

RECOVERY TIMES Vol. 47, No. 1, Jan. 2021

The Alcoholics Anonymous San Fernando Valley Central Office Newsletter

The Show Must Go On: Upcoming San Fernando Valley A.A. Convention to Continue Despite an Unforeseen Loss



Calling the 2021 San Fernando Valley AA Convention “The Unconventional” with the theme of “Not Our Plan” could not be more appropriate for this year’s event. Curve ball after curve ball, the planning committee has had to deal with life on life’s terms at every turn.

The latest hurdle is the one that hurts most: the unfortunate and untimely death of our beloved Co-Chairperson, Jani B. After a warrior’s battle with cancer, Jani passed away at home on December 23rd. Her sobriety date was March 20, 2009 giving her 11 years and 9 months of recovery. Jani was one of the biggest cheerleaders of the San Fernando Valley A.A. Convention and was in line to chair the event in 2022. Her role in this year’s event will be carried by the entire steering and planning committee, and in her honor, we will fill the 2021 convention with the spirit of her

recovery and the strength of our fellowship.

The Unconventional will be presented on five zoom channels and will be packed with AA speaker meetings and AA marathon meetings, AA entertainment and fellowship, brand new special AA meetings created specifically for this year’s event, plus AI-Anon and Alateen participation, making for a jam-packed weekend of recovery and sobriety. There is a meeting that will highlight both the Long Timer and the Newcomer, there is a meeting that celebrates anyone with one year of recovery. We have a unique one-on-one AA interview that is not to be missed. There is a sober Zoom Dance Party. We are offering morning meditations on both Saturday and Sunday. We have speakers that will eloquently convey the message of Alcoholics Anonymous sharing their experience, strength and hope with us.

Service to Alcoholics Anonymous in the San Fernando Valley will get a well-deserved shout-out and be emphasized in an AA Service video you can view during the speaker meetings. All this plus fifty AA marathon meetings and twenty-seven AI-Anon marathon meetings hosted by local and out of town groups that will talk about a variety of both spiritual and toolbox topics. We’ve got something for everyone, all presented unconventionally, and brought to you in love and service to support you and your strength of recovery.

Please join us January 29th, 30th, and 31st for the San Fernando Valley AA UNCONVENTIONAL beginning with our Earlybird Meeting at 4pm on Friday afternoon. To get started, step into action and register on our website at SFVAACONVENTION.ORG. This year, for the first time ever, REGISTRATION IS FREE for everyone, so make sure you and all your people register as it will be only registrants who will receive the zoom codes to get to the convention. We also are offering Unconventional merchandise that is sure to become San Fernando Valley AA collector’s items, and if you wish you can purchase those items on the registration form.

Come discover a glimpse of a plan greater than our own and participate in the 2021 San Fernando Valley AA UnConventional.

We look forward to offering you a weekend of recovery that no pandemic or anything else is strong enough to overshadow. Visit SFVAACONVENTION.ORG and flex your fellowship by registering today!



Todd G., 2021 SFVAA UNCONVENTIONAL CHAIRPERSON

New Years in Akron: A.A. in 1938

I remember ... the amazing friendliness of Akron AA in 1938. We were given an address book with all names listed (few could afford telephones then) and the earnest invitation to “call at any time.” And we did.



I remember ... meetings. We were from Cleveland, and every Wednesday, rain or snow or shine, we made the 70-mile round trip to Akron. We made it eagerly, willingly, anxious to be with new friends.

Often there would be potluck supper on Saturday nights. We were too poor in material possessions to entertain, but how wealthy we were in friendships!

I remember ... the emphasis on “morning meditation and morning reading,” and all of us equipped with the five-cent Upper Room. That was a must.

I remember ... every lesson that Anne [Smith] dished out in her gentle and inimitable manner. “Dorothy, everyone has been kind to you as a newcomer. Never forget to pass that friendliness and kindness along!”

I remember ... when several manuscript chapters of “The Book” came. Anne and I read them to each other till 4 a.m., and Anne said, “Pray with me that this will help others.”

I remember ... Anne every time I hear the Twelve Steps read, for the fifth chapter was one that we read so eagerly one night.

I remember ... our first AA New Year’s Eve party in Akron. Anne had gotten two new dresses, her very first new clothes. When I asked her which dress she would wear, she said, “I can’t wear a new dress. There will be so many who have no new clothes,” and she wore the dress we were so accustomed to seeing on her.

I remember ... the word spreading like wild-fire: “Bill and Lois are coming!” When they arrived we would all be congregated to greet them. They would hide their weariness (as they still do) and greet us with warmth and affection. I remember ... it says in the Big Book “We are like the passengers of a great liner the moment after rescue from shipwreck.” How true it was of us then!

D.M. | LAJOLLA, CALIFORNIA, USED WITH THE PERMISSION OF AA GRAPEVINE

SAN FERNANDO VALLEY CENTRAL OFFICE
Minutes of Intergroup Representatives Meeting

December 14, 2020

Intergroup is being conducted on Zoom thanks to Carla R., our host.

OPENING: Lyn W.

- Lyn opened the meeting at 7:00 p.m. with The Serenity Prayer.
- Sandy R. read "The Twelve Traditions" and accepted a motion for approval of the October 2020 minutes.

TREASURER'S REPORT: Tina K.

MTD is (\$1,321) and YTD is \$6,346, as compared to last year's YTD, which was (\$1,893). Literature sales continue to decline, but personal and group contributions are up. Financials and Recovery Times are available at Central Office. Please call ahead. We will even bring them out to your car.

EXECUTIVE SECRETARY'S REPORT: David F.

- While literature sales are down significantly, personal and group contributions have been very encouraging and appreciated. Next month we will be posting our online contributions of approximately \$4,000.
- Central Office continues to follow LA County Covid-19 guidelines by temperature taking and requiring masks of all visitors. We are also limiting the number of people in a room at one time (downstairs, no more than three, and upstairs, no more than five) and signs are posted to that effect.
- The NEW WEBSITE is up and running, and we are continuing to upload additional information and upcoming events. Please check it out at sfvaa.org.
- The new phone system has been installed and is working well.
- PayPal and Venmo accounts for contributions to Central Office are up and running!
- "Can't Take Your Sponsor to Breakfast" T-shirts are still available for sale at Central Office for \$24.
- All phone shifts are currently being covered, but we are always looking for new volunteers to assist with last minute replacements. If you're interested, please contact Central Office.
- Central Office is open for literature sales M-F from 9am-6pm, and weekends from 9am-5pm, except the last Friday of the month when we are closed for inventory.
- Please submit all meeting changes and Zoom information to Central Office at sfvco@outlook.com.
- Event flyers will now be posted on the Central Office website.
- Please be sure to register for the 2021 San Fernando Valley AA "Unconventional." The theme this year is "Not Our Plan" and registration is free! Visit: sfvaaconvention.org.
- *Recovery Times* (David F. for Pat K.):
 - The Recovery Times is available on the Central Office website: sfvaa.org.
 - Snail-mail subscriptions to the Recovery Times are available. See sfvaa.org subscription form.
 - Stories of recovery are always welcome. Please keep them to under 650 words and send them to editor Pat K. at email: xnowisthetime@aol.com.

MEETING RELATED BUSINESS: Rick A.

There were 3 new Intergroup Representatives this month:

- Hollis W., "Winners Attitude Adjustment," Daily at 7:00 am;
- Mark N., "USR Men's Stag," Thursdays at 8:00 pm;
- Cheryl M., "Women's Step and Tradition Study." Fridays at 6:30 pm.

SERVICE REPRESENTATIVES:

- General Service District 1: Norm for Cece: Area Officer Elections were held last month. All new officers are from the San Fernando and Simi Valleys.
- General Service District 17: Simmie for Dan C.: (1) Dist. 17 also elected new officers last month. (2) In keeping with our traditions, online meetings should be identified as "AA meetings on Zoom" rather than "Zoom meetings."

- San Fernando Valley HI & I Committee: Marianna: H&I meets on the 3rd Monday of the month. New member orientation at 7pm, business meeting starts at 8pm. Meetings and panels are being conducted by Zoom.

OLD BUSINESS

Literature Sales are open on weekends but closed on holidays and the last Friday of each month. Central Office doors remain open and phones are always answered. Please send meeting changes IN WRITING to Central Office.

NEW BUSINESS

For groups that are resuming in person meetings, please take time to become familiar with state and local Covid-19 restrictions, and be sure to comply with all current regulations.

ANNOUNCEMENTS FROM AA GROUPS & SEVENTH TRADITION:

REMINDERS: Lyn W.: Reminder that: 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 MONTHS OF NOVEMBER: 26 YEARS OF SOBRIETY!

- Norm, 12 years on 12/04; and
- Kate F., 14 years on 12/14

VACANCIES ON BOARD - NONE

CLOSING:

- Rick A. acknowledged, with gratitude, Lyn’s service this past year as Chairman of the Board. It has been a particularly difficult year to be Chair and she has done an excellent job. THANK YOU, LYN!!!!
- Carla R. will email Zoom information and Intergroup flyers for next month’s meeting.
- A motion to adjourn was recognized and seconded.
- Meeting adjourned at 7:34 pm with *The Lord’s Prayer*.

Prepared and submitted by: *Sandy R., Recording Secretary*

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SFV 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.

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.

To find an online meeting in the San Fernando Valley, call Central Office at: **(818) 988-3001** or go to: **sfvaa.org**. You can also look up meeting schedules on Group websites or Facebook pages, or go to this online directory: www.LAAAonlinemeetings.org and **<http://aa-intergroup.org>**.

FROM THE FOUNDERS

"We cannot wholly rely on friends to solve all our difficulties. A good adviser will never do all our thinking for us. He knows that each final choice must be ours." **AA Co-Founder, Bill W.**, August 1961

"Gratitude is just about the finest attribute we can have." **Bill W.**, Dec. 1970, "A Christmas Message

"This isn't a 'feel better' program; it's a 'get better' program. **Anon, L.A., CA**

"When you stop drinking, it doesn't always get better right away but it stops getting worse." **Anon, L.A.**

"As drinking alcoholics, we all ran from life and toward death. When we join AA, we reverse the process – we give ourselves to life as it is, rather than as we would like it to be."

Key West, Fla.

"There is one job that we can do superlatively well, and there isn't anything that can keep us from doing it if we are serious in wanting to. That is the job we do on ourselves, inside ourselves. It means clearing out a whole mess of false values, unrealistic ambitions, and worn-out resentments, and putting in their place the qualities we want to have – kindness, tolerance, friendliness ... We can begin to see what the real values of life are, and they are very different from the hazy, distorted dreams we had." **New York, N.Y.**, August 1948

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The 7th Tradition States That We Are Self Supporting. Consider setting up a mailbox or Venmo (or other app) system to collect the 7th Tradition. Your group will still need to purchase supplies and you may still be obligated to pay rent. If you are able to make a contribution to the different entities that comprise Alcoholics Anonymous, please do so.

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.

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).



Update us with your meeting information via email:

sfvco@outlook.com, or stop by and pick up your medallions and literature at SFVCO, 16132 Sherman Way, Van Nuys, CA 91406.

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

Do you have a story about sobriety to share? Please send it to Editor Pat K. at xnowisthetime@aol.com. All submissions will be reviewed and if it meets our guidelines, we will contact you and let you know when your story will run.

Acknowledge your AA anniversary with a donation to Central Office: Consider making a \$1.00 donation to Central Office for each year of your sobriety during your birthday month. **This month we thank:**

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 remember: **Chemayne H.**, Tujunga, CA – 1 year, **Jani B.**, Granada Hills – 11 years of sobriety and **Jack L.** - 39

AA SERVICE COMMITTEES CALENDAR: GS Area 93

Please consult the leadership of your district for information on how to access your Zoom meeting:

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.

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): **On hold for now.** 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 and 8 p.m. for the general business meeting.

San Fernando Valley Young People in AA: **On hold for now.** 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 A.A. Intergroup: This meeting is being held the 2nd Monday on ZOOM now and the meeting information is as follows: **(6:30 pm** Orientation for new IGR's - **7:00 pm** Business Meeting). Zoom Meeting ID#: **839 8462 1757** Password: **811190**.

If your Group/Meeting currently doesn't have an Intergroup Rep. (IGR), please consider electing someone to be of service. It is a very rewarding service position and will help your group be informed about current AA events throughout the Valley.



A New Year Needs a New Look

(From the archives of the Grapevine, January 1953)

WELL, why not take time out for another personal inventory?

First: I am sober and have been for three years, and that is the longest period of sobriety I have enjoyed in forty years, for I am sixty, and for twenty years I thought I handled liquor (although I now know I didn't) and the next twenty years it handled, or rather, mauled me. I am most thankful that AA had brought me this freedom from alcohol.

Second: I have come to know some really fine people, fine because refined by the same consuming fire I went through. They are tempered and considerate, practicing their new-found knowledge of humility and kindness, and as this now attracts me and seems good to me, I am led to believe I must be swinging in the right direction, and for that I am thankful.

Third: I am not so lonely or bored; there are activities, meetings, 'phone calls, and you commence to get a feeling of belonging and of being a part of something good.

Fourth: I hope I am at a rather late age growing up so that I exercise more control over my emotions and I believe I am because I can let the other fellow have his way, at least some of the time, and not be too disturbed about it as a rule.

Fifth: I am conscious of the fact that many thinking people of this world are daily coming to respect AA more and more, and that pleases my ego a little, but seems a not too dangerous elation to experience.

Sixth: I realize an honest atheist is a searcher after truth, and having an keen and inquiring mind, will most surely come to realize that there is a power, a good power at work, and all we have to do is to get ourselves in tune to commence to catch some of these note vibrations, dictates of consciousness, for who has not decided to lay aside a problem for the moment and wait for inspiration and suddenly been confronted with the solution, the proper step to take. . .and for this I am likewise thankful.

Seventh: I am still extravagant and this is something I must put a little more thought to. I have made a little progress and I am trying to be honest and place the emphasis more nearly in the right place.

Eighth: I have made a little progress at home but I still have a lot of Twelfth Step work to do there for I have broken a lot of china, and I feel it is most important to not be satisfied with just doing Twelfth Step work on the outside, for others.

Ninth: I am grateful that more young people are coming to recognize the alcoholic pattern and through AA do something about it and thereby save themselves and others years of suffering and unhappiness.

Tenth: I am grateful that employers and business men are recognizing the good philosophy in AA and that many of them are giving such splendid cooperation to aid alcoholic employees.

Eleventh: I am grateful for the *Grapevine*, the big AA book, and the pamphlets, and for the meetings: all a source of inspiration.

Twelfth: Now I have reached Number Twelve, our number of Steps, and if I can practice the last part of the Twelfth Step, that is to "practice these principles in all my affairs," and if I can continue to realize that this is a life job and must continue be it, I will I am sure, continue to be grateful.

H. H. Q. | WEST HARTFORD, CONNECTICUT

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Recovery Times has learned that at some meetings on Zoom, very few donations are being sent by A.A. members to sustain the treasury for future rent for meetings. Please remember what Bill W. said:

“Our spiritual way of life is safe for future generations if, as a Society, we resist the temptation to receive money from the outside world. But this leaves us with a responsibility – one that every member ought to understand. We cannot skimp when the treasurer of our group passes the hat. Our groups, our areas, and AA as a whole will not function unless our services are sufficient and their bills are paid.”

AA Co-Founder, Bill W., November 1957, “Respecting Money,” The Language of the Heart

Central Office of SFV

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

ADDRESS SERVICE REQUESTED