

RECOVERY TIMES

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The Twelve Rewards

(of the Twelve Step Program)

Ann C. wrote this "a number of years before" the 1985 International Convention in Montreal, Canada where she set it to tape at the Oldtimers Meeting. She wrote it to show the contrast that can take place in any of our lives if we will try to follow the AA principles.

We can all have Hope, instead of desperation;

Faith, instead of despair;

Courage, instead of fear;

Peace of Mind, instead of confusion;

Self-respect, instead of self contempt;

Self-confidence, instead of helplessness;

The respect of others, instead of their pity and contempt;

A clean conscience, instead of a sense of guilt;

Real friendships, instead of loneliness;

A clean pattern of life, instead of a purposeless existence;

The love and understanding of our families, instead of their doubts and fears;



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And the freedom of a happy life, instead of the bondage of an alcoholic obsession.

All this and more through AA, are we grateful enough? Gratitude will continue the miracle of your sobriety, I found that out. Ann C., Niles, Ohio - sober April 1, 1948

Do You Have A Recovery Story To Share?

Stories of sobriety are always appreciated. Please email your submission to Editor Pat K.: xnowisthetime@aol.com.

Please keep the length of your submission to 650 words and focus on the theme of sobriety.

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

A Room Full of Broken People:

AA was a place where her shattered life could be pieced back together.

I came to Alcoholics Anonymous broken. God sent me to a room full of broken people, just like myself. Our ages and backgrounds do not matter because we're all here for the same reason. We have the desire to not only stop drinking alcohol, but to share our stories with the hope of saving others like ourselves.



I hurt the ones I loved and cared about nothing in the world except the getting and using of alcohol. I also had a problem with that white

powdered drug and the ability it gave me to drink without passing out. I took my first sips of beer when I was just 11 years old. I even added dash after dash of salt because that's how Mom and Dad did it.

Also, I was in charge of watching my two younger sisters and made them try the nasty, salty beer, too. They were only eight and nine years old.

My Dad was a highly functional alcoholic/addict. He owned and operated a sheet metal company. So, I learned how to hide my home life and go to work pretending nothing was wrong. He worked 4.5 days a week and could afford certain luxuries like company vehicles and dinners, yearly (Cont. page 5).

San Fernando Valley Central Office

Minutes of Intergroup Representatives Meeting

FEBRUARY 8, 2021 – 7:00 P.M.

This month's Intergroup Meeting is being conducted by Zoom due to the Coronavirus pandemic. Thanks to Carla R. for hosting!

I OPENING – Chairperson, Rick A.

- Rick called the meeting to order with Norm leading *The Serenity Prayer*.
- Mark N. read *The Twelve Traditions*.
- Diane D. accepted a motion to approve the January 2021 Intergroup Minutes.

II TREASURER'S REPORT – Tina K.

- MTD is \$2,349.31, and YTD is \$2,349.31 as compared to last YTD which was \$5203.16. Literature sales are only slightly over half of what they were last year at this time, 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.
- Rick A. discussed Central Office's recent efforts to bring current certain previously overlooked financial matters.

III EXECUTIVE SECRETARY'S REPORT – David F.

- December's Income & Expense report had some errors and a revised December Income & Expense Report has been prepared to document accurate results.
- In January, our Literature Sales were down (-31%) over last year (-\$11,218.38), for the same period last year. However, our contributions have increased and appreciated – they are up 22% = \$4,439.37. We ended the month of January in the Black by \$2,349.37.
- Board Financial Review was conducted on Feb. 2nd, 2021 – current balances were confirmed and Chairman, Treasurer were satisfied with P & L Statement review.
- LA COUNTY Guidelines for Covid-19 continuing to be adhered to and temperature-taking all visitors & masks wearing required, unless eating or drinking.
- Continuing to add additional information to our WEBSITE so please send flyers or information on upcoming events to: www.sfvaa.org
- PayPal and Venmo accounts are functioning well and we have received several contributions on-line for Group, Gratitude, Birthday and Personal gifts.
- We still have a few of the *Can't Take Your Sponsor to Breakfast T-shirts for Sale* at Central Office – (\$20.00).
- All phone shifts are being covered and we are *always* seeking new volunteers to assist with urgent/ last-minute replacements. Thank you so much.
- REMINDER: Central Office is OPEN for Literature sales during regular business hours (M-F 9 to 6 & Weekends 9 to 5); except last Friday of month and major holidays! **CURBSIDE PICK-UP AVAILABLE !**
- Submit ZOOM Meeting changes to Central Office at or on-line at our website under **AA Meetings On-Line** – Remote AA Meeting form sfvco@outlook.com.
- Adopted a policy of only 2 customers in the warehouse/office at a time.
- **Recovery Times** has a **NEW LOOK!** And it is available on our website, including past issues back to 2003. Interested members may submit articles of up to 650 words with cutoff date for submissions by the 15th of the month. Send to xnowisthetime@aol.com

IV MEETING RELATED BUSINESS – Sandy R.

- There were 4 new Intergroup Representatives this month:
- Diana W. Saturday Morning Women's meeting in Burbank at 9:30am
- Katie F. Reseda Wake up Group Daily at 6:45am
- Annette B. Dunsmore Thursday Leader's Choice Meeting at 7:15
- Judy J. Sobriety First Monday Night Women's meeting in Chatsworth at 6:30pm

SERVICE REPRESENTATIVES

- District 11: Steve K. DCM thanked the 2021 Convention Committee! He also thanked Ernie C. for his terrific service. Looks like they can send their GSRs to PRAASA. District 11 has 3 new GSRs.
- District 16: No report
- District 1: Matt M. reported a very good response to the AA Zoom event, *AA In A Changing World*. Accessibility needs are being addressed. District 1 has 3 new GSRs. PRAASA 2021 is March 5-7. Register at praasa.org/register.
- District 17: Simmie reported that Katie N. is the DCM. For PRAASA volunteer opportunities, go to area93.org. Trans Group of NYC had their first day of service.
- SFV Hospital & Institutions (H&I) Committee: Mark N. reported all's well with H&I.
- San Fernando Valley AA Convention: No report.
- Santa Clarita Valley Convention Committee: No report.

VI OLD BUSINESS

VII NEW BUSINESS

- 7th Tradition payment options for the IGR meetings were reviewed.

VIII ANNOUNCEMENTS FROM AA GROUPS & 7TH TRADITION

- Matt M. talked about the upcoming PRAASA, go to praasa.org to register.
- Carla R. asked that flyers for events be emailed to her, for inclusion in the IGR packet and addition to the sfvaa.org website.
- REMINDER: Flyers must be for AA Related Events (defined as event that includes an AA meeting).

IX ACKNOWLEDGE BIRTHDAYS FOR THE MONTH OF FEBRUARY: 72 YRS OF SOBRIETY!

Mariana B. 15 years on 2/21

Rick A. 25 years on 2/26

James R. 32 years on 2/14

X VACANCIES ON BOARD

- No Board vacancies.

XI CLOSING

- A motion to adjourn was recognized and seconded.
- The meeting adjourned at 7:44pm with *The Lord's Prayer*
- The next Intergroup meeting will be on Monday, March 3, 2021.

Prepared and submitted by:

Diane D.

Recording Secretary

NEXT SFV INTERGROUP MEETING: MONDAY, MARCH 8, 2021

If you attend a meeting without an IGR and the group wants one, please have the new IGR join us on the 2nd Monday of the month at 7pm.

Zoom ID 219343442

Password 12345

AA Service Committees

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: 6 p.m. orientation; 6:30 for general meeting. Zoom: ID# 858 2298 7088 P/W: S3rv1c371

District 2: First Tues. monthly meeting: 6:30pm Meeting Online: Info to come.

District #7: Second Sat. monthly meeting: 9:00 am. Meeting Online. Info to come.

District 11: Meets the 1st Monday of the month Zoom ID# 875 654 1182 P/W: 137823

District 16: Meets the 1st Monday of the month on Zoom: ID# 880 4861 1896 P/W: 600563

District 17: Meets the 1st Monday of the month on Zoom: ID# 9253 7533 865 P/W: District 17

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 Mtg ID#: 2193438442 Password: 12345



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. **RT**

Other AA committees:

Public Information Committee provides info to the public about what A.A. does & doesn't do. For more info: call Central Office: (818) 988-3001.

SF Valley Hospitals and Institutions Committee (H & I):

H & I is carrying the message of A.A. recovery via Zoom hospitals, prisons and treatment facilities: Meeting ID# 949 1798 8264 P/W: 926814.

SFVAA Convention: Third Tuesday monthly Planning Committee convenes in April. Meeting information coming soon!

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.



Consider making a donation to Central Office of a dollar per year for your AA anniversary.

In January, we celebrated Quincy W. - 33 years, Robert S. - 33 years, and Brian M. - 43 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.

Deaths: We remember Don C. - 53 Years of sobriety. **RT**

Continued from cover...

Disney World trips and family vacations across California in our RV. We never wanted for anything. We always had a stocked refrigerator and home-cooked meals. School shopping was easy with all that money. Later I learned what it was to appreciate my earnings. And not spend so frivolously.

Dad always asked me to get him a beer out of the refrigerator. I'm the son he never had so, we were always tinkering around in his shop. Later, I found out he was the reason for all the broken furniture we were fixing out there and the missing or unrepairable household items around the house, all of which must've gotten broken in his drunken stupors, of which there were many.

One time when I was nine or ten years old, I sat down on a broken ashtray he had thrown the previous night while arguing with my mother. Blood poured out when I got up from the couch. I was sitting with my foot under my body. The top of my foot has a 3-inch scar from the stitches still.

Even though we spent a lot of time together, we didn't really have open communication. I can't remember how I began acting out for attention, but I began using men for sex at 14 years old, to make me feel pretty and wanted. I slept with men twice my age because they always bought me Strawberry Hill wine and a case of beer. I confused sex for love many times and suffered many broken hearts.

After I drank my first whole beer at 14, I instantly knew how to get rid of all my problems, the bullying at school, the jealous girlfriends of the men I slept

with, my weight problems and anything else a 14 year old had to deal with. I rode the bus to school from out there in the boondocks and sometimes I'd get to school so early that I'd just leave to go hang out with the seniors and skip class all day. They introduced me to pills and shots of liquor— Xanax with a whiskey chaser.

Fast forward 12 years later, through all the temp jobs and the many firings for coming to work with personal problems. I went to jail a few times. Once on a DUI and twice more for a stolen car. I did four months in a women's prison for the first two cars I stole. The most recent time was during my first three weeks sober. My last drunk on November 2, 2014, was memorable for sure. I had just purchased a bottle of rum that night and drank until the sun came up. Fell asleep right there on the couch, but was woken up by someone banging on the door super loud!

I was so out of it that I couldn't answer the door quick enough. My house was being raided! That car I stole from the gym a week before was found and they had all the video proof they needed from the gym and stores where I used the owner's credit cards.

Before I passed out I'd had a shot of rum ready to down when I woke up (for the shakes), two blunts of marijuana rolled up ready to go. Of course, all of that changed after the banging on the door. My 3- year old daughter was removed from our custody, but I was lucky enough to have a judge on my case that saw an addiction instead of an addict.

I was sentenced to four years county jail for my stolen car charge, but the



judge gave me the time in a drug and alcohol treatment center. After I went to my first AA meeting, I've been relating to members' stories ever since. I found a sponsor after I had 90 days in the program.

She listens without judgement, answers when I call every Thursday for the last four years, works with me on my Steps and provides a good example. I've learned from her and others that it's okay to feel. When she sat with me on my Fifth Step, it was her kind and patient listening that let me know I was not alone.

She also taught me that "Happiness walks on busy feet" and she's right! I stay busy with service commitments, chair a meeting or two, am the treasurer for my home group, make coffee, set up and take down chairs, make Twelfth Step calls, give rides, bring meals to those in need and so much more.

Service work for me is giving back and doing what was done for me. We have this saying at my home group, "Get in the truck!" Meaning, we alcoholics are always going somewhere: breakfast, coffee, speaker meetings, birthday nights, and AA events. I'm in love with Alcoholics Anonymous and all we have to offer. I can't imagine my life any other way.

By: Roseanne D., Merced, Calif. **RT**

From the Founders:

“Everyone must agree that we AAs are unbelievably fortunate people; fortunate that we have suffered so much; fortunate that we can know, understand and love each other so supremely well ... Indeed most of us are well aware that these are rare gifts which have their true origin in our kinship born of a common suffering and a common deliverance by the Grace of God.”

AA Co-Founder, Bill W., Oct. 1959, “AA Communication Can Cross All Boundaries.”

“We have all known and seen miracles – the healing of broken individuals, the rebuilding of broken homes. And always, it has been constructive, personal Twelfth Step work based on an ever-upward-looking faith which has done the job.”

AA Co-Founder, Dr. Bob, September 1948, “The Fundamentals – In Retrospect.”

“We neither ran nor fought. But accept we did. And then we began to be free.”

AA Co-Founder, Bill W., March 1962, “What Is Acceptance?”

“William Duncan Silkworth supplied us with the tools with which to puncture the toughest alcoholic ego, those shattering phrases by which he described our illness: the obsession of the mind that compels us to drink and the allergy of the body that condemns us to go mad or die. Without these indispensable passwords, AA could never have worked.” AA Co-Founder, Bill W., August 1957, “The Physicians.” **RT**



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

By doing so, you are supporting your local AA Central office. (It's also 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).

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>.

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. **RT**

Heard Around A.A.:

“Not until I became aware that God’s delay is not necessarily God’s denial of prayer, was I willing to let a Power greater than myself determine how and when I was to receive the things I truly needed, rather than the things for which I howled.”

North Hollywood, Calif.

“The beginning of maturing for me was becoming willing to try to face the realities of my own life, a day at a time, and letting go of my childhood fantasies of living happily ever after in a perfect world made up of perfect people.” **New York, N.Y.**

“I am learning, when looking for signs of spiritual awakening in myself, to look, not for bright lights or emotional upheavals ... but for sobriety, stability, responsibility, meaning, satisfaction, joy. These are the marks of the beginning of spiritual awakening.”

Hankins, N.Y.

“It’s important to monitor my thinking, to be conscious of what thoughts I’m hugging to my heart, inviting to stay in my mind, encouraging to hang around my head.”

Chestertown, N.Y.

“If I simply let go of a character defect – release it – my Higher Power will replace it with a character asset. As I release anger, I find that I am friendlier. As I release hate, I become more loving. As I release fear, I become more secure.”

Kathmandu, Nepal

“AA has taught me that I’m the architect of my own success or happiness. The quality of my sobriety is up to me – it will be what I want it to be.”

Keego Harbor, MI. RT



Many of Us Thought We Were Different

(From the general service conference-approved literature of alcoholics anonymous)

“A.A. won’t work for me. I’m too far gone.” “It’s nice for those people, but I’m president of the P.T.A.” I’m too old. Too young. Not religious enough. I’m gay. Or Jewish. A professional person. A member of the clergy. Too smart. Or too uneducated.

At this moment, people all over the world are thinking that A.A. probably won’t work in their case for one or several of these reasons. Perhaps you are one of these people.

We in A.A. believe alcoholism is a disease that is no respecter of age, sex, creed, race, wealth, occupation, or education. It strikes at random. Our experience seems to show that anyone can be an alcoholic. And, beyond question, anyone who wants to stop drinking is welcome in A.A.

Our co-founder Bill W., in telling about A.A.’s earliest days, wrote:

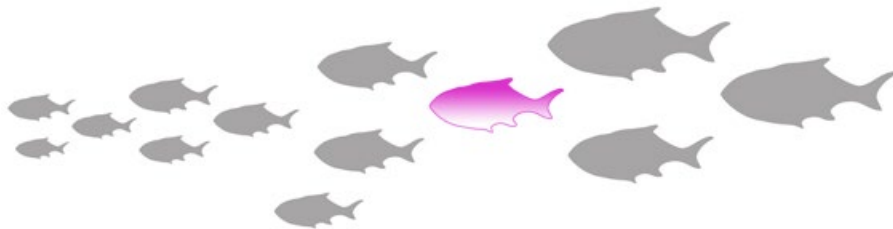
“In the beginning, it was four whole years before A.A. brought permanent sobriety to even one alcoholic woman. Like the ‘high bottoms,’ the women said they were different; A.A. couldn’t be for them. But as the communication was perfected, mostly by the women themselves, the picture changed.

“This process of identification and transmission has gone on and on,” said Bill. Low-bottom alcoholics said they were different. So did young people, artists and bankers; agnostics, veterans and prisoners.

“But nowadays all of these, and legions more, soberly talk about how very much alike all of us alcoholics are when we finally admit that the chips are down.”

In the stories that follow, you may encounter individuals whose race, age, sexual preference, or any number of other conditions are similar to yours. They came to A.A. and found that Alcoholics Anonymous worked just as well for them as it had for hundreds of thousands of others of us who thought we were “different.” We found help, and we found friends with whom we could identify and share our experiences.

We are no longer alone. **RT**



“When you’ve been lost, lonely, forgotten, rejected, it’s the most important thing in the world to have somebody shake your hand.” – Anonymous

“Neither God nor AA can help us if we are not open to help.” – Anonymous

“Gratitude is like a spiritual reset button.” –Anonymous

Word Search: From the Twelve and Twelve, page 76: **“The Seventh Step is where we make the change in our attitude which permits us, with humility as our guide, to move out from ourselves toward others and toward God. The whole emphasis of Step Seven is on humility.”** Read up, down, across, backwards and at a diagonal to find the words.

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

VIRTUAL A.A. MEETINGS IN THE SAN FERNANDO VALLEY



Many people are asking about the number of virtual meetings in the San Fernando Valley and our answer to that is: We only know about the ones who have contacted Central Office to let us know about their meetings.

But here are some interesting stats for you: Prior to Covid-19, we had 763 weekly meetings in the San Fernando Valley.

Currently, there are 197 Zoom meetings for the Valley.

Prior to Covid-19, there were 70-80 Intergroup reps representing Valley meetings.

At our February 2021 IGR meeting, there were **only 25 IGRs** in attendance.

If your A.A. group is meeting online (or in person) and does not have an Intergroup rep attending Central Office's monthly IGR meeting, please ask them to attend. At our IGR meetings, each group has the opportunity to share information of events, as well as issues affecting meetings in the Valley.

Intergroup meets on the 2nd Monday of the month on Zoom (right now).

When it is safe to go back to live meetings, Intergroup will meet at St. Innocent Church on Lindley Ave. in Tarzana for that meeting. We will give you advance notice when that happens. Please refer to this Recovery Times for the Zoom ID and Password for IGR meetings. **RT**