear Recovered
FINE = Faithful, Involved, kNowledgeable and Experienced
FINE = Feeling Insecure, Numb and Empty
FINE = Frantic, Insane, Nuts and Egotistical
FINE = Freaked out, Insecure, Neurotic and Emotional
FINE = Feeling Insecure Neurotic & Emotional
FINE = Frustrated, Insecure, Neurotic & Emotional
FOG = Fear Of God
GAYS = Go Ask Your Sponsor
GIFT = God Is Forever There
GIFTS = Getting It From The Steps
GOD = Good Orderly Direction
GOD = Get Out Devil
GOD = Go On Dreaming
GOD = Group Of Drunks
GOD = Group Of Drug Addicts
GOYA = Get Off Your Ass
GUT = God's Undeniable Truths
HALT = Honestly, Actively, Lovingly Tolerant
HALT = Hope, Acceptance, Love and Tolerance
HALT = Hungry, Angry, Lonely, Tired: Fix these situations before you make any decisions.
HALT = Horny, Arrogant, Lazy and Tragic: if you're any one of these, get to a meeting!
HALTS = Hungry, Angry, Lonely, Tired and Stupid
HALTS FEAR = Hope, Acceptance, Love and Tolerance Stops Forgetting that Everything's All Right
HEART = Healing Enjoying And Recovering Together
HELP = His Ever Loving Presence
HELP = Her Ever Loving Presence
HELP = Hope, Encouragement, Love and Patience
HOPE = Happy Our Program Exists
HOPE = Hearing Other Peoples' Experience
HOPE = Hang On! Peace Exists...
HOW = Honesty, Open-mindedness, Willingness: that's how we do it
HOW = Honest, Open-minded and Willing
ISM = I, Self, Me
ISM = Incredibly Short Memory
ISM = InSide Me
ISM = Internal Spiritual Maladjustment
ISM = I Sabotage Myself
ISM = I Sponsor Myself
KISS = Keep It Simple, Stupid
KISS = Keep It Simple, Sugar
KISS = Keep It Simple, Sweetheart
KISS = Keeping It Simple, Spiritually
LET GO = Leave Everything To God, Okay?
LOVE = Living Our Victories Everyday
NEW = Nothing Else Worked
NOW = No Other Way

NOWHERE or NOW HERE
NUTS = Not Using The Steps
OUR = Openly Using Recovery
PACE = Positive Attitudes
Change Everything
PAID = Pitiful And
Incomprehensible
Demoralization



PHD = Pretty Heavy Drinker
PMS = Poor Me Syndrome
PMS = Pour More Scotch
PRIDE = Personal Recovery Involves Defeating Ego
PROGRAM = People Relying on God Relaying a Message
RAGE = Real Angry Gut-level Ego
RELAPSE = Recovery Exits Life And Program Seem Empty

PAIN = Pause And Invite New
RELATIONSHIP = Really Exciting Love Affair Turns Into Outrageous Nightmare Sobriety Hangs In Peril
RID = Restless, Irritable and Discontented
RUN + I = RUIN
RUIN - I = RUN (let God run the show 'cause I ruin everything)

SASTO = Some Are Sicker Than Others
SHIT = Simply How I'm Thinking
SOB = Sober Old Bag
SOB = Sober Old Biker
SOBER = Staying Off Booze Enjoying Recovery
Real

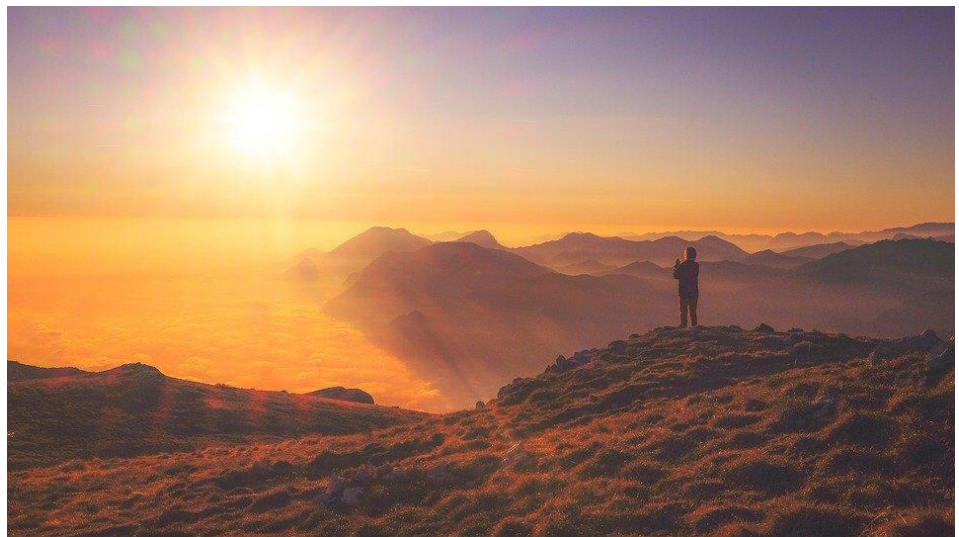


SLIP = Sobriety Loses Its Priority
SOB = Sober Old Bastard
SOB = Sober Old Bitch
SOBER = Son Of A Bitch, Everything's
SOBRIETY = Stay Off Booze Recovery Is
SOLUTIONS = Saving Our Lives Using
SPONSOR = Sober Person Offering
STAR = Start Talking About Recovery

Everything To You
The Inventory Of Needed Steps
Newcomers Suggestions On Recovery
STEPS = Solutions To Every Problem in Sobriety
STEPS = Solutions To Every Problem, Sober
STOP = Sicker Than Other People
STOP = Sicker Than Others Patrol
TIME = Things I Must Earn
TIME = This I Must Earn
TRUST = Try Relying Upon The Steps
WASP = Worry Anger Self Pity
WILLING = When I Live Live, I Need God
WISDOM = When Into Self, Discover Our Motives
WILLING = When I (Let Go & Let God) (Live & Let Live) I Normally Grow
WORK = What Our Recovery Knows
WORRY = Wrong Or Right Remain Yourself
YET = You're Eligible Too
YET = You'll End Up There

*Live and Let Live
*Easy Does It
*But for the Grace of God
*Think THINK Think
*First Things First

* These slogans are the
Original Five of A.A. They are
arranged in such a way that
when you read the first word
top to bottom it reads this
way: **Live Easy But Think
First**



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

ADDRESS SERVICE REQUESTED