SAN FERNANDO VALLEY CENTRAL OFFICE

RECOVERY TIMES

November 2026, Vol. 52, No. 11 (818) 988-3001 ♦ SFVAA.ORG ♦ INFO@SFVAA.ORG

STEP 11:
PRAYER AND MEDICATION... I MEAN MEDITATION

By Scott J., Costa Mesa

There is a running joke in my head when I hear the phrase "prayer and meditation," I instantly translate it to mean "prayer and medication." For a long time, I wouldn't have minded a load of prescriptions if it meant I could finally turn my brain off. As it turns out, the real secret isn't found in a bottle of pills. It's in the quiet, awkward, stumbling practice of Step 11.

Looking back at where I started, the contrast is almost comical—if it hadn't been so utterly miserable at the time. When I first came into the rooms trying to do this for real, I couldn't sit still for more than a single minute. That might have had something to do with the fact that I walked in nursing a fresh concussion from an alley fight at 2:00 AM the previous night. I literally couldn't close my eyes without my skull throbbing and feeling as if I was falling backwards. I was suffering from the kind of pitiful and incomprehensible demoralization that only a real alcoholic knows intimately.

I couldn't read the Big Book. My eyes wouldn't focus, and I was sweating profusely through my clothes, clutching a bottle of electrolytes. If you had told that concussed mess sitting in a folding chair that fifteen years down the line I would willingly, happily, and completely soberly raw-dog a long road trip for hours—no radio, no phone, no podcasts, no entertainment whatsoever—I would have laughed you right out of the hall. But today? That peace and quiet is my favorite destination.



Getting from that alley-fight basement to quiet highway road trips wasn't an overnight miracle. It was a slow, sometimes hilarious unlearning process, especially when it came to prayer.

I've always prayed. Even at my absolute lowest, I talked to God. The problem was that my prayers looked less like spiritual connection and a lot more like a frantic letter to Santa Claus. Dear God, please fix this, please get me out of this mess, please make that person text me back, and oh yeah, can you win me the lottery? As the Big Book wisely warns us, we spend half our time asking for things we want, and the other half trying to run the show.

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GRATITUDE MONTH:
PUT A LITTLE THANKS IN THE BASKET

From the Desk of Executive Director, David F.

November is Gratitude Month in A.A., which seems appropriate. There's Thanksgiving, of course, but for those of us in recovery, gratitude tends to mean a little more than turkey, pie and being grateful we survived dinner with our relatives.

Gratitude Month is a chance to remember what was freely given to us when we first called A.A. seeking help, and to make sure it's still there for the next person who comes stumbling in.

One way we do that is by supporting the services that keep A.A. available and accessible. Here in the Valley, Central Office maintains meeting information, answers the hotline, provides literature, connects alcoholics, supports local groups and helps newcomers find us. Much of that work happens quietly in the background, but none of it happens for free.

That's where you come in. We are hoping that half of the 814 meetings listed on our website send in at least $50 as part of Gratitude Month. Of course more is always better!

Gratitude Month is traditionally a time for groups and individual members to make an extra contribution to A.A. service entities. It doesn't have to be enormous. The point isn't how much we give. It's remembering that A.A. works because alcoholics keep showing up for one another, with our time, our service and, yes, our wallets.

We've been given something pretty extraordinary: a way out when many of us thought there wasn't one.

So, this November, count your blessings. Count your sober days. Count the people who picked up the phone, made the coffee, opened the meeting and saved you a seat.

And then maybe put a little gratitude in the basket.

AA COMMITTEE MEETINGS

District 1 – Hybrid
1st Wednesday of the month
Orientation 6pm, Meeting 6:30pm
The Cabrito House, 7552 Remmet Ave, Canoga Park
Zoom ID# 858 2298 7088, PW: S3rv1c371

District 2 – In-Person
1st Tuesday of the month, 6:30pm
Verdugo Hills Alano Club, 4011 Dunsmore Ave, Glendale

District 7 – In-Person
2nd Saturday of the month, 9:00am
Quartz Hill Grange, 41843 50th St, West Quartz Hill, Lancaster

District 11 – Hybrid **NEW LOCATION**
1st Saturday of the month, 2:00pm
Pathfinders Alano Club, 3367 Glendale Blvd, Los Angeles
Zoom ID# 816 2075 6684, PW: 929305

District 16 – Hybrid
1st Monday of the month
Orientation 5:30pm, Meeting 6:00pm
Central Office, 16134 Sherman Way, Van Nuys
Zoom ID# 880 486 1189, PW: r6dgHf

District 17 – ZOOM
1st Monday of the month
Orientation 5:30pm, Meeting at 5:45pm
Zoom ID# 883 2895 6800, PW: District17

General Service Assembly Area 93 – Hybrid
For information about meetings, please consult your district leadership or www.area93.org

SFV AA Intergroup – Hybrid
2nd Monday of the month
Orientation 6:30pm, Meeting 7:00pm
St. Innocent Church, 5657 Lindley Ave, Tarzana
Zoom ID# 818 988 3001, PW: 016134

SFV Hospitals & Institutions (H&I) – In-Person
Carries the message of AA recovery into hospitals, prisons and treatment facilities to those who are unable to get to outside meetings.
3rd Monday of the month
Orientation 7:00pm, Business meeting 8:00pm
St. Innocent Church, 5657 Lindley Ave, Tarzana

SFV AA Convention Planning – In-Person
3rd Tuesday of the month at 7:00pm
St. Innocent Church, 5657 Lindley Ave, Tarzana

Be of Service and Volunteer
SFV AA provides info to the public about what AA does and does not do. We need volunteers, especially young people and Spanish-speaking AAs, for health fairs and to speak at schools and businesses. To volunteer, please call Central Office (818) 988-3001.

ACKNOWLEDGEMENTS

HAPPY A.A. BIRTHDAY TO:

Frank K. – 42 years

Learning to Live Men's Stag (Wed 7PM) – 275 years

Consider acknowledging your anniversary in *Recovery Times* with a special donation to Central office. Many members send in $1 for every year of sobriety. We appreciate your contributions!

MEMBERS WHO HAVE PASSED ON:

Dan J. (07/05/86)

***The maximum dollar amount allowed for individual bequests by A.A. members is reviewed every two years at the General Service Conference. In 2025, the 75th General Service Conference raised the maximum amount an A.A. member can donate to $12,500.*

ZELLE
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Step 11: Prayer and Medication

Continued from page 3

I had to learn how to stop pitching my grand ideas to the Creator of the universe. And because my ego was entirely too loud and my mind was a disaster area, I had to take the easier, softer way. I started using prayers that other people had already made. I didn't need to reinvent the wheel or compose poetry. I just needed to borrow someone else's humility until I could grow my own.

Then came meditation, which felt entirely impossible at first. My brain was a pinball machine bouncing wildly between regret, anxiety, grandiose schemes, and pure static. I had to learn to sit down and go slow, building up the habit one agonizing minute at a time.

Eventually, I stumbled into centering prayer. The formula is wonderfully simple and entirely forgiving: sit for twenty minutes in the morning and twenty minutes at night. And just...be. There are no rigid rules, no complicated guidance, and no grade at the end of the session. Whatever comes up—anger, grief, weird intrusive thoughts about what I ate for lunch three days ago—is just getting out of my head, out of my personal orbit, and released into the ether.

Along the way, I tried plenty of outside help, including medication. And hey, newsflash: no pill makes everything universally great and turns you into a super wonderful human being overnight. As the old recovery adage goes, prayer and medication doesn't quite get the job done on its own. But prayer and meditation? That's where the actual shift happens.

Today, I don't look at Step 11 as a chore or some high-level spiritual homework assignment I have to complete to stay sober. I take the opportunity to meditate and pray whenever I can squeeze it in. It keeps me out of my own head—which, let's be honest, is a notoriously dangerous neighborhood to wander around in unescorted. More importantly, it keeps me out of trouble and out of mischief.

NEWCOMER CORNER

Adriana M. reflects on how prayer and meditation work even before she takes the 11th Step

It took deep self-examination to realize that I was the ickiest ick. I was selfish, self-centered, and drunk. I ruined the holidays.

Now, the holidays have arrived again and so has my mental and spiritual preparation to handle the family icks.

Today, I am grateful to be alive. Most of all, I am grateful that my adult kiddos want to spend time with me these holidays. They are planning, they are excited, and they are including me; a stark contrast to how it has been in the past. Things are not perfect, nor are relationships fully restored, but they are better, and I'm grateful.

So how do I mentally and spiritually train for an event I have failed at miserably in the past?

Before I leave my bed, I pray to a power greater than myself. I ask for help not to be self-seeking or dishonest, and to do better than I did the day before. This is my prayer and meditation.

Before I get out of the car or off the bus, I ask my Higher Power to go before me through the door, whether it's into work, into my mother's house, or into an AA meeting. I ask Him to go into every room, every conversation, and every situation, so that I do His will and not mine.

I don't know if I'm doing this correctly. The 11th Step says:

"Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out."

I'm not on Step 11 yet, but my sponsor had me practicing prayer and meditation from the first day she began working with me. Her exercise: meditate for five minutes every morning and ask God to keep me sober.

I have not done it perfectly every morning for the past eight months. But I'm aware enough to see that my days have gotten better and my life has become more doable.

I still don't know if I'm doing it right. I do know that I'm sober, my kids are making plans with me, and I'm walking through the door with help. For today, that's enough.

Seeking Through Silence

by Bill Z

The desert has always felt like home to my spirit. It is a refuge, not because it is easy or hospitable, but because it is stripped bare of worldly distractions. The desert does not coddle — it confronts. And in that confrontation, something in me awakens and is revitalized.

Each year, on the full moon before Easter, I make my way solo into the desert and remain there from sunset until sunrise. It has become a tradition, a pilgrimage of sorts. As the sun sinks below the horizon, the land shifts from gold to violet to shadow, until the moon lifts its lantern over the barren expanse. The silence grows deeper then — not the silence of emptiness, but the silence of presence.

I find a place to sit, often on a stone warmed by the day, and settle into stillness. There are no walls around me, no ceiling above me, no hum of electricity. Just sand, stone, and sky. Now and then, a coyote calls in the distance, reminding me I am not entirely alone. But mostly, it is silent.

In that silence, I turn inward, though not to find myself so much as to lose myself in something greater. I meditate on the glory of God revealed in creation. Each star overhead seems to testify to infinity. Each shadowed ridge seems like a verse written in the language of stone. The desert is austere, yet in its starkness I find abundance.

As the hours pass, I move through many states of being. At times I am restless, my knees stiffening, my back aching. At other times I feel light, as though the line between my breath and the desert wind has disappeared. The mind plays its games, wandering, remembering, imagining — but always the desert draws it back to the present moment. *Refocus on your meditation,* I tell myself. *Discard the chatter of the busy mind.*

When the first rays of sunlight break over the horizon after my long night, it feels like more than sunrise — it feels like a small resurrection in my own soul.

I leave the desert each year changed, though never in quite the same way. Sometimes with renewed peace, other times with humility or gratitude. But always I leave with silence inside me — a silence I can return to even when surrounded by the noise of the world. The desert is not just a landscape I visit; it is a sanctuary, a teacher, and in some ways, a companion of my soul.

CALENDAR OF EVENTS

SATURDAY NOVEMBER 7TH

Together We Recover BINGO

Doors Open 5pm, Bingo Starts at 6pm
Fun, Fellowship, Taco Truck, Giveaways and special surprises in store
ONEGeneration Center, 18255 Victory Blvd, Reseda, CA 91335
Bingo $25 Presale Tickets, $30 at the Door
Dinner $12 Presale Tickets, $15 at the Door
sfvaac.org

TUESDAY, NOVEMBER 17TH

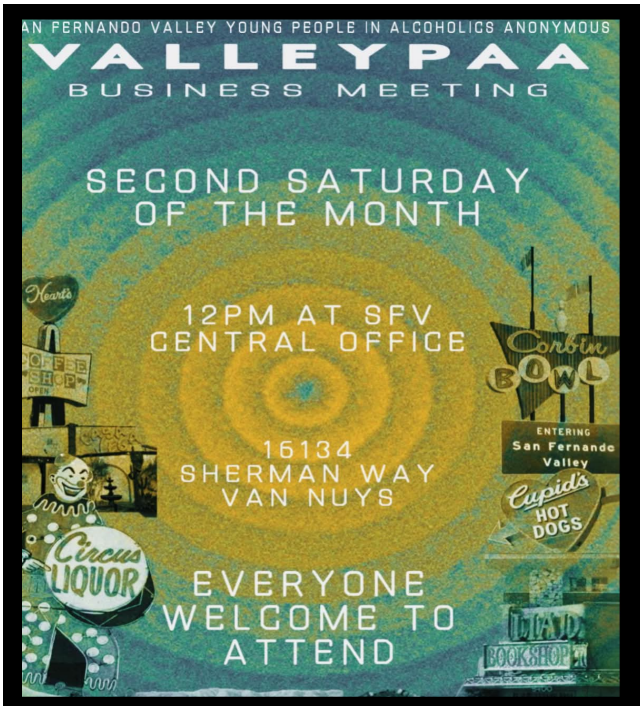
SFV AA Convention planning meeting

Come help plan the 51st SFVAA Convention, 7pm. Come early for snacks.
St. Innocent Church, 5657 Lindley Ave., Tarzana.
sfvaac.org

NOVEMBER 26TH-27TH

Burbank Group Thank-A-Thon

8:30am-11:00pm, Thursday & Friday
2216 W. Magnolia Blvd, Burbank 91502
For more info: erniecervantes69@gmail.com



Please send flyers about upcoming local conventions or roundups to:
sfvrecoverytimes@gmail.com

The other Steps can keep most of us sober and somehow functioning. But Step Eleven can keep us growing, if we try hard and work at it continually. If we expend even five percent of the time on Step Eleven that we habitually (and rightly) lavish on Step Twelve, the results can be wonderfully far-reaching.

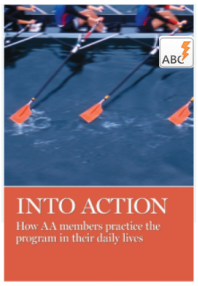
— Bill W., *AA Grapevine*, June 1958

AA GRAPEVINE
The International Journal of Alcoholics Anonymous

BOOK of the MONTH BARGAIN

In 1946, Bill W. wrote about the *AA Grapevine,* the international journal of Alcoholics Anonymous founded in 1944:

"The Grapevine will be the voice of the Alcoholics Anonymous movement."



AA Grapevine publishes dozens of books we sell here at Central Office. In November, we're offering a $2.99 discount on ***Into Action: How A.A. members practice the program in their daily lives.*** This book highlight how members practice the Twelve Steps, use our literature and slogans, and get into service, sponsorship and fellowship.

Just $12, while supplies last.





HEARD AROUND THE ROOMS

"Alcoholism wants me dead, but it'll settle for me drunk."

"I don't want to be a visitor to A.A. I want to be a member."

"It's not that the 11TH Step is so hard to do. It's just that it's so easy not to."

"Alcoholics have a lot of opinions on outside issues, but in A.A. we don't talk about them."

"If you're uncomfortable with the word God, that's okay; but I'm not, so I'm going to use it."

CENTRAL OFFICE NEWS

60 YEARS OF SERVICE CALLS FOR A CELEBRATION!

On Saturday, October 17, 2026, the San Fernando Valley Central Office celebrated 60 years of service! Since October 1966, our doors and phone lines have remained open, helping countless alcoholics find their way to AA. We've guided newcomers to meetings, answered questions, offered information and, most importantly, listened.

One member told Executive Director, David F., "Did you know that 37½ years ago, I called Central Office and someone answered the phone? It's the only reason I'm alive today." There are countless stories like his, and we pray our services remain available, including our phones, answered 24 hours a day, 365 days a year.

Our anniversary celebration was a fun-filled day of fellowship, tacos, a book auction and an amazing display of AA history by our local archivist, John S. If you haven't met John, we highly recommend visiting with him at the SFV Convention. He's a wealth of knowledge about AA history.

Several longtime groups and meetings received certificates recognizing their years of service, and a few brave members even climbed into the dunk-the-drunk tank!

One attendee summed it up: "Central Office really went all out. I haven't seen them do that style of event before. I wish more people had come by to enjoy it. I loved the history and archives especially. The book auction, the food and fellowship were great, and the dunk tank was fun!"

Sixty years and counting, folks! Thousands of people struggling with alcoholism have called us in desperate need of help. For six decades, San Fernando Valley volunteers have been there to answer those calls, listen, and help people find their way to Alcoholics Anonymous. We don't always know what happens after someone hangs up. But every once in a while, someone comes back 37½ years later and tells us.

RECOVERY TIMES



…about writing a story

We're looking for submissions to print in upcoming issues of the *Recovery Times*. Do you have a story to share about your experience, strength and hope? Themes for upcoming months are December / **Giving It Away to Keep It;** January / **Powerlessness;** February / **Loving Sobriety.** Submit your original recovery story to: **sfvrecoverytimes@gmail.com**

SAN FERNANDO VALLEY CENTRAL OFFICE OF A.A.

Minutes of Intergroup Representatives Meeting from October 12, 2026

I OPENING – Eric L (Chairperson)

- Meeting called to order at 7:01 pm with The Serenity Prayer.
- Meeting was held at St. Innocent Church in Tarzana.
- The 12 Traditions were read by Ian R.
- A motion passed to approve the September 2026 Intergroup Minutes.

II TREASURER'S REPORT – Kim B

- Statement of Financial Position as of 8/31/2026:
  - Total Current Assets: $188,063.61
  - Total Liabilities and Equity: $192,863.61
- Statement of Activity for the month ended 8/31/2026:
  - 7th Tradition Contributions: $13,873.87
  - Total Literature Sales: $17,876.27
  - Total Income: $31,750.14
  - Total Cost of Goods Sold: $2,907.71
  - Gross Profit: $28,842.43
  - Total Payroll Expenses: $14,149.11
  - Total Rent: $4,253.00
  - Total Operating Expenses: $27,778.12
  - Net Income: $1,066.24
  - Net Income YTD: $28,541.74

III EXECUTIVE DIRECTOR'S REPORT – David F

- David F discussed how his time as Central Office Manager is coming to an end.
- The AUGUST Management Reports are attached, provided by our Accountant/CPA and as you will see in AUGUST, we ended the month with NET INCOME of $1,064.31, which is not good, but positive! The new POS system, Lightspeed, continues to work well, we still find a few kinks to work out technically, including transitioning to the new accounting software (XERO) - away from Shopify & QB online. We are close to CANCELLING QuickBooks and Shopify, respectively, once we have downloaded a stored version of our financial history.
- The BOD has reviewed our current Bank Balances and confirm expenses versus income, based on monthly expenses of <$25,000; our expenses in August were HIGHER than expected at $27,778.12. Our Group contributions were DOWN - significantly, at the end of AUGUST - $3,829.25, we continue to struggle with several groups NOT contributing as part of the 7th Tradition.
- Please see the attached management reports and Statement of Financial position. We had a LESS THAN balanced month during AUGUST, AMENDED RETURNS FOR the 2ND QUARTER is pending – ending in June 2026.
- Results for Inventory completed on AUGUST 31ST, currently are $45,834.22
- GROUP CONTRIBUTIONS:
  - From January through April 2026, we had 718 meetings listed on our website, of those 120 made 7th tradition contributions. That is only 16.7% of SFV meetings are contributing. 598 meetings donated nothing to Central Office.
  - From January through August 2026, we had 940 meetings listed on our website, of those 173 made 7th tradition contributions. That is just 18.4% of SFV meetings are contributing, while 81.6% have not.
  - David F's goal is to get half of all meetings listed on our website to contribute every month.
  - Question / Concern: Member in the room noted that she observed club houses that have many meetings every day throughout the week do not contribute to the AA service structure and has seen members step away from those club houses because of that.
  - Camille N (alt DCM) made comments about the disbursement of funds, and the resources that central office and general service has regarding contribution. She also noted how she stepped away from the meeting she got sober at because they were not contributing to the AA service structure.

NEW BUSINESS

- C.O. MANAGER second-round interviews have been completed, and we will be advising you next month of status.
- H&I BUSINESS MEETING, 3RD MONDAY of the month – OCTOBER 19TH; see Jeff.
- SFV CENTRAL OFFICE – 60TH Anniversary Celebration including Area Archives presentation, Dunk the Drunk Tank, Legacy Group presentations and more. Saturday October 17th . David, Eric, Serena, and Josh will take part in dunk the drunk tank.

- OCTOBER 20TH, the 51st SFV CONVENTION PLANNING Committee needs your support. If you or your group members would like to get involved, please join us at 7:00 p.m. See Amanda.
- The Grapevine Book of the month is "Making Amends – Finding a New Freedom." It is on sale throughout October at Central Office $14.99 for $12.00
- There are many upcoming AA events and activities with flyers on our website – check it out or call central office for additional information.
- We are in the process of updating our website to include many upcoming events.

TAKE BACK TO YOUR MEETINGS:

- There are many upcoming Halloween Events / Parties – check out the website.
- We are always looking for and need phone volunteers. Send them down to Central Office, we will train them. Must have 1 year of sobriety to answer phones.
- Early Reminder – November is Gratitude Month and we have set a goal of having 50% of our 815 meetings to contribute during gratitude month. Thank you in advance.

ADDITIONAL ANNOUNCEMENTS:

- Courtney W, Recovery Times Editor, told us that the December RT theme is "Gifts of Sobriety" and the January RT theme is "Powerlessness." Get your stories to Courtney! Request digital subscription / email your stories: **sfvrecoverytimes@gmail.com**

IV MEETING RELATED BUSINESS – Steve S (Co-Chairperson)

- Introduction of New Intergroup Representatives:
  - Ian R - Wobblies Discussion (Men's Stag) – Mondays 8pm – Studio City

V SERVICE REPRESENTATIVES

- General Service District 1: Judy gave report
- General Service District 2: Peter gave report.
- General Service District 11: No report.
- General Service District 16: Lee gave report.
- General Service District 17: Camille N, alt DCM, gave report.
- SFV Hospital & Institutions (H&I) Committee: Jeff gave report. Next meeting is October 19th (3rd Monday of the Month). Orientation is 7pm and main business meeting is at 8pm. Signups are at 7:30pm. 8pm is the business meeting. They currently have 33 open panels.
- San Fernando Valley AA Convention: Amanda P gave report. Registration is open as of 9/1/26. Check out Convention website for details on upcoming fundraisers. Next Convention Committee Planning Meeting will be on October 20th. The planning meetings are always held on the 3rd Tuesday of the month.
- San Gaberial H&I: No report.

VI OLD BUSINESS

- None

VII NEW BUSINESS

- None

VIII ACKNOWLEDGE BIRTHDAYS FOR THE MONTH OF JULY

- Jimmie M – Oct 25 - 5 Years!
- Steve S - Oct 11 - 11 Years!
- Ron A - Oct 5 – 37 Years!

IX ANNOUNCEMENTS FROM AA GROUPS & 7TH TRADITION

- Halloween Bingo presented by Cabrito House. Saturday 10/24/26 at 5pm
- Burbank Group Thank-A-Thon – November 26 & 27

X CLOSING

- The next Intergroup Meeting will be hybrid on Monday 11/09/2026 in person at St. Innocent Church, 5657 Lindley Avenue, Tarzana. On Zoom, Meeting ID 818 988 3001, PW 016134
- A motion to adjourn was recognized and seconded.
- Meeting adjourned at 7:53 pm and we were led in the Lord's Prayer.

Prepared and submitted by,
Amanda P., SFVAA Recording Secretary

NEXT SFV INTERGROUP MEETING: MONDAY 11/09/2026

** If you attend a meeting without an IGR, elect a new IGR and have them join us on the 2nd Monday of the month at St. Innocent Church, 5657 Lindley Ave., Tarzana. Orientation for new members is at 6:30pm, and the regular business meeting begins at 7:00pm.

Sit Down and Be Quiet

By Kelly M.

Step Eleven is a mouthful to swallow. I gotta be honest that it took me a bunch of years of sobriety to fully grasp the concepts of prayer and meditation as part of my sober journey.

Prayer had always come much quicker and easier for me than meditation. I was not raised in a religious home, nor did we ever speak of God, so my first attempts at prayer were on a wish-list-for-Santa-Claus level. Step work with my sponsor later on in my sobriety taught me how to pray to God with the basic, "something-something, if it's Your will," kinda thing. I also learned to speak *with* God rather than *at* God and to say my prayer, let it go, and not live in fear of results. I love that I can pray anywhere…in my car, during a walk, in the shower, while looking out at my backyard, just chillin' in my living room, really just anywhere I find myself in need of sharing words with God. And lately my prayers have consisted mostly of gratitude and asking for help to accept what comes next, 'cuz after all, "acceptance is the answer to all my problems."

Meditation, however, was the real game changer and continues to be just that for my spiritual growth. Since "pray" is stated twice in Step Eleven, I concluded that prayer was more important, right? I never thought to consider establishing any type of meditation practice as part of my sober lifestyle. My prayer routine was sufficient, and I did feel a connection with my God, so wasn't that enough? But unfortunately (or dare I say, "fortunately"), I got to a place of restlessness and feeling ill at ease despite my years of sobriety and my robust AA routine.

That's when I purchased a meditation app on the recommendation of my Mom (who is not one of us but who's amazing…that's a story for another day). That worked for about six to eight months until I found myself not accessing the app with any consistency. I paid for that app for another year! I was incapable of committing to meditating by myself with my cell phone. So now that my back was against the wall, and yes, the wall was starting to heat up, I shared my uneasiness with my sponsor. That's when she suggested I give group meditation a try. Lucky for me, the pandemic provided me an option that I still participate in to this day.

A group of people from a local church that a couple sober friends belong to started meeting Monday through Saturday mornings on Zoom to spend 20 minutes meditating together. This was just what I needed to give me a commitment, and some discipline, to sit quietly most mornings with my eyes closed and listen to myself breathing in and breathing out. I tuck my thoughts into the background of my mind since I have a head constantly in gear. Dialing in with this group on a regular basis has calmed my soul and softened how I carry myself in this world.

Meditation coupled with prayer has rounded out my AA lifestyle to a full and purposeful sober existence with my God. Thank you, AA!

BIG BOOK QUIZ

Take this quiz with your fellows and see who knows the Big Book best!

Let's talk about Jim edition

1. We learn about Jim in "More About Alcoholism." What did he order with his whiskey when he resumed drinking?
2. What is Jim's profession?
3. Did Jim set out to get drunk because his wife left him?

If you have a Big Book question you'd like to see in a future quiz, write to: sfvRecoveryTimes@gmail.com. We'd love to hear from you.

****ANSWERS****

1. Milk (pg. 36)
2. Automobile Salesman (pg. 35)
3. No. He had "no intention of drinking." He had just stopped at a roadside place because he was hungry. And "suddenly…"

NOVEMBER IS A GREAT MONTH TO...

Reflect on **Tradition 11:**

"Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films."

Bill W. once said, "We had no public relations policy except for a fear of public relations. Our relations with the general public should be characterized by personal anonymity. There is never need to praise ourselves. We feel it better to let our friends recommend us."

- Grapevine 1948 & Long Form of Tradition 11