



WHO'S SITTING NEXT TO YOU?

I know who you are. You are "X" who attends the ABC Meeting at the XYZ Club where AAs meet in Anywhere, U.S.A.

I saw you there the other night at the eight o'clock meeting. I don't know how long you've been sober, but I know you've been coming around for a while because you spoke to a lot of people who knew you. I wasn't one of them. You don't know who I am. I wandered into your meeting place alone the other night, a stranger in a strange town. I got a cup of coffee, and sat down by myself. You didn't speak to me. Oh, you saw me. You glanced my way, but you didn't recognize me, so you quickly averted your eyes and sought out a familiar face. I just sat there through the meeting.

It was okay, a slightly different format but basically the same kind of meeting as the one I go to at home. The topic was gratitude. You and your friends spoke about how much AA means to you. You talked about the camaraderie in your meeting place. You said how much the people there had helped you when you first came through the door - how they extended the hand of friendship to make you feel welcome, and asked you to come back. And I wondered where they had gone, those nice people who made your entrance so welcoming and so comfortable.

You talked about how the newcomer is the lifeblood of AA. I agree, but I didn't say so. In fact, I didn't get to share in your meeting. I signed my name in the book that was passed around, but the chairperson didn't refer to it. He only called on those people in the room whom he knew.

So who am I? You don't know, because you didn't bother to find out. Although yours was a closed meeting, you didn't even ask if I belonged there. It might have been my first meeting. I could have been full of fear and distrust, knowing AA wouldn't work any better than anything else I'd tried, and I would have left convinced that I was right. I might have been suicidal, grasping at one last straw, hoping someone would reach out and pull me from the pit of loathing and self-pity from which, by myself, I could find no escape.

I might have been a student with a tape recorder in my pocket, assigned to write a paper on how AA works - someone who shouldn't have been permitted to sit there at all, but could have been directed to an open meeting to learn what I needed to know. Or I could have been sent by the courts, wanting to know more, but afraid to ask.

It happens that I was none of the above. I was just an ordinary drunk with a few years of sober living in AA who was traveling and was in need of a meeting. My only problem that night was that I'd been alone with my own mind too long. I just needed to touch base with my AA family.

I know from past experience that I could have walked into your meeting place smiling, stuck out my hand to the first person I saw and said, "Hi. My name is - . I'm an alcoholic from - ." If I'd felt like doing that, I probably would have been warmly welcomed. You would have asked me if I knew Old So-and-so from my state, or you might have shared a part of your drunk-a-log that occurred in my part of the country. Why didn't I? I was hungry, lonely, and tired. The only thing missing was angry, but three out of four isn't a good place for me to be. So I sat silently through your meeting, and when it was over I watched enviously as all of you gathered in small groups, talking to one another the same way we do in my hometown.

You and some of your friends were planning a meeting after the meeting at a nearby coffee shop. By this time I had been silent too long to reach out to you. I stopped by the bulletin board to read the notices there, kind of hanging around without being too obvious, hoping you might ask if I wanted to join you, but you didn't. As I walked slowly across the parking lot to my car with the out-of-state license plates you looked my way again. Our eyes met briefly and I mustered a smile. Again, you looked away. I buckled my seat belt, started the car, and drove to the motel where I was staying.

As I lay in my bed waiting for sleep to come, I made a gratitude list. You were on it, along with your friends at the meeting place. I knew that you were there for me, and that I needed you far more than you needed me. I knew that if I had needed help, and had asked for it, you would have gladly given it. But I wondered, what if I hadn't been able to ask?

I know who you are. Do you remember me?



**SERVICE OPPORTUNITIES
AT THE CCFAA CENTRAL OFFICE**

1. Would you like to be a phone volunteer at Central Office? If you have 1-year sobriety and 4 hours free time to help another alcoholic via the phone, call 454-1771 between the hours of 9am-5pm.
2. Need volunteers to help with flyer mailing, assembly, and labeling Monday January 12, at 9 am. Call 454-1771.
3. Need volunteers to help with By The Way mailing assembly and labeling on Thursday January 29, at 9am. Call 454-1771.

You may FAX, Email, Mail or Walk-In your Group News, Birthdays, Meeting Directory Changes, Mailing Address Changes, etc., to the Central Office. The FAX numbers 454-1771 and is turned on only during office hours, 9am to 5pm, Monday thru Friday. The deadline for the By The Way is the 15th of the month for the following month's issue.
E-Mail Address: centralofficeaa@netzero.com

**January 17
AREA ASSEMBLY
41,42,43,53
FRESNO**

**CENTRAL OFFICE ACTIVITY REPORT
November 2003**

Telephone Service	November 2003	YTD
12 STEP Calls	55	225
MEETINGS/ INFO Calls	1,100	10,263

GROUP SECRETARIES...

Please let us know who you are so we can send you your group's copy of the By The Way, which includes A.A. announcements and Central Office reports each month. We also want to be sure we have up-to-date information about your group's meeting location, day, time, and format. We want to be of help to you and your group in any way we can. Does your group have a Central Office (CCFAA) Delegate? Every registered group is entitled to be represented. Your group's participation helps us do a better job of serving Alcoholics Anonymous. Call us if you would like to know more about the duties and rewards of being a Central Office (CCFAA) Delegate. Please visit your Central Office at 7500 14th Avenue # 27 Sacramento, CA 95820. Stop in, say hello---we're always glad to see you. We would like you to get to know your Central Office, and we would like to get to know you.

CCFAA MASTER CALENDAR

**CENTRAL OFFICE
JANUARY 13, 2003**

**OFFICE OPERATIONS COMMITTEE
6:30pm – Central Office
7500 14th Avenue # 27**

JANUARY 17, 2003

DELEGATES MEETING / 4 PM

3721 Marysville Blvd.

JANUARY 29, 2003

By The Way Mailing
Help Needed

Be at Central Office at 9 am
Donuts and Coffee provided.

No sobriety requirement, bring a newcomer!
Central Office will be Closed January 1,2, 2004

ALL REGISTERED GROUPS
Please send us an electronic copy of your flyer for mailing so we will be able to scan them and put them on our website:

<http://www.aasacramento.com>

TELESERVICE OPPORTUNITIES

Be on the "Firing Line" of service in
Alcoholics Anonymous
Call Central Office 916) 454-1771

The By The Way is published monthly by the Central California Fellowship of Alcoholics Anonymous, 7500 14 Avenue, Suite 27, Sacramento, CA 95820.

Current subscription rate \$12.00 per year.

Opinions, letters, and stories printed in the By The Way are not to be attributed to Alcoholics Anonymous, the Central California Fellowship of Alcoholics Anonymous or any group within Alcoholics Anonymous unless otherwise stated or attributed. All Reprinted articles are done so with the permission of their respective publisher.

**"Nothing matters more to AA's future welfare than the manner in which we use the colossus of modern communication. Used unselfishly and well, it can produce results surpassing our present imagination."
Bill W. AA Grapevine, Nov. 1960**



GROUP NEWS

ACTION GETS IT GOING
Friday 8 PM Book Study,
Tuesday 8 PM Step Study,
Sunday 7 PM Open
Discussion. St. Paul's
Episcopal Church Corner of
15th, and J St., Sacramento.

We would like to
celebrate the following birthdays, Jennifer I, Jennifer II
60 days; Valerie 30 days.

ALIVE AND SOBER GROUP Tuesday & Friday @ 8
PM. 1050 Douglas Blvd, Roseville at Bethel Lutheran
Church.

AUBURN FELLOWSHIP Has a potluck breakfast at 8:30
AM the first Sunday of each month at 640 Lincoln Way,
Auburn. The 9:00 AM Sunday Meeting is a one hour
open meeting.

CAMERON PARK GROUP Lite of the Hills Ch. 3100
Rodeo Dr., behind Burke Junction Cameron Park.

CARRYING THE MESSAGE GROUP Has open mtgs @
UC Davis Medical Center 2315 Stockton Blvd

CITRUS HEIGHTS GROUP Every Wednesday 8 PM.
7737 Highland Ave., First Apostolic Church.

CORDOVA LUNCH BUNCH Seeking a
Russian/Ukrainian language speaking AA member.
Please call: Robert (916)363-0374.

DOWNTOWN SOBRIETY Every Wednesday 6PM @
Shasta Hotel. 1017 10th Street in Sacramento.

FIRESIDE BOOK STUDY Thursday, 7:30 PM North
Minster Presbyterian Church, 3235 Pope Avenue.
(between Watt and Whitney).

FOLSOM WAY OF LIFE GROUP 410 Wool Street,
Folsom, Trinity Church Hall, Thursdays, 7:00 PM, Open
Meeting.

FREEDOM FROM BONDAGE GROUP Closed women's
meeting that needs support. Saturday 11AM PM @
Sierra II Center 2791 24th Street, Sacramento

FREEDOM GROUP We would like to acknowledge the
following milestones Jennifer H, Ayi 9 mos; Jackie W., 6
mos; Rena T., 90 days.

GALT FELLOWSHIP OF AA Birthdays celebrated last
Saturday each month @ 7 PM. 20 weekly mtgs listed in
the directory. 169 4th Street, Galt. (209) 745-1525.

GRANITE BAY LAKESIDE would like to celebrate the
following birthdays; Chuck G., 9 mos., Teri S., 6 mos.

HEAD ACROSS WOMEN'S GROUP Wednesdays from
6:00 PM 7850 Watt Avenue, St. Andrews Church, North
Highlands. Come join us.

LIVING SOBER WOMEN'S GROUP Every Friday night
@ 6 PM. Located 1066 26th St / K by Sutter's Fort.

LIVING THE DREAM Wednesdays 7:30 PM. Faith
United Methodist Church @ 36 and J
LOOMIS FELLOWSHIP meets Wednesday 7:30 PM @
06440 King Road, Congregational Church.

MIDTOWN SOLUTIONS will resume regularly scheduled
meetings on January 2nd, 2004. 3508 24th St. Sac
Town Alano Club.

MONDAY NIGHT CLUB meets every Monday at 7:00
PM in Goethe Hall at 17th and L Streets Birthday night is
the last Monday

MONDAY NIGHT YOUNG PEOPLE AA 7:30 PM @ the
Kaiser facility. In schedule under N.E. American River.

NO WHINERS St. Luke's Episcopal Church, 2nd &
Lincoln St., Woodland.

ONE DAY AT A TIME meets Tuesday Citrus Heights at
12:05 PM @ 5901 San Juan Ave., Advent Lutheran
Church.

ORANGEVALE NEW START GROUP needs your help,
Big Book & 12x12 Study Group on Thurs 7 Pm - 8 PM.

ORANGEVALE OPEN We would like to celebrate the
following birthdays Tim K., Chris R., Sarah V 90 mos;
Helen D., John V., Roger A., Dorothy W., 6 mos; Michele
D., Jesse M., Meghan G., Dane Y., 90 days; Nicole F.,
60 days; Renee W., 30 days.



www.aasacramento.com 7500 14th Ave. Sacramento Ca 95820 Bus Line 916-454-1771 Hot Line 454-1100 email: centralofficeaaa@netzero.com



GROUPNEWS(CONT'D)

ROSEVILLE FELLOWSHIP
MONDAY NIGHT Every Monday
night @ 7:30 PM in the basement
of the Carnegie Museum at the
corner of Pleasanton and Lincoln

St., Old Roseville.

ROUND TABLE GROUP

Every Monday night at 8 PM in St. Andrew Episcopal
Church, 1-hour mtg. @ 7850 Watt Avenue in Antelope.

SHARING & CARING 6749 Fair Oaks Blvd., Carmichael.

SISTERS IN SERENITY

2020 J Street, 2nd floor Wednesday 7 PM. Enter on
parking lot side.

SOUTHPORT SERENITY

1020 Capital Avenue, West Sacramento at the Center
for Spiritual Awareness. Across from "Old Rancho

Hotel" (currently Dharma Realm Buddhist monastery)
just east of Merkley Ave.

SUNDAY KAISER MEN'S MEETING

7 PM Kaiser Hospital Morse Ave.
Commons Bldg., Rm 117
Bob B., 485-9153; Steve O., 485-7169

THE SPRING FLING COMMITTEE

looking for volunteers who have experience with
desktop publishing or related computer experience.
Barbara L (916) 991-1642 or Millie F (916) 483-6655.

TRUTHSEEKERS CANDLELIGHT MEETING

Sundays – Thursdays 10 PM – 11 PM. 111 5th Street
Alano Club, Roseville.

WEST SLOPE FELLOWSHIP Senior Center 5581 Gail
Rd (off Forbay Rd), Pollock Pines.

WOODLAND GROUP 6 PM December 13, Potluck and
7 PM A.A. and Alanon Speakers. 241 California St.

MEETING INFORMATION

ADD/CHANGE/DELETE

NEW GROUPS/MTG



MEN AT WORK:
Placerville Tuesday
7:30PM. 171 Middletown Road
Discussion Meeting Open, No
Smoking

WEST SLOPE UNITY Quarterly
Speaker Meeting January 17 7:00P
459 Main St., Town Hall Placerville

SPRING INTO WELLNESS
Friday 1:30PM OS* @W
3414 4th Ave. (OakPark) Sacramento



MEETING CHANGES

CAMERON PARK GP
3100 Rodeo Road,
Cameron Park

Light of the Hills Lutheran Church
Mondays & Thursdays 7:00PM H*

CAMERON PARK GROUP, 3100
Rodeo Road, Cameron Park
Light of the Hills Lutheran Church
Saturday 8:00PM

SERENITY SEEKERS
2101 Zinfandel Drive, Rancho
Cordova United Methodist Church
Sunday 4:00PM, One hour.

RANCHO CORDOVA BIG BOOK
11223 Trinity River Drive @ Sunrise.
Sun River Church Wednesday 8:00P



MEETING CHANGES

ROSEVILLE FWP
MONDAY NIGHT basement
Carnegie Museum in Old Roseville
Monday 7:30PM

CLOSE-KNIT WOMEN'S GROUP,
111 5th St., Roseville (Alano Club)
Thursday 3:00PM OH*

FREEDOM FROM BONDAGE, 2791
24th St., Sacramento Sierra II
Center. Dance Studio A.
Thursday Noon CWH@ Regular
Discussion Meeting

SUNDAY KAISER MEN'S
Sacramento 7:00P H M
Kaiser Hospital at Morse Ave.
Commons Bldg. Rm17 Sunday 2
story building directly across from
main hospital entrance.



SPEAKER MEETINGS

WEEKLY SPEAKER MTGS

CAMERON PARK GP

Every Saturday 8 PM @ Light of the Hills Church, 3100 Rodeo Dr. Cameron Park (behind Burke Junction).

Jan. 3 - Margaret R., from Roseville
Jan. 10 - Steve O., from Traditional
Jan. 17 - Rosemary C., from Roseville
Jan. 24 - Scott M., from Lodi
Feb. 7 - Susan B., from Happy Destiny Group
Feb. 14 - Bud A., from Modesto

LIVING THE DREAM GP

One hour Speaker Meeting every 7:30 PM @ 36th & J St. Faith United Methodist Ch.

FOLSOM WAY OF LIFE GROUP

410 Wool Street, Trinity Church Hall Thursday 7 PM, open mtg. Surprise guest speaker each week with group draw participation.

ROSEVILLE TUESDAY NIGHT GP

Every Saturday @ 8 PM 315 Lincoln Street, Roseville.

MONTHLY SPEAKER MTGS

ACTION GETS IT GOING

3rd Sunday of the month, 7 PM., St. Paul's Episcopal Church, Corner of 15th & J.

ATTITUDE ADJUSTMENT GROUP OF DAVIS

Monthly 7 PM Potluck, 8 PM Speaker meeting First Baptist Church 38141 Russell Blvd., Davis.
January 17, 04; Speaker, Mike M., Davis Hope Group.
February Speaker, Maureen P., Dixon No Names Group

CAPITAL CITY MONTHLY SPEAKER MTG

7 PM Saturday, January 31 @ UCD Cancer Center located at 4501 X Street, Sacramento. Speaker, Ron D. from Fair Oaks. Doors open 6 PM. Behind Med Ctr., next to gray water tower.

DIXON NO NAME GROUP

Monthly speaker meeting at the Dixon Community Church, East A Street, Dixon on Friday, Dec 19th @ 8 PM. For more info. Call: David L., (530) 756-0728.

ELK GROVE FELLOWSHIP

Speaker Meeting 3rd Saturday every month 8 PM, Native Sons Fellowship Hall corner of Kent/Grove St., in Elk Grove.

GALT FELLOWSHIP

Saturday January 3, 2004 6 PM Beef Stew Dinner, 7 PM Speaker, Laurese M., from Livermore
Saturday February 7, 6 PM Pasta Your Way; 7PM Speaker, Bill D., from Roseville.

HOPE AND SERENITY

December 6, 8 PM Speaker, Cliff R, Oceanside. UC Davis Cancer Center 4501 X St., Parking \$1.50. January 3, Speaker, Dave W., from Sacramento.

February 7, Speaker, Stan T., from Sacramento.

SACRAMENTO MONTHLY SPEAKER

Saturday January 10, 2004, 8 PM. Speaker, Debbie D. from Concord. Centennial United Methodist Church 5401 Freeport Blvd., 2 blocks north of Fruitridge. Host group will be Spring Fling Committee. No host dinner @ 6 PM. For dinner reservations please call Sigi G., 747-5941 by Wednesday prior to meeting.

SACCYPAA & ACCYPAA

New Year's Celebration 2004. 8 PM Speaker meeting with Dance to follow. Eastern Star Temple 2719 K., St., Sacramento at 28th and K. Suggested Donation \$ 10.00. More info: Brian M 454-0516 or Jaime (916)337-5352.

SHARING AND CARING

6749 Fair Oaks Blvd., Carmichael.

TOO YOUNG

Thursday January 8, @ 6 PM Potluck, 7:30 PM Speaker, Tinna M. from Roseville. Cross Hall, St. Matthew's Episcopal Church 2300 Edison Ave., Sacramento, CA. 95821

WEST SLOPE FELLOWSHIP

First Friday of the month 7 PM Speaker meeting. Senior Center 5581 Grail Road (off Forebay) Pollock Pines.

WHITE FLAG SPEAKER MEETING

First Saturday @ 8 PM. 5809 Gibbons in Carmichael. Dec. 6; Jan. 3; Feb. 7.

WOODLAND GROUP

Potluck January 10, 2004. 241 California St. Food at 6PM. AA& Alanon Speakers at 7PM. We are updating our birthday book reply before February 1, 2004.



SPECIALS EVENTS

ALCOHOLICS ANONYMOUS

Volunteers needed for PI/CPC (Public Information and Cooperation with the Professional Community)
Contact Bruce S., @ (916) 682-3939 or Central Office (916)454-1771.

ALCOHOLICS ANONYMOUS

Volunteers needed for Special Needs. Contact Scott Mc (916)689-1440, (916)271-0333

EAST YOLO FELLOWSHIP

New Year's Alkathon 6PM New Year's Day. Meetings every two hours.

GREENHAVEN GROUP

23rd Anniversary Sunday January 18th, 2004
Faith Presbyterian Church 625 Florin Road.
6:30PM Dinner. Speaker, 8PM bring a side dish.

GROUP THREE

New Year's Alkathon from December 31st, @ 6PM to January 1st, 8PM.
3912 60th Street Tallac Village @ 14th Ave., upstairs.

MIDTOWN SOLUTIONS

12th Anniversary New Year's Eve. 6PM Potluck, 7PM Speaker Mtg., Dance 9PM-1PM.
Alkathon begins on New Year's 2004, from 6AM-8PM.

NEW HOPE GROUP

New Year's Day Celebration. 5PM Potluck. Fair Oaks.

NORTH AUBURN GROUP

4th Anniversary January 1, 2004.
5:30PM Potluck, 7:30PM Speaker, Bathena D., from Sacramento, Raffle to follow. Located @ Senior Center Dewitt 11577 East Ave., Auburn. For info: Michelle S., (530) 906-3340

NORTH SAC GROUP

New Year's Alkathon 7PM December 31st Meeting information at 1st. Potluck 2330 Fairfield St., Sacramento.

NO WHINERS GROUP

Chili Madness on Saturday January 31st, 2004 @ 6PM. Meeting starts at 7PM. St. Luke's Episcopal Church, 2nd and Lincoln in Woodland.
Speaker, Paul C., from Chowchilla.

ROSEVILLE TUESDAY NIGHT GROUP OF AA

59th Anniversary Saturday, January 17th, 2004. Jones Hall Placer County County Fairgrounds. Desert Potluck 6PM, followed by Speaker, Tom I. from N. Carolina. Dance & Raffle to follow.

SISTERS IN SERENITY

Annual Potluck Speaker Meeting February 25th, 2004 @ 2020 J St.

SPRING FLING

Sacramento Memorial Auditorium 16th & J St., February 27, 28, 29th 2004. Clarion Hotel (916) 444-8000 for more info.

TOO YOUNG GROUP

2nd Annual Anniversary 6PM Potluck & 7:30PM Speaker meeting. Thursday January 8th, 2004 @ 8:30PM.
Speaker, Tinna M., from Roseville. 2300 Edison Ave., Sacramento St Matthew's Episcopal Church.



www.aasacramento.com 7500 14th Ave. Sacramento Ca 95820 Bus Line 916-454-1771 Hot Line 454-1100 email: centralofficeaa@netzero.com

BIRTHDAYS BIRTHDAYS BIRTHDAYS

One way AA members have been expressing their gratitude is by sending contributions to Central Office as their anniversary approaches. If you are so inclined, send a dollar for each year of sobriety, or whatever you feel you can afford. Your contributions help to keep the doors of Central Office open so that other alcoholics might find sobriety. We would like to thank the following for their contributions.

HAPPY BIRTHDAY TERI T.



ACTION GETS IT GOING	Joan L 4 Karen S 4	Carolyn F 6 Tom R 4 Dave C 3 Jim P 3 Jim S 3 Steven R 3 Cris M 2 DeeAnn C 2 Dave F 1 Don C 1 Jeremy L 1 Kenneth P 1 Matt M 1 Ron Y 1 Sandy K 1 Travis A 1	Alyce O 9 Dale A 4 Dayna R 1	Pam 1 Tracy 1 Rory 1	Francis A 11 John W 11 Herb S 11 Harriet B 10 Pete L 9 Gloria N 9 Sarah S 9 Susan Z 9 Jennifer K 8 Connie O 8 Patrick C 8 Loren S 8 Paul S 8 Douglas C 7 Beverly D 7 Michael M 6 Yolanda A 6 Marilyn B 6 Jim C 6 Cindy E 6 Cheri E 6 Jolynn T 6 Jayne G 5 Jim G 5 Gina J 5 Darren M 5 David M 5 Heidi B 5 David C 5 Devon C 5 Tracy S 5 Charlene T 5 Cathie V 5 Phyllis V 5 Shannon J 4 Alie C 4 Tracy E 4 Greg F 4 Frances T 4 Charlene G 3 Mavine H 3 Lila M 3 Linda M 3 David B 3 Lisa C 3 Robert D 3 Hector V 3
Danny O 22 Jim D 1	DAVIS FRIDAY NOON Bonnie B 36 Lisa M 18 Kern H 14 Ron Q 10 Steve J 7	Jeremy L 1 Kenneth P 1 Matt M 1 Ron Y 1 Sandy K 1 Travis A 1	GALT FELLOWSHIP LuAunna W 1 Scott E 1	GROUP ONE Gregg M 27 Alan B 23 Ronald N 18 Peter R 17 Russ C 13 Kurt O 12 Dave H 9 Kelly N 6 Teresa O 5 Mark B 4 George W 4 Juan Q 4 Garry B 4 Hattie L 3 Terry L 3 Patty B 3 Robert H 3 AnneMarie H 2 Mike L 2 Pam 2 Paul L 2 Steven D 2 Ted S 1 Tina S 1 John L 1	
CATHEDRAL GP Harry I 25 Richard M 24 Elizabeth 20 Jim Mc 20 Jim M 18 Ron 18 Merilee T 16 Jackie M 13 Paul D 13 Susan P 13 Bruce 12 Ron C 12 Becky A 12 Anne M 11 Michael M 10 Paul P 9 Ray 8 Paul S 8 Carolyn R 8 Robert H 5 Jennifer T 1	DIXON NO NAMES Chuck S 18 Larry S 17 Dennis B 15 Karen B 15 Debbie D 13 Bobby N 4 Dan J 1 John P 1	FIRESIDE GROUP Walter S 7 John F 3	GRANITE BAY LAKESIDE GROUP Bill M 29 Tony T 17 Su B 10 Cynthia B 5 Trudy H 3		
CITRUS HEIGHTS GP Tim 9 Laurie P 6 Doug S 1	EAST YOLO FELLOWSHIP Kenny F 20 Oscar D 17 Rebecca H 17 Terie S 14 Mike P 14 Sandy C 13 Heidi H 10 Randall S 9 Richard S 8 Bernice R 3 MaryEllen McA3 Andre S 3 Jesus C 2 Amanda F 2 Michael P, Jr 2 Troy Mck 2 Kris R 1 Frank L 1 Sonny M 1 Richard V 1	FREEDOM GROUP David C 31 Bonnie S 24 Marsha B 22 Kathy G 18 Gay L 16 Tom T 14 Karen M 14 Shelly O 13 Mary H 13 Roger 11 Jan S 10 Heather 9 Katie 9 Lola R 8 Roy C 6 Toni N 6 Any J 4 Kim H 4 Justin C 4 Manny V 3 Rob R 3 Rick M 2 Henry C 1 Becky V 1 Harry P 1	GREENHAVEN GROUP Carol Ann 25 Richard L 20 Kathy G 18 Sue H 18 Mary H 16 Dick B 14 Norma P 14 Kathy B 13 Shelley D 13 Kathy D 12 Michael J 11 Gary G 11 Sarah S 9 Gary C 9 David N 9 Kumar 8 Ryan E 7 Patrick D 7 Joe 6 Paul D 6 Richard A 5 Jeff P 5 Nathan D 4 Jason B 4 George H 4 Nancy 3 Lisa S 3 Jody 2 Brian H 2 Laura 2 Daniel 2 Sabina 2 Biviana 2		
CORDOVA SUNDAY NIGHT GP Shirley O 29 Susie H 13 Brian M 7 Dick S 6 Sam M 3 Stephanie G 1	ELK GROVE FELLOWSHIP Clem T 30 Bob L 17 Sue K 11 Jen E 9 Jon C 7	GALT FELLOWSHIP Ramon C 13		GROUP THREE Allen B 23 Victor W 23 Mike B 21 Dorothy J 20 Michael A 19 Ronald H 18 Jack L 18 Mark M 18 Mary M 18 Ruth W 18 Roland F 15 Cavi C 15 Tim R 15 Ronald H 14 Dwight P 14 Vaughn B 12 Debbie F 11 Adulah F 11	
COURAGE TO CHANGE Kay N 39 Pat G 16 Eleanore F 15 Cindi R 12 Jeanne G 7					



NORTH HALL	Genie A 5	Debbie M 3	SIMPLE BUT NOT EASY	Kim C 1	Harry E 3
Eugene W 3	Will W 3	Jason J 3	Maureen W 25	Rudy V 1	Josephine P 3
Chris W 3	Rick 2	RIO LINDA FWP		Vicki M 1	Beca C 2
Donald W 3	Cynthia P 1	Bill S 2	SUNSET HAPPY HOUR WOMEN'S GP	Aaron H 1	Shawn R 2
Dean F 2	Carol H 29	Bob C 3	Judy O 13	Scott U 1	Holly A 2
John L 2	Kathy G 18	Brian H 3	Deanna K 6	Christina M 1	Dace 1
Mike M 2	Claudia M 16	Eileen H 1	Karen F 4	Brent W 1	David L 1
Steve C 2	Christopher J 16	Melvi T 24		Bruce G 1	Kathleen H 1
Connie S 2	Gina B 14	Ray S 18	SUNSET SATURDAY GP	Randall C 1	
Melanie W 2	Adele H 9	Gerry P 4	Gene N 29	Ida L 1	WOODLAND TRADITIONAL GROUP
Terrylee Y 2	Valerie C 9	Debi K 2	Karen F 4	Jonathon Q 1	Blackie T 37
John H 1	Greg C 7	Tracy O 1		Andrea M 1	Scott G 25
Theodore J 1	Tony R 6	Richard T 1	TRADITIONAL GP	Paula M 1	Joel F 23
Jerry M 1	Vikki G 5		Ted D 32	Gregory M 1	Mike R 23
Michael M 1	Rae D 4	ROSEVILLE TUES NIGHT GP	Mary Ellen M 30	Mark M 1	Frank O 23
Rudy A 1	Robert D 4	Eve H 25	Andy W 22	Michael S 1	Don C 21
Mauricia A 1	Kurt 4	Lou B 21	Jeff K 21	Robert D 1	Cathy R 20
Lynne C 1	Marty M 4	Jim V 20	Debra H 17	Kris B 1	Bill C 20
Benjamin D 1	Todd G 4	Bill B 18	T.C. C. 16	Shane R 1	Mary G 15
Lester D 1	Marion H 3	Lela M 14	Joy R 15	Tami E 1	Tom A 14
Wayne F 1	David S 3	Kay G 12	Christine P 15	Allison W 1	Paula H 14
Sheri S 1	Donnie B 3	Suzanne B 10	Russ C 13	Kristin S 1	Noel C 11
Juan V 1	Angel R 2	Tracie J 7	Kimberly V 13	WE CARE GROUP	Ann M 11
HEAD ACROSS WOMEN'S GP	Robin B 2	Cliff H 6	Kelly C 13	Rick W 17	Judi J 11
Judy C 7	Cindy H 1	Ronnie L 2	Joe K 12	Jeff F 16	Ron Q 10
INDIAN CHARLIES	Barbara B 1	Bryan C 2	Blaine D 12	WINTERS KITCHEN TABLE	Lidya P 7
David L 17	NO WHINERS GROUP	Teresa 1	Herb S 11	Larry S 17	Noreen 6
Kassey A 2	David D 30	Mike W 1	Brad C 11	Albert S 6	Teresa G 6
Julie 2	Lavon S 11	Marilyn D 1	Meredith B 10	Karen A 2	Tamera H 5
MONDAY NIGHT CLUB	Ron S 8	Dan B 1	Don Y 10	Rhonda 1	Wendy P 5
Bill H 25	Susan B 8	Kathryn C 1	Harriet B 10	WOMEN'S SUNDAY NIGHT SERENITY GROUP	Lee J 5
Pat S 20	Jim H 8	SERENITY SEEKERS	Lance D 9	Lisa M 18	Norma D 4
Terry W 15	Melissa S 6	Conrad W 27	Kevin F 8	Karen B 15	Debra V 4
Kimberly M 8	Jason McD 6	Mike Mc 16	Coral M 8	Sara 7	Erine 3
Eilene B 4	Beth W 5	Linda J 10	Al C 7	Jennifer Z 2	Ken J 3
Lora 1	Bob J 3	SIXTY MINUTE SOLUTION GP	Dawna 7	WOODLAND GP	Jenny W 3
MYSTIC CHIX	Sally M 1\	Doug A 20	Erica T 7	Blackie T 37	Holly A 2
Marsha A 22	OAK TREE FWP	Bathena D 12	Debbie F 6	David D 30	Mohammed S 2
Cindy T 15	Sheryl B 21	Kathy X 10	Mark F 5	Scott G 26	John W 2
Leni B 14	Mark D 19	Ralph P 10	David M 5	Val R 19	Antonio S 2
CarrieAnne A 7	BJ F 18	Jean B 9	Jim B 3	Mary G 15	Beca C 2
Sara E 7	Sue H 17	Mark H 9	Michael W 3	Paula H 14	Wayne K 1
Jennifer T 1	Gene W 10	Pete L 8	John F 3	George P 13	Dennis H 1
NATOMAS GP	Kathleen K 6	Christopher S 6	Zack C 2	Uncle David 13	Kamel W 1
Stephen G 17	ORANGEVALE OPEN	Charlie M 5	Jeff K 2	Lidya P 7	
Joy R 15	Jeff F 16	Dan O 1	Jeff B 2	Wendy P 5	
Bille E 10	Jack G 14	Sandy A 1	Jennifer L 2	Gregory R 3	
	Don M 12	Berlinda 1	Brian K 2		
	Chuck T 4		Lester D 1		
			Liz T 1		

If everyone celebrating a Birthday for the Month Of January gave \$1.00 for every year sober, Central Office would receive approximately \$4,275.00 in the Month of January!!



NORTHERN CALIFORNIA H & I COMMITTEE

AREA 42 help is needed at the following:

- Mule Creek State Prison-Paul S-916-451-7892
- Sac. County Boys Ranch-OPEN *
- Sac. County Main Jail(men)-Jeff S-916-977-0919
- Sutter Center for Psychiatry(teens)-Mark F-443-3220
- Ca. Medical Facility Vacaville-Tino H. 451-6350
- CSP Folsom- Greg W - 530-906-7656
- Monroe Center-Woodland(men)Jim S-530-758-4744
- Monroe Center-Woodland-Elisbeth S- 530-758-7559
- Sac Co. Juvenile Hall – Ron H -715-4993
- Rio Consumnes Corr.Center-Steve M-916-684-4197

Work with other alcoholics It works when other activities fail...Alcoholics Anonymous, pg.89

* There is urgent need for help at the Sacramento County Boy's Ranch. Planting the seed of recovery is a very rewarding service.

NOTE: There are 720 hours in a month. A minimal H&I commitment is approx 3 hours a month. Now is that too much to pay for the wreckage of our past. Ayup! H&I is looking for people to carry the A.A. message to people who can't get out and get it themselves. Thank you in advance for your service and let us thank our new employer for the opportunity to serve. For further info call Chris (916) 455-1290.

Area 42 H&I business meeting is the Third Thursday at 6 PM. It's held at 3271 Marysville Blvd., Hagginwood Park Clubhouse.

CONTACTS

GENERAL CHAIRMAN

Marcel A. - (415) 567-6871

REGION 40 CHAIRMAN

Greg B. - 916-488-7031

AREA 42: SACRAMENTO & YOLO COUNTIES

Area Chairperson

Chris W. - (916) 455-1290

AREA 43: EL DORADO COUNTY

Todd D - (530) 626-8877

AREA 44: AMADOR COUNTY

Patty C - (209) 267-5141

AREA 45: COLUSA, SUTTER & YUBA CO

Terry D - (530) 674-7061

REGION 30 CHAIRMAN

Lorraine M. - (530) 873-1518

AREA 32: PLUMAS COUNTY

Sam H - (916) 836-0436

AREA 34: PLACER COUNTY

Brigitte P. (530) 889-2871

AREA 36: NEVADA/SIERRA COUNTIES

Dalton C - (916) 273-2352

H&I EDITOR

Tim H - (916) 631-8171

We continue to ask and thank the A.A. Community for your patience, and understanding while we recreate and update the Group Contribution Page. We are researching the numerous groups who have reported questions regarding their past reported contributions dating back to January 2003. The group name changes, additions and deletions will also be updated. We will have this information for you as soon as possible.

Please check out our new website for meeting schedules which also feature a map for each meeting location. Tell us what you think!

www.aasacramento.com



CCFAA DELEGATES' MEETING
HAGGINWOOD PARK CLUBHOUSE 3271 MARYSVILLE BLVD
SATURDAY November 15, 2003

The regular CCFAA Delegates meeting will be called to order at 4:00 PM Saturday, January 17, 2004. Discussion & Voting at this meeting will be limited to duly registered CCFAA Delegates.

AGENDA

- | | |
|---|---|
| <ol style="list-style-type: none"> 1. Opening <ol style="list-style-type: none"> a. Call to order b. Serenity Prayer c. Twelve Traditions d. Introduction of Guests and Visitors <p>Birthdays
Scott 2years, James 2years, Bruce 5 years, Jim 3 years</p> 2. Preliminary Business <ol style="list-style-type: none"> a. Delegates Check-In
28 Present Quorum requirements met b. Approval November 15th Minutes: c. Presentation of new groups 3. New Business <ol style="list-style-type: none"> a. Bathena updated the OOC on a dispute with World Services regarding orders of literature. A reconciliation of invoices and payments is in progress. b. Central Office received a letter from World Services apologizing for any delays in shipments as they are undergoing a change in their computer and inventory systems. The delays may continue for the next several months. So, we must all be patient. 4. Reports of Trusted Servants <ol style="list-style-type: none"> a. Chairperson b. Treasurer c. Office Operations Committee d. Internet Ad Hoc Committee e. Tele-service Committees | <ol style="list-style-type: none"> f. By Laws/Procedures Committee g. Buck of the Month h. PI/CPC Committee i. Special Needs Chairperson j. CNIA Report – Assistant Chair k. NCCAA Delegate Report l. H & I Report <ol style="list-style-type: none"> 5. 7th Tradition \$55.26 6. Old Business <ol style="list-style-type: none"> a. Current connection of water heater is unsafe. Bathena will investigate with Landlord. b. Meeting schedules received from printer. c. Unused vacation time for Jim D., has been calculated and a check has been sent. d. The Office Manager Selection Committee received 10 applications for the position of Office Manager. The field was narrowed to three applicants at the committee meeting earlier in the evening. All applicants have been notified of their status and interviews will commence Monday evening, 12/22/03. 7. Adjourn <ol style="list-style-type: none"> a. Next meeting scheduled: January 17 4:00 PM b. The meeting closed at 5:39 PM with the Lord's Prayer. |
|---|---|

CCFAA Delegate's Meeting Minutes – December 20, 2003

- 1) Opening
 - A) Call to order at 4:00 PM
 - B) Open with Serenity Prayer
 - C) Twelve Traditions Read
 - D) Guest and Visitors Recognized
 - E) Birthdays acknowledged: 1. Scott 2 years 2. James 2 years 3. Bruce 5 years 4. Jim 3 years



CCFAA Delegate's Meeting Minutes – December 20, 2003

2) Preliminary Business

A) Delegate Check-in – 44 present – Quorum requirements met.

Carry the Message	Tony T	Hope and Serenity	Mike K	Pathway to Spirituality	Susan K
Cordova Friday Night	Skip K	Living the Dream	Scott O	Rancho Murrieta	Jack F
Cordova Lunch Bunch	Robert J	Madison at Kenneth	Jim K	Rio Linda FWP	Harold O
Cordova Serenity Seekers	Elizabeth M	Natomas Group	Christopher M	Sac. Men's Downtown	Paul S
Daily Attitude Adjustment	Roger E	Never on Tuesday	John E	Sharing and Caring	Lisa T
Elk Grove FWP	Scott Mc	New Hope	Terry W	Spring Fling Committee	Ernie R
Fireside FWP	Bill L	North Hall Group	Suzy C	The AA Unity Group	Leon N
Galt AA	Alyce	North Sacramento Group	James K	Too Young	Nicholas O
Group Three	Ethan E	Oak Tree FWP	Patrick H	Triangle Group	Susan H
				White Fag Men's	Trenton P

B) Attending Elected Positions

CCFAA Chairperson	Paul S	OOO Member	Lisa T
Tele-service Chair	Jeannie A	PI/CPC	Absent
Asst. chairperson	Mike S	Interim OOC Member	Tony T
Buck of the Month	Absent	Bylaws & Procedures Chair	Absent
Recording Secretary	David S	Interim OOC Member	John E
OOO Chairperson	Suzy C	NCCAA Delegate	Alyce O
Treasurer	Dave Y	Special Needs Chair	Scott Mc

C) Approval of November 15th 2003 Minutes

The November minutes were approved with one change. The vote was unanimous.

Buck of the Month person was reported as 'Present'. This word is changed to 'Absent'.

D) Presentation of new groups

- i) 'Spring into Wellness' Women's, No Smoking, Open, 1hr Discussion. Friday 1:30pm @ Wellsprings Women's Center 3414 4th ave. Sacramento. The vote is unanimous in favor.
- ii) 'West Slope Unity' Quarterly Speaker Meeting. Town Hall Placerville. 459 Main st. Placerville. The vote is unanimous in favor.
- iii) 'Men at Work' Men's, Open, No Smoking, Discussion. Tuesday's 7:00pm @ Sleepy Hollow Nursery 171 Middletown rd. Placerville. The vote is unanimous in favor.
- iv) Mike withdrew his request to have a new meeting listed with a controversial name per last month's discussion. It's decided that said meeting would fall under the umbrella of the larger fellowship of which it has been deemed to be a part of, and be listed as such.
 - (a)

3) Trusted Servants Reports

A) Chairperson – Paul S. - Present/Report Verbal

In accordance with a motion passed at the October CCFAA Delegates meeting that compels the CCFAA Chairperson to appoint, at least – but not limited to – three members to participate with the OOC in the selection of the new Office Manager, Paul S. made five appointments. The appointed members are as follows: Joyce P, Ernie R, Patrick H, Micki H and Mike S.



CCFAA Delegate's Meeting Minutes – December 20, 2003 (cont'd)

B) Treasurer Report – Dave Y. - Present/Report Written

THE FOLLOWING BALANCES ARE REPORTED AS OF November 30th, 2003

A. GENERAL FUND	9,376.40
B. LITERATURE FUND	2,812.96
C. SPECIAL EVENTS FUND	1,414.53
D IMPREST ACCOUNT	80.06
E. CASH ON HAND (A+B+C+D)	13,683.95
F. PRUDENT RESERVE	31,017.35

Article VI. Section 6.03 (Treasurer. Paragraph 3: The treasurer shall oversee the establishment of a prudent reserve account. The reserve account shall not exceed four (4) months of the average operating expenses of the Central Office for the preceding twelve (12) months. Such account shall be reported to the delegates at each regularly scheduled meeting.

Preceding 12 months average	9,473.00
Four (4) months of the average	37,892.00
Current Reserve	31,017.35
Current Reserve Shortage	6,874.65
AS OF November 30 th , 2003 THE LITERATURE INVENTORY, WHICH REPRESENTS STOCK ON HAND OR ON ORDER AND PAID FOR IS VALUED AT	10,909.92
THE LITERATURE FUND AS OF 11/30/2003 IS:	2,812.96
FOR A COMBINED TOTAL OF	13,722.88
INVENTORY (ON HAND, PAID FOR) AS OF 11/30/2003	6,346.62
INVENTORY (PAID FOR, NOT REC'D) AS OF 11/30/2003	4,563.30
TOTAL LITERATURE INVENTORY November 30 th , 2003	10,909.92

C) OOC Chairperson – Suzy C – Present/Report E-mailed

i)	OOC members in attendance:	Members Absent:
	Suzy C., OOC Chair;	Sherry N., By-Laws Chair;
	Paul S., CCFAA Chair;	Lisa T., Member;
	Dave Y., CCFAA Treasurer;	John E., Member;
	Bathena D., Interim Office Manager;	
	Bruce W., IT. Chair;	
	Frank D., IT. Committee Member;	

ii) Birthdays- December

(a) Frank D. is celebrating 6 years of continuous sobriety.

iii) Treasurer's Report

(a) Dave Y., our Treasurer, was unable to give us a complete up to date report. Our current bookkeeper, once again, did not get our accounting back to us on time. In addition, he did not advise us of the date for a timely filing of approximately \$3000.00 in Federal IRS taxes. As a result we have incurred penalty fines for filing late. The Fed will notify us as to the amount of these fines at a later date. This is one more example of the bookkeeper's inability to keep us current with our government obligations. He has not been helpful in Bathena's attempt to determine what forms need to be filed and who, whether it be she or the bookkeeper, must to do those filings.

(b) Dave introduced to the OOC a CPA, Joan M. McHugh, as a possible alternative and solution to our current bookkeeping problems. Ms. McHugh was asked by OOC member John E. to submit a list of suggested tasks she would perform for us and the amount of her fee. The OOC decided, unanimously, to ask Ms. McHugh to take over our bookkeeping and inventory tasks. She will begin, officially, January 1, 2004. The current bookkeeper will be advised, in writing, we will no longer need his services, effective December 31, 2003.



CCFAA Delegate's Meeting Minutes – December 20, 2003 (cont'd)

OOO Chairperson – Suzy C (cont'd)

- iv) IT Committee Report
 - (a) Bruce W., our IT Committee Chair, discussed the option of using high speed Internet in the Central Office. He will research the service providers and present a report to us next month.
 - (b) Frank D., an IT Committee member, announced a successful test of placing the By-the-Way and associated flyers on the aasacramento.com web page. He also suggested CCFAA could save quite a bit of money each month by upgrading our technique of publishing the By-the-Way. He may report the specifics to us next month.
- v) Manager's Report
 - (a) Bathena D., our Interim Office Manager advised the OOC that volunteer Kimberly T., the part-time Office Assistant is no longer available to work for us. The OOC advised Bathena to seek outside help, someone to work 4 hours per day, until a new Office Manager and/or Office Assistant are selected. We would pay that person \$10.00 an hour.
 - (b) The report on upgrading the office copy machine was deferred until January.
- vi) Old Business
 - (a) The current connection of the hot water heater is unsafe. Bathena will contact the landlord to determine replacement options.
 - (b) The meeting schedules have been received from the printer.
 - (c) Unused vacation time for Jim D. has been calculated and a check has been sent.
 - (d) The Office Manager Selection Committee received 10 applications for the position of Office Manager. The field was narrowed to three applicants at the committee meeting earlier in the evening. All applicants have been notified of their status and interviews will commence Monday evening, December 22, 2003.
- vii) New Business
 - (a) Bathena updated the OOC on a dispute with World Services regarding orders of literature. A reconciliation of invoices and payments is in progress
 - (b) Central Office did receive a letter from World Services apologizing for any delays in shipments as they are undergoing a change in their computer and inventory systems. The delays may continue for the next several months. So, we must all be patient.
- viii) Seventh Tradition - \$55.26
- ix) Adjournment: 8:45 PM
- x) Next Meeting: The January OOC meeting will be held on Tuesday, January 13, 2004, at 6:30 PM in the Central Office.

D) **Tele-Service** – Jeannie A – Present/Reports Written

- 1. 69 1 step calls; 933 Info calls.
- 2. No open shifts at this time.

E) **By Laws/Procedures** - Sherry N. - Absent/No Report

F) **Buck of the Month** - Sherry N. - Present/No Report

G) **PI/CPC** (Public Information/Cooperation with Professional Community) – Bruce S. - Absent/Report Submitted by mail. Presentation deferred till next month. If you are able and willing to participate in this function of CCFAA please contact Bruce S @ (916) 682-3939

H) **Special Needs Committee** - Scott Mc - Present/Report Verbal

- 1. Call Scott @ Home (916) 689-1440 or Cell Phone (916) 271-0333 if your group has special needs person(s). Special needs will bring meetings to the homes of the elderly, the infirm, people with a language barrier that isn't covered by any local meetings. Or just call Scott for more information or to volunteer for this great CCFAA sponsored program.



CCFAA Delegate's Meeting Minutes – December 20, 2003 (cont'd)

- I) **CCFAA Assistant Chair CNIA** – Mike S. - Present/Report Written1.
 - i) District 54 has a Hispanic Hotline. The number is (209) 462-1922
 - ii) District 47 is having GSR training in Farmersville on February 4th.
 - iii) Flyers are available at central office for various Alkathons in Northern California.

- J) **NCCAA Delegate** - Alyce O. - Present/Report Written
 - i) The Redding conference was great with many awesome speakers and panels.
 - ii) The next conference is in San Ramon on March 12th, 13th and 14th 2004.
 - iii) NCCAA has a new website WWW.NCC-AA.ORG
 - iv) For more information Call Alyce O. at (209) 745-7767

- K) **H&I Liaison to CCFAA** – Kimberly F. – Present/Report Verbal
 - i) The H & I contact list is no longer confidential and may be obtained if needed.
 - ii) Flyers are available for the April H & I conference or see Kimberly for information.
 - iii) Kimberly can be contacted @ (209) 745-1694 if you have any questions about H & I.

- 4) **Seventh Tradition** \$55.26

- 5) **Adjourn**

The next CCFAA Delegates Meeting will be held January 17th at 4:pm
The meeting closed at 5:39pm with The Lord's Prayer.



A.A. Guidelines

*Serving Alcoholics
With Special Needs*

From G.S.O., Box 459, Grand Central Station, New York, NY 10163

AA Guidelines are compiled from the shared experience of A.A. members in various service areas. They also reflect guidance given through the twelve traditions and the General Service Conference (U.S. and Canada). In keeping with our Tradition of autonomy, except in matters affecting other groups or A.A. as a whole, most decisions are made by the group conscience of the members involved. The purpose of these guidelines is to assist in reaching an informed group conscience.

While there are no special A.A. members, many members have special needs. For the purpose of those Guidelines, we define AA's with special needs as persons who are blind, or visually impaired; deaf or hard of hearing; chronically ill or homebound, and those who are developmentally disabled.

SPECIAL NEEDS COMMITTEES

Some A.A. entities are attempting to meet such needs by forming Special Needs Committees. Since the goal is to make A.A. accessible some committees refer to themselves as Accessibilities Committees. In some localities committees name themselves according to the specific need addressed, such as "Hearing Impaired Committee." When one or more members of a group have special needs (such as the need for an American Sign Language Interpreter, or wheelchair accessibility, or have an illness which prevents them from getting to the meeting room), A.A. members from that group will attempt to see that those needs are met. The members of a Special Needs Committee explore, develop and offer resources to make the A.A. message and participation in our program available to everyone who reaches out for it. A G.S.O. staff member who serves on the Special Needs assignment is available as a resource and communicates with local Special Needs Committees.

In the interests of good communication and working together, Special Needs Committees are to keep their area committees and local central/intergroup offices informed of their activities. It is also helpful to work closely with committees handling Public Information and Cooperation with the Professional Community in terms of keeping the public and appropriate agencies informed about A.A. being accessible to alcoholics with special needs.

CATALOG OF A.A. MATERIAL FOR SPECIAL NEEDS

A catalog of A.A. material lists a wide range of literature and audiovisual material for alcoholics with special needs. For the blind and visually impaired there is recovery literature in Braille and large print, as well as audio tapes. *Alcoholics anonymous* and *Twelve traditions* are available in American Sign Language (ASL) on VHS videos for the deaf and hard of hearing.

CARRYING THE MESSAGE TO AA'S WITH PHYSICAL DISABILITIES AND/OR CHRONIC ILLNESSES

Many A.A. members are hard of hearing or deaf, visually impaired or blind, brain injured, confined to their beds with a chronic illness, or use wheelchairs, walkers or crutches.

Members of a group may feel stymied when first faced with these out of the ordinary requirements but, in fact, there are many accommodations, which can be made so that alcoholics with special needs can be active participating members of a "regular" group. Some adjustments are simple and some are more complicated, but all are possible for the member willing to "go to any lengths" for his or her own sobriety, and to help another alcoholic.

Often AA's will take a meeting to an AA member who is home or housebound. "I can't tell you," one hospitalized AA reported, "what a difference it made in my mental and emotional state when those six people showed up carrying the message of AA and all the love and support of our fellowship. And they did it twice a week for three months, until I was able to make meetings again! I was so down in the dumps before; I really had sort of given up, and to be honest, I had started thinking I might as well have a drink since I was dying anyway. But hearing the experience strength and hope of others in the program inspired me to fight both my illnesses; the cancer and my alcoholism. I don't know what I would have done without AA at that low point in my life.

For members who aren't confined to bed, AA's in their group often drive them to and from meetings, install wheelchair ramps over steps to the meeting room, and arrange the room so that there is ample space for wheelchairs or walkers. It is important to identify meetings accessible to wheelchair users in local meeting schedules.

Services and material available for members who are chronically ill and/or have limited ambulatory ability, include the *Loners/Internationalist Meeting* (LIM), a newsletter for AA members who are in isolated areas, at sea, or house/hospital bound (Homers) and stay in touch with other members by mail and newsletters. A similar publication (not through GSO) is *World Hello*, an international correspondence group. Many AA's share via computer bulleting boards and online meetings. You may contact the Online Intergroup of AA (intergroup-approval@worldstd.com) for further information. *Alcoholics Anonymous*, and the *Twelve steps and The Twelve Traditions* are also available on 3.5" diskettes that run in Microsoft Windows. GSO has a service piece, "Tapes for Sale and Exchange," that lists the distributors of taped AA talks, and the *AA Grapevine* has a series of popular audio cassettes on AA subjects.

**CENTRAL CALIFORNIA FELLOWSHIP
7500 14TH AVE., SUITE NO, 27
SACRAMENTO, CALIFORNIA 95820**

**NON-PROFIT
ORGANIZATION
U.S. POSTAGE
PAID
PERMIT NO. 449
SACRAMENTO CA**

BIRTHDAY CLUB

One way AA members have been expressing their gratitude is by sending a donation to Central Office as their AA birthday approaches. You may send a dollar for each year of your sobriety, or whatever you can afford. If you feel that you would like to make this donation, please fill in and return to Central Office



Name _____

Address _____

City/State/Zip _____

Donation/Yrs of Sobriety _____

**** By The Way Subscription ****

To have the By The Way delivered to your home or if your group needs additional copies, just fill out and return the form below.....

Please check one:

- Gift Subscription
- New Subscription
- Additional Group Subscription

Subscription price (1 year) \$12.00

Number of subscriptions x _____

Total: _____

Please sent the By The Way to:

Name _____

Address: _____

City/Sate/Zip _____

Please clip and mail to:
CCFAA 7500 14th Ave., Sacramento CA 95820