

Central California Fellowship Of Alcoholics Anonymous

By The Way



9960 Business Park Dr. Ste. 110, Sacramento, CA 95827 www.aasacramento.org

Bus. Line 916-454-1771 Hot Line 916-454-1100 Fax 916-452-9132

April 2009

Hop into Spring!



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TELESERVICE NEEDS YOU!

OPEN SHIFTS:

- Monday – 9:00PM to Midnight
- Wednesday – Midnight to 6:00AM
- Wednesday – 9:00PM to Midnight
- Friday – Midnight to 6:00AM
- Saturday – Midnight to 8:00AM

Sobriety requirement is 6 months.
PLEASE announce at meetings.

Teleservice is looking for reliable people to do 12-step work when called upon. Please contact Central Office if you want to make yourself available to do 12-step work. We have a waiting list for those folks interested in doing service work. To make yourself available for an open shift on the Teledesk, place your name on the shift waiting list by calling Central Office at (916) 454-1771. The Sobriety requirement for shift volunteers and the 12-step list is 6 months.

Please contact Central Office (916) 454-1771 or Carla at (916) 519-7340 for more information.

Feeling squirrely?



For a complete list of meetings, visit our website at www.aasacramento.org or pick up a meeting schedule at a meeting or the CCAFA office at 9960 Business Park Drive, Suite 110, Sacramento 95827.

Central Office Volunteer Service

Flyers	By The Way
April 13 th	April 30 th
May 12 th	May 29 th
June 11 th	June 30 th
July 13 th	July 31 st
August 11 th	August 31 st

Central Office would like to have volunteers arrive at 9:00AM on the above dates. Free coffee and donuts are available in exchange for a couple of hours of your time to assist in the monthly mailings. Please call (916) 454-1771 to let us know you plan to attend.

2009 Deadline Dates for Submissions

All submissions need to be in by 5:00PM.

Month	Flyers	By The Way
April	Friday 10th	Friday 17th
May	Monday 11th	Friday 15th
June	Wednesday 10th	Friday 19th
July	Friday 10th	Friday 17th
August	Monday 10th	Friday 14th
September	Thursday 10th	Friday 18th
October	Monday 12th	Friday 16th
November	Tuesday 10th	Friday 20th
December	Thursday 10th	Friday 18th



Service Opportunities at the CCFAA Central Office

We need volunteers to help with the assembly for mailing of the Flyers on Monday, April 13th at 9:00AM.

We need volunteers to help with the assembly for mailing of the By the Way on Thursday, April 30th at 9:00AM.

H&I Monthly Meeting

Thursday, April 16th at 6:00PM

Coco's Restaurant

1830 Arden Way, Sacramento, CA

(Semi-new Meeting Address)

Group Delegates

Please let us know who you are so we can send your group a **FREE** copy of By The Way and the Flyer mailing each month. We want to be sure we have up-to-date information about your group meeting location, day, time, and format. CCFAA is here to be of service to you and your group.

Does your group have a CCFAA Delegate? Every registered group is entitled to be represented. Your group's participation helps us to do a better job of service to our Alcoholics Anonymous Community. Call us if you would like to know more about the duties and rewards of being a CCFAA delegate.

Please feel free to visit your Central Office:
9960 Business Park Dr., Suite 110
Sacramento, CA 95827

All Registered Groups

Please send us an electronic (soft) copy of your flyer so we will be able to put them on our website. Email us at centraloffice@aasacramento.org.

By The Way is published monthly by the Central California Fellowship of Alcoholics Anonymous, 9960 Business Park Dr., Suite 110, Sacramento, CA 95827. Current subscription rate is \$12.00 per year. Opinions, letters, and stories printed in *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 included with the permission of their respective publisher.

Office Operations Committee

Tuesday, April 14th at 6:00PM

9960 Business Park Dr., Suite 110

Sacramento, CA 95827

Delegate's Meeting

Saturday, April 18th

New Delegates: 2:00PM

All Delegates: 3:00PM

2703 El Camino Ave., Sacramento, CA

CNIA Area Committee Meeting

Saturday, April 18th at 10:00AM

East Yolo Fellowship

1040 Soule Street

West Sacramento, CA

Teleservice Activity Report February 2009

Teleservice	February	YTD
12 Step	58	123
Meetings/Info	530	1,029
Total Calls	588	1,152

Teledesk Activity Report February 2009

Teledesk	February	YTD
12 Step	13	24
Meetings/Info	396	914
Total Calls	409	938



CNIA 2009 Pre-Conference Assembly

April 18th & 19th, 2009

The Heidrick Ag History Center, Woodland, CA

Contact Dan G. at (916) 799-6068
or Paul C. at (530) 867-0960

PI/CPC Needs You!

Monthly Meetings every 2nd Wednesday at 7:00PM at Citrus Heights City Hall, Kroeger Hall, 6237 Fountain Square Drive off Greenback.

38th Annual H&I Conference Planning Committee Meeting

Sunday, April 5th at 1:15PM at 169 4th Street in Galt. For additional information, call (209) 745-1525.

29th Annual Woman to Woman Conference of AA

“Love and Tolerance”

April 24th, 25th & 26th, 2009

Holiday Inn, 5321 Date Avenue, Sacramento 95821

Main Speakers

Friday, 8:00PM - Julie D., Orangevale

Saturday, 8:00PM - Maggie McQ., Santa Clara

Sunday, 10:00AM - Diana, Sacramento

Meditation room, topic meetings and workshops.

Contact Angie C. (916) 912-0544 or Ellen S. (916) 617-7713

Advance Registration is \$15. Registration at the door is \$20.

Banquet: Vegetarian \$29, Chicken \$37, Beef \$41

Dinner reservations due by April 21, 2009.



The NCCAA (Northern California Council of Alcoholics Anonymous) Conference is returning to Sacramento July 17, 18 & 19 2009!

Committee meetings are held monthly - the next one will be Sunday, April 19th at Group Three at 12:30PM. Please join us to help with the final preparations for this conference. Group Three is located at 8760-D La Riviera Drive, Sacramento.



To put your name on a volunteer list, contact Paul C. at (916) 494-3568.

Directory Deadline 2009

The deadline for Regional Directory updates is May 8th!

Whatever information a group or individual wants reflected about their group in the Regional Directories must be submitted and processed in the database by May 8th, 2009.

2010 International Convention of Alcoholics Anonymous

The 2010 International Convention of Alcoholics Anonymous will be held July 1-4 in San Antonio, Texas with the theme, “A Vision for You.” AA members and guests from around the world will celebrate AA’s 75th year at this event with big meetings held Friday night, Saturday night and Sunday morning in the Alamodome. Other meetings, scheduled or informal, will take place throughout the weekend in the San Antonio Convention Center and local hotels.

We know many are excited about the International Convention and eager for detailed information. As the time gets closer, additional information about the Convention and San Antonio, our host city, will be provided.

Our website (www.aasacramento.org) will be updated as more information becomes available. Also, watch for articles in Box 4-5-9 that is mailed to the general service representative of every group in the U.S. and Canada listed with GSO and posted on the GSO website.

Convention registration and housing reservations will open in Fall 2009. All necessary information will be included in the registration packet which will be available in September 2009. This packet will list numbers to call for answers to specific questions about housing, the program, tours, etc. The information will be mailed to A.A. groups, offices and contacts around the world and posted to our website.



QUARTERLY SPEAKER MEETINGS

ROCKLIN FELLOWSHIP ~ WHEN: Saturday April 18th at 8:00PM . Spring Valley Church, 3101 Sunset Blvd. #2A, Rocklin 95677 (across from the Rocklin Fellowship). **WHO:** The speaker will be Linda M. of Dixon.



WEEKLY SPEAKER MEETINGS

CAMERON PARK GROUP ~ WHEN: Every Saturday, 8-9:30PM. **WHERE:** Light of the Hills Church, 3100 Rodeo Dr., Cameron Park.

FOLSOM WAY OF LIFE GROUP ~ WHEN: Every Thursday, 7:00PM. **WHERE:** Journey Church, 450 Blue Ravine Road, Folsom.

ROSEVILLE TUESDAY NIGHT GROUP ~ WHEN: Every Saturday, 8-9:30PM. **WHERE:** 315 Lincoln St., Roseville. Directions: I80 to Riverside; Riverside becomes Vernon; Right on Grant; Left on Oak; Left on Washington under the bridge; Right on Church St.; Right on Lincoln St. There is additional parking in the back. **WHO:** April 4 – Nathan S. from Sacramento, April 11 – Kate F-H. from Sacramento, April 18 – Fernando S. from Concord, April 25 – Jannette F. from Sacramento, May 2 – Mark G. from Chico, May 9 – Don B. from Pleasant Hill, May 16 – Lorriane L. from New Castle, May 23 – TBA, May 30 – Christy L. from Martinez.

SUNRISE SPEAKER MEETING ~ WHEN: Every Sunday from 11:00AM-12:00PM. **WHERE:** Sunset No-Al Alano Club, 5809 Gibbons Drive, Carmichael. We have local speakers who inspire and inform. All are welcome.

MONTHLY SPEAKER MEETINGS

ACTION GETS IT GOING ~ WHEN: Last Tuesday of the month. **WHERE:** Deterding Park, 1415 Rushden Drive, Sacramento, CA 95864; off Hurley Way at the traffic light between Watt and Morse Avenues. The last Tuesday will also be birthday night, with one 10 minute speaker and one 20 minute speaker.

AUBURN FELLOWSHIP ~ WHEN: Every 3rd Saturday at 7:30PM. **WHERE:** 228 Palm Avenue, Auburn, CA 95603.

DAVIS HOPE GROUP ~ WHEN: 1st Saturday of each month at 7:00PM. **WHERE:** St. Martin's Church, 640 Hawthorne at Sacramento, Davis.

ELK GROVE FELLOWSHIP ~ WHEN: 3rd Saturday of every month. Potluck begins at 6:30PM and Speaker begins at 8:00 PM. **WHERE:** Native Sons Hall, 9151 Grove St., Elk Grove; corner of Kent and Grove Streets.

GALT FELLOWSHIP ~ WHEN: 1st Saturday of every month. Dinner begins at 6:00PM and speaker begins at 7:00PM. **WHERE:** 169 4th St., Galt. Our group will supply the main course; bring your favorite side dish or just yourself and some friends. **WHO:** April 4th: dinner is chicken, speaker is Noreen A. of Lodi. May 2nd: dinner is a Mexican feast, speaker is Diana D. of Sacramento. June 6th: dinner is ham, speaker is Bill R. L. "Easy" of Sacramento. July 4th: dinner is hamburger/hot dog barbecue, speaker is TBA.

GROUP ONE ~ WHEN: 3rd Sunday of the month, the noon meeting is a speaker meeting. **WHERE:** 2804 T St., Sacramento.

GROUP THREE ~ WHEN: March 21st, 8:00PM. **WHERE:** 8760-D La Riviera Drive, Sacramento. **WHO:** April will be Mike L. from Traditional Group.

HOPE AND SERENITY SPEAKER MEETING ~ WHEN: 1st Saturday of the month at 8:00PM. **WHERE:** UC Davis Cancer Center, 4501 X Street, Sacramento. Parking \$2.00 (UCD required). Groups interested in hosting a meeting please contact Harold O. at (916) 991-2709.

MIDTOWN SOLUTIONS ~ WHEN: Last Saturday of the month from 7:00-8:15PM. **WHERE:** 2903 30th Street (near Franklin Blvd. and 4th Ave.).

NEW HOPE GROUP ~ WHEN: Last Saturday of every month at 7:00PM. **WHERE:** St. Francis Episcopal Church, 11430 Fair Oaks Blvd., Fair Oaks.

NORTH HALL GROUP ~ WHEN: 3rd Saturday of the month at 8:00PM. **WHERE:** North Hall, 3460 2nd Ave. (at the corner of 34th Street and 2nd Avenue north of Broadway and east of Alhambra).

NORTH SACRAMENTO GROUP ~ WHEN: 1st Saturday of every month at 8:00PM. **WHERE:** 2330 Fairfield St., Sacramento, 95814.

ROSEVILLE 5TH STREET FELLOWSHIP ~ WHEN: Last Friday of the month at 8:00PM. **WHERE:** Roseville Alano Club, 111 5th St.

SACRAMENTO MONTHLY SPEAKER MEETING ~ WHEN: 2nd Saturday of every month at 8:00PM. **WHERE:** Centennial Methodist Church, 5401 Freeport Blvd., Sacramento (1 block North of the intersection of Fruitridge & Freeport Blvd.). **WHO:** April 11th Penny P. from Livermore, May 9th Marty S. from Murrieta, June 13th Theresa N. from Dayton, NV. Please join us for dinner with the speaker and committee at Marie Callender's on Freeport at 6:00PM. Please RSVP for the dinner by leaving a message for Tom P. at 916-798-1663 (please include your phone number and number of guests).

SACYPAA ~ WHEN: 4th Saturday of the month. **WHERE:** St. Marks United Methodist Church, 2391 St. Marks Way, Sacramento. Assemble your teams for a Dodgeball Tournament directly following the speaker meeting. For directions or more information, visit www.sacypaa.org or call Jordan at 916-261-2068 or Chelsea at 916-271-2342.

TRADITIONAL GROUP ~ WHEN: 4th Sunday of every month at noon. **WHERE:** 2703 El Camino Ave. at Fulton Ave. **WHO:** Susan K. from What a Way to Start a Weekend Group.

GROUP NEWS

11TH STEP MEDITATION MEETING: Sunlight of the Spirit Books & Gifts now hosts a new, open, wheelchair-accessible Wednesday night meditation meeting at 6:00PM located at 2314 J St., Sacramento 95816.

ELK GROVE FELLOWSHIP: Tuesday Night's 6:30PM Women's 12 & 12 Book Study is now a Guys & Gals 12 & 12 Book Study. Native Sons Hall (corner of Kent & Grove), 9151 Grove St., Elk Grove 95624.



HOLY SMOKELESS GROUP: Meets every Tuesday from 7:30 to 8:30 pm at the Lutheran Church of the Good Shepherd Fireside Room located at Morse Avenue at Arden Way. Please join us for a Step Study Meeting of Alcoholics Anonymous. This is an open, wheelchair accessible, non-smoking meeting.

NEVER ON TUESDAY: Will not be meeting the 1st or 3rd Fridays of the month as the building will be closed until the budget is passed.

NORTH HALL: New open, regular, one hour meeting on Tuesdays at noon. 3460 2nd Avenue, Sacramento.

PATHWAY TO SPIRITUALITY: This closed women's meeting which meets on Thursdays in downtown Sacramento at 5:30PM has changed from an hour and a half meeting to an hour meeting. 2529 K St., Sacramento 95816.

RED EYE BREAKFAST GROUP: New open discussion meeting meets at 940 Eleanor in North Sacramento Monday through Friday from 8:00AM to 9:00AM.

ROUND TABLE AA GROUP: Meets every Monday night from 8:00PM to 9:00PM. The meeting is an open meeting, non-smoking, wheelchair entrance. We are located in St. Andrews Episcopal Church at 7850 Watt Ave. in Antelope, CA.

SOUTHPORT SERENITY: Has moved to 1275 Starboard Dr. (in the new building of the Center for Spiritual Awareness). We will still be meeting Fridays at 7:30PM. Our chairperson shares and then reads a paragraph or so from AA literature to set the topic for the meeting. Please come visit us and check out our shiny new meeting place.

SPIRITUALLY SPEAKING GROUP: Meets every Sunday from 5:30 to 6:30pm at Kaiser Hospital located at Cottage Way at Morse Ave. This is a Closed Daily Reflections meeting that meets in the conference room next to the cafeteria in the basement.

STUDENTS OF SOBRIETY: Meet every Wednesday and Thursday from 4:30PM to 5:30PM in Mendocino Hall, Room 1032 (while the semester is running).

WE CARE GROUP: Has a new home! We invite you to come by and visit us any Sunday evening from 7pm – 8:30pm at Living Hope Church, 5301 Dewey Drive (corner of Palm Ave.), Fair Oaks.

TOO YOUNG GROUP: Has moved to St. Mark's United Methodist Church, 2391 St. Mark's Way, Sacramento.



SPECIAL EVENTS

AUBURN FELLOWSHIP: 21st Annual Unity Day Saturday, June 27th from 10AM to 1AM at the Auburn Fairgrounds. Speakers, workshops, potluck, raffle and free dance. Questions, contact Leah S. at (530) 368-3918 or Sue R. at (425) 802-7295.

DAILY ATTITUDE ADJUSTMENT GROUP: 23rd Annual Anniversary Potluck Speaker Meeting and Dance Saturday, April 4th. Potluck starts at 5:00pm; birthday countdown at 6:15pm; main speaker at 7:00pm and the dance at 8:15pm. The main speaker is Kip C. of Vista, CA and the short speaker is Happy M. of Fair Oaks. Join us at the Fair Oaks Community Clubhouse at 7997 California Ave., Fair Oaks, CA.

LOOMIS FELLOWSHIP ANNUAL ICE CREAM SOCIAL: Saturday, June 6, 2009 at the Loomis Memorial Hall, 5945 Horseshoe Bar Rd., Loomis, CA. Raffle prizes, fun and fellowship. Doors open at 6:30PM, speaker meeting starts at 7:30PM, and raffle and ice cream at 9:00PM.

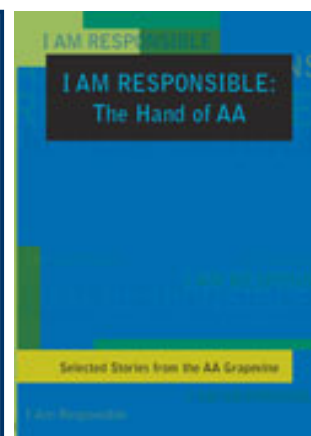


SOBRIETY IDOL 3: An evening of live entertainment Saturday, April 25th at 8:00PM. Pre-sale tickets are \$10.00 and admission at the door is \$15.00. Join us at the Center for Spiritual Awareness at 1275 Starboard Drive, West Sacramento. All proceeds benefit the River City Roundup, www.rcru.com.



SUTTER BUTTES ROUNDUP: May 1, 2 and 3, 2009 at the Sutter County Veterans Community Building, 1425 Veterans Circle, Yuba City, CA 95991. For more information, call Ralph B. at (530) 673-3217.

April Book of the Month



A special collection of stories on the theme of the 2005 International Convention celebrating the 70th anniversary of AA. Written by AA members and eminent nonalcoholic friends of the Fellowship, the thirty-eight stories look at the impact of AA's Responsibility Declaration and what it means to individuals and to the Fellowship as a whole.

The Responsibility Declaration: "I am responsible. When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible."



April Birthdays



Birthday Club

Cecile K. 32 yrs
Patrick H. 22 yrs
Jon M. 20 yrs
Christine H. 3 yrs

March

Linda M. 25 yrs
Steve B. 24 yrs
David L. 7 yrs
Pauline D. 7 yrs

January

Joanne M. 27 yrs

AA UNITY GROUP

Roger 3 yrs

ACTION GETS IT GOING

James A. 18 yrs

CORDOVA SERENITY SEEKERS

John M. 13 yrs Michelle R. 5 yrs

COURAGE TO CHANGE

Jerry J. 30 yrs Joanne F. 3 yrs
Pamela B. 1 yr

DAILY ATTITUDE ADJUSTMENT

Roger E. 16 yrs Jenn B. 6 yrs
Sheila N. 4 yrs Ben R. 3 yrs
Roger B. 1 yr Susie W. 1 yr

DAVIS FRIDAY NOON GROUP

Norm B. 42 yrs Connie N. 33 yrs
Trent W. 31 yrs Vicki R. 26 yrs
Valerie 23 yrs Debbie G. 10 yrs
Sheila H. 8 yrs Will R. 3 yrs

DESTINY GROUP

Sandra W. 18 yrs Kristy J. 2 yrs

DIXON NO NAME GROUP

John D. 24 yrs Keri M. 20 yrs
John M. 2 yrs Michael G. 2 yrs

EAST YOLO FELLOWSHIP

Captain 27 yrs Bob 21 yrs
Cindy C. 21 yrs Mark W. 17 yrs
Narvie 11 yrs Mark J. 9 yrs
David M. 7 yrs Steve S. 7 yrs
Kelly H. 6 yrs Debbie 5 yrs
Christine 3 yrs Roger M. 3 yrs
Barbara B. 2 yrs Charlie 2 yrs
Jeff R. 2 yrs

ELK GROVE FELLOWSHIP

Mel P. 27 yrs Buddy F. 25 yrs
Dave S. 24 yrs Allen L. 23 yrs
Paul K. 22 yrs Linda F. 21 yrs
Marty F. 20 yrs Pam D. 20 yrs
Susannah L. 20 yrs George C. 12 yrs
Wiley H. 8 yrs Alicia H. 6 yrs
Rick G. 5 yrs Jody H. 4 yrs
Jody R. 4 yrs Nathan P. 4 yrs
Ronald M. 4 yrs Andy E. 3 yrs
Jeff S. 3 yrs Roger M. 3 yrs
Kelly P. 2 yrs Lisa W. 1 yr

GALT FELLOWSHIP

Peggy H. 18 yrs Bob Y. 3 yrs
Anthony S. 2 yrs John H. 2 yrs
Johnny C. 1 yr

GIBBONS NOON GROUP

Valerie B. 19 yrs Aaron L. 3 yrs
Katie O. 3 yrs Winnie M. 3 yrs
Jill B. 1 yr Ken S. 1 yr

GREENHAVEN

Terri D. 22 yrs Ruth A. 16 yrs
Bob T. 9 yrs Monica D. 9 yrs
Carl F. 8 yrs Gay W. 6 yrs
Verena 6 yrs Phil H. 5 yrs
Steve 4 yrs Moc 2 yrs
Bob D. 1 yr William B. 1 yr

GROUP ONE

Robert W. 5 yrs Benny D. 2 yrs
Janice M. 1 yr Kenny P. 1 yr
Linda L. 1 yr

GROUP THREE

Dave McC. 38 yrs Mike R. 32 yrs
Bill D. 30 yrs Donna M. 29 yrs
John S. 27 yrs Bob A. 26 yrs
Marianne M. 26 yrs Kate F. 26 yrs
Debbie S. 22 yrs Don F. 22 yrs
Joe H. 22 yrs Candi E. 21 yrs
Carol F. 21 yrs Brian M. 19 yrs
James P. 18 yrs Lyle G. 18 yrs

GROUP THREE (CONT'D)

Mark F. 18 yrs Shawn D. 18 yrs
Vicki V. 18 yrs Mike M. 16 yrs
Raymond H. 16 yrs William H. 16 yrs
Cheryl B. 15 yrs Glenn S. 15 yrs
Mitchell B. 15 yrs Sara G. 15 yrs
Chris S. 14 yrs Randi C. 13 yrs
Susanne B. 13 yrs Tim T. 13 yrs
Brian P. 12 yrs Kim B. 12 yrs
Mary F. 12 yrs Ron B. 12 yrs
Stephanie S. 12 yrs David T. 11 yrs
David V. 11 yrs Mark P. 11 yrs
Ray L. 11 yrs Rick S. 11 yrs
Steve R. 11 yrs Tony B. 11 yrs
Val M. 11 yrs Darren C. 10 yrs
Joseph W. 10 yrs Joshua C. 10 yrs
Michael P. 10 yrs Stuart R. 10 yrs
Matt T. 9 yrs Pat M. 9 yrs
Patsy S. 9 yrs Robin R. 9 yrs
Roland H. 9 yrs Scott M. 9 yrs
Burch S. 8 yrs Carol K. 8 yrs
Christopher C. 8 yrs Darrin R. 8 yrs
Debra S. 8 yrs Jennifer M. 8 yrs
John M. 8 yrs Xavier R. 8 yrs
Bradley G. 7 yrs Charlene M. 7 yrs
Claudia V. 7 yrs Colleen M. 7 yrs
Diane H. 7 yrs Dick A. 7 yrs
Scott E. 7 yrs Alicia H. 6 yrs
Ayi S. 6 yrs Kelly M. 6 yrs
Layne S. 6 yrs Raymond R. 6 yrs
Robert P. 6 yrs Sonny R. 6 yrs
Sue C. 6 yrs Suzanne S. 6 yrs
Tom W. 6 yrs Tyrannis P. 6 yrs
Anthony T. 5 yrs Bernard B. 5 yrs
Darryl M. 5 yrs Dennis B. 5 yrs
Don E. 5 yrs Jane S. 5 yrs
Jazz G. 5 yrs Kim K. 5 yrs
Marylee C. 5 yrs Richard L. 5 yrs
Robert D. 5 yrs Valerie A. 5 yrs
Andre V. 4 yrs Caycee K. 4 yrs
Debby D. 4 yrs Diane H. 4 yrs
Jimmi K. 4 yrs Mandy B. 4 yrs
Pat R. 4 yrs Perry J. 4 yrs
Randa N. 4 yrs Ricki S. 4 yrs
Ron E. 4 yrs Woody W. 4 yrs
James S. 3 yrs Kristen S. 3 yrs
Pete B. 3 yrs Shelli B. 3 yrs
Barry C. 2 yrs Joey L. 2 yrs
Judy S. 2 yrs Lisa N. 2 yrs
Marvin L. 2 yrs Michael C. 2 yrs
Robyn W. 2 yrs Sean O. 2 yrs
Shannon D. 2 yrs Christine R. 1 yr
Trina A. 1 yr

HAPPY CAMPERS GROUP

Gordon L. 38 yrs David A. 14 yrs

HEAD ACROSS WOMENS GROUP

Kathy C. 7 yrs Lee Ann 1 yr



NATOMAS GROUP

Jon M. 20 yrs Denis C. 19 yrs
 Janet S. 5 yrs Christine H. 3 yrs
 Mary B. 3 yrs Leisa McC. 2 yrs
 Leslie M. 2 yrs Willie T. 1 yr

ORANGEVALE OPEN GROUP

Jeff N. 28 yrs Nicole K. 9 yrs
 Glen H. 2 yrs Ramsey H. 1 yr

REBELLION DOGS GROUP

Sandy E. 20 yrs Bill 2 yrs

ROSEVILLE EAST SIDE GROUP

Teri S. 5 yrs Darron H. 3 yrs
 Linda R. 2 yrs Colleen V. 1 yr

ROSEVILLE FWP MONDAY NIGHT GROUP

Anita B. 21 yrs Lalo F. 16 yrs

ROSEVILLE TUESDAY NIGHT GROUP

Yvonne W. 35 yrs Terry D. 29 yrs
 Don S. 25 yrs Paula C. 22 yrs
 Barney 21 yrs Linda Q. 19 yrs
 David H. 17 yrs Sherman S. 17 yrs
 Bryan C. 16 yrs Rodger J. 16 yrs
 Don A. 14 yrs Robin H. 12 yrs
 Cori H. 9 yrs Mikel O. 7 yrs
 Joe P. 6 yrs Harold P. 5 yrs
 Terri S. 5 yrs Jody H. 4 yrs
 Kimberly Q. 4 yrs Melissa B. 3 yrs
 Brian S. 2 yrs Brooke 2 yrs
 Darryl O. 2 yrs JJ 2 yrs
 Kimberly K. 2 yrs Mark H. 2 yrs
 Pat C. 2 yrs Ryan P. 2 yrs
 Tom R. 2 yrs Chris W. 1 yr
 Christine S. 1 yr. Colleen V. 1 yr
 Erik G. 1 yr Linda R. 1 yr
 Malissa D. 1 yr Shannon V 1 yr
 Yen Cat R. 1 yr

ROUND TABLE AA GROUP

Michelle C. 2 yrs

SOUTHPORT SERENITY

Christine H. 3 yrs Tanya T. 1 yr

TRADITIONAL GROUP

Daniel R. 23 yrs Russ R. 20 yrs
 Sue M. 18 yrs Troy M. 16 yrs
 Bruce B. 14 yrs Gerald B. 13 yrs
 Jeff L. 13 yrs Marie B. 13 yrs
 Dale M. 12 yrs James M. 7 yrs
 Jenann 7 yrs Jill S. 7 yrs
 Vicki V. 7 yrs Bill T. 6 yrs
 Corey M. 4 yrs Mayola W. 4 yrs
 Saeed Y. 2 yrs Tani S. 2 yrs
 Mike L. 1 yr Robert H. 1 yr
 Stacy T. 1 yr



WINTERS KITCHEN TABLE GROUP

Ben L. 25 yrs Jim F. 16 yrs
 Pat E. 4 yrs Robert C. 3 yrs
 Sasha H. 3 yrs Shelli C. 3 yrs
 Mike R. 1 yr

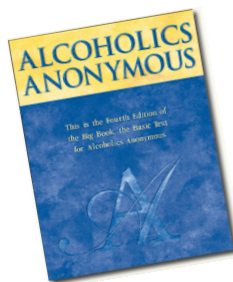
WOODLAND TRADITIONAL GROUP

Norm B. 42 yrs Bill P. 33 yrs
 Connie 32 yrs Jessie M. 31 yrs
 Cathy W. 24 yrs Jim R. 24 yrs
 Elisa K. 23 yrs Dave S. 21 yrs
 Steve L. 17 yrs Sis C. 16 yrs
 Cass 13 yrs Tim T. 9 yrs
 Katherine C. 5 yrs Tony D. 5 yrs
 Brenda 4 yrs Mystra 4 yrs
 Paul S. 4 yrs Ben C. 3 yrs
 Ken W. 3 yrs Mike G. 3 yrs
 Ralph P. 3 yrs Sherri D. 3 yrs
 Cheryl D. 2 yrs Dan W. 2 yrs
 Dave G. 2 yrs Laura M. 2 yrs
 Rickie M. 2 yrs Ryan O. 2 yrs
 Sarah H. 2 yrs Tony D. 2 yrs
 Chris H. 1 yr Dennis 1 yr
 Layla 1 yr Leona B. 1 yr
 Leoni B. 1 yr Mark V. 1 yr

**LATE SUBMISSIONS
 ACTION GETS IT GOING**

February Bill L. 11 yrs
March Nancy McO. 22 yrs

**2010 Big Book Step
 Study Convention**



July 23-25, 2010 in scenic
 Lancaster County,
 Pennsylvania

For more information and
 to register, go to
<http://bbssconvention2010.com>

**38th Annual All California
 Young People in AA Round
 Up will be hosted
 in San Diego in 2010**

For more information, go to
www.acypaa2010.org



**CCFAA now has
 Newcomer Packets!**

Newcomer Packets can be
 purchased for \$1 each at CCFAA,
 9960 Business Park Drive,
 Suite 110, Sacramento.



**Special Needs
 Committee**

Hi, my name is Lynn S. and I'm the
 special needs committee chairper-
 son. I am looking for volunteers to
 help carry the message to our spe-
 cial needs members. I need your
 help. Please contact me at Central
 Office at 916-454-1771 or 916-534-
 5692.

The purpose of this committee is to
 help member groups carry the AA
 message to alcoholics with special
 needs and to help CCFAA and its
 member groups include and serve
 those with special needs. The com-
 mittee also provides meetings to
 AAs who are hospitalized, or at
 home recuperating.

38th Annual H&I Conference

May 29, 30 and 31, 2009
 Littleton Civic Center, 420 Civic
 Drive, Galt, CA
 Speakers ★ Workshops ★ Dance ★
 Drawing
 Registration: \$10 per person
 For more info, call Mary R. at
 (209) 748-2698.



In Memoriam

Michael "Mike" Dodson

Michael Thomas (Mike) Dodson, a longtime volunteer at the Elk Grove Community Assistance Network's Food Bank, died February 26th, 2009, while hospitalized at UCSF San Francisco after a long illness. "Mike was an inspiration; he was seven years sober and attended AA every day without fail! He was crotchety at times, stubborn, but really an old softy with a heart of gold underneath." No services are planned at his request. His family is planning a memorial at a later date.

Father Joseph "Joe" Martin (October 12, 1924 - March 9, 2009)

Father Martin's enthusiasm for sobriety coupled with his passion for teaching evolved into an unending quest to ease the suffering of individuals and families affected by addiction. In his last year, he shared his vision that the still suffering individual affected by addiction might benefit from his God-inspired message of hope.

Tim S.

In loving memory of Tim S., a five year member of East Yolo Fellowship. He passed away February 28, 2009. May he rest in peace.

John W.

John W. of Davis, a longtime member of AA whose example touched many lives, died at his home on February 7, 2009. The three great loves of his life were his family, his country and the fellowship of AA. He was a sober member of AA for more than 40 years and was a friend to everyone who asked for help. We will miss him - The Davis Friday Noon Group



That Ain't in the Book!

We hear a lot of stuff said in meetings that can't be reconciled with the program as described in the Big Book of Alcoholics Anonymous, such as:

"I choose not to drink today."

Page 24, Paragraph 2 of the Big Book:

"The fact is that most alcoholics, for reasons yet obscure, have lost the power of choice in drink."

More to come...

Question: To what page in the book Alcoholics Anonymous do sponsors send their sponsees to read about "acceptance"?



Answer: Page 417 in the story "Acceptance Was The Answer" (Fourth Edition)

Answer: Page 449 in the story "Doctor, Alcohol, Addict" (Third Edition)

Be of Service at Your Local Central Office!

Volunteers* answer the hotline from 9AM to 1PM and 1PM to 5PM Monday through Friday at the local office.

We are looking for volunteers who can substitute in the absence of the regular volunteers. This is a great way to be of service and to help the alcoholic who still suffers.

Volunteers need a minimum of six months of sobriety to answer the hotline.



Teledesk Volunteer Sign Up

Name: _____

Address: _____

City/Zip Code: _____

Daytime Phone: _____

Sobriety Date: _____

Days Available: _____

Shifts Available: _____



CCFAA Delegate's Meeting Minutes—March 21, 1009 (Page 1)

I. Opening

- A. Call to Order at 3:00 pm B. Open with Serenity Prayer C. Traditions Read
 D. 7th Tradition – \$82.50 E. Delegate Check-in/Group Announcements G. Birthday Total Years – 134 Yrs, 74 Days

II. Preliminary Business:

- A. Delegate and Visitor Check-in: Total Delegates = 38

Group Name	Delegate Name	Last attended	Group Name	Delegate Name	Last attended
4 th Dimension	Absent	2/21/2009	Never On Tuesday	Corky O.	3/21/2009
11 th Step Mediation Meeting	Absent	2/21/2009	New Hope Group	Absent	2/21/2009
AA Unity Group	Kim D	3/21/2009	No Legs Just Steps Group	Absent	11/15/2008
Action Gets It Going	James A.	3/21/2009	North Auburn Group	Mike O.	3/21/2009
ACYPAA	Absent	5/17/2008	North Hall Group	Absent	2/21/2009
Auburn Beginner's Group	Absent	8/16/2008	North Highlands Fireside Group	Mike L.	3/21/2009
Auburn Fellowship	Absent	7/19/2008	North Sacramento Group	Jim M.	3/21/2009
Auburn Wed Night Y P's Group	Leah S.	3/21/2009	Oak Park Fellowship	Cindy C.	3/21/2009
Auburn Women's Step Study Grp	Absent	9/20/2008	Oak Tree Fellowship	Randy E.	3/21/2009
Bill's Friend's Group	Absent	11/15/2008	Orangevale Open Group	Absent	2/21/2009
By The Grace	Carolyn S.	3/21/2009	Other Meeting, The	Absent	1/17/2009
Capital City Men's Group	Absent	1/19/2008	Rebellion Dogs	Eric H.	3/21/2009
Citrus Heights Group	Absent	2/21/2009	Recovery Plain and Simple	Absent	5/17/2008
Come As You Are Group	Absent	2/21/2009	Rio Linda Fellowship	Stanley B.	3/21/2009
Cordova Friday Night Group	Absent	2/21/2009	Roseville Fifth Street Fellowship	Absent	10/12/2008
Cordova Serenity Seekers	Absent	2/21/2009	Roseville Tuesday Night Group	Lorri A.	3/21/2009
Daily Attitude Adjustment-Fair Oaks	Valery G	3/21/2009	Roseville Twelve & Twelve Book Study	Peggy R	3/21/2009
Davis Attitude adjustment	Andre D.	3/21/2009	SACYPAA	Casey K.	3/21/2009
Destiny Group	Bruce H.	3/21/2009	Saturday Morning Reflections	Jennifer L.	3/21/2009
Downtown Young People's	Sophia E.	3/21/2009	Serenity Book And Study Group	Tom D.	3/21/2009
Dry Dock Group	Lilly N.	3/21/2009	Sharing And Caring Group	James T.	3/21/2009
East Yolo FWP	Candy C	3/21/2009	Simply AA	Absent	2/21/2009
Elk Grove FWP	Dallas T.	3/21/2009	Sisters in Sobriety	Absent	3/15/2008
Elk Grove Group	Robert S.	3/21/2009	Sixty Minute Solution	Michael S.	3/21/2009
Fair Oaks Monday Night	Chris C.	3/21/2009	Solutions Weekend Group	Absent	11/15/2008
Folsom Big Book	Debra D	3/21/2009	Southport Serenity	Grace C.	3/21/2009
Folsom Friday Night Group	Absent	2/21/2009	Spiritually Speaking	Absent	2/21/2009
Folsom Saturday Morning Group	Fred J.	3/21/2009	Students of Sobriety	David L.	3/21/2009
Folsom Way Of Life	Mary R.	3/21/2009	Sunday Night Men's Meeting	Absent	5/17/2008
Freedom Group	Kirsten A.	3/21/2009	Sunrise-Sunset	Chuck M.	3/21/2009
Free Our Minds	Absent	10/18/2008	Sunday Reflections	Absent	7/15/2006
Friday Fwp of Double AA	Absent	2/21/2009	Sunset Saturday 11:30	Chuck M.	3/21/2009
Friday Night Family Group Of AA	Absent	1/17/2009	Sunset Wednesday Women	Absent	2/16/2008
Galt Fellowship	Bob Y.	3/21/2009	Thank God It's Smoke Free Men's	John A.	3/21/2009
Gibbons Noon	Absent	4/19/2008	Thank You, Thank You, Thank You	Absent	3/15/2008
Greenhaven Group	Absent.	2/21/2009	Too Young Group	Milee O.	3/21/2009
Grounded in Recovery	Absent	7/19/2008	Traditional Group	Mary A.	3/21/2009
Group One	Mark C.	3/21/2009	Traditions & Concepts Study Group	Jonathan C	3/21/2009
Group Three	Leslie M.	3/21/2009	Tuesday Night Beginners Group	Absent	3/15/2008
H Street Group	Absent	5/17/2008	Tuesday Night Gibbons	Absent	02/21/09
Happy Campers	Absent	2/21/2009	Twelve Bridges Destiny	Absent	2/17/2007
Hope & Serenity Spkr Mtg	Cliff O.	3/21/2009	Twelve Bridges Step Study	Absent	4/21/2007
Keep It Simple	Steve B.	3/21/2009	Welcome Group	Absent	9/20/2008
Mad @ Kenneth Group	Absent	1/17/2009	What A Way Women's Weekend Group	Kathy K.	3/21/2009
Midtown Solutions	Absent	12/20/2008	White Flag Men's Group	Terry W.	3/21/2009
Monday Night Big Book Study	Absent	2/16/2008	Women For Women Fair Oaks Group	Cheryl W.	3/21/2009
Monday PM Women Group	Absent	1/17/2009	Woodland Group	Gary M.	3/21/2009
Natomas Group	Christine H.	3/21/2009			

- B. Quorum met - Yes



CCFAA Delegate's Meeting Minutes—March 21, 1009 (Page 2)

C. Attending Elected Positions:

Asst. Chairperson	John Q.	Present	OOO Member	Mary R.	Absent
Birthday Chairperson	Nancy M.	Present	OOO Member	Terry S.	Present
By Laws & Procedures Chairperson	Cindy C.	Present	PI/CPC Chairperson	Chuck H.	Absent
CCFAA Chairperson	Steve B.	Present	Picnic Chairperson		
H&I Liaison	Julia H.	Present	Recording Secretary	Darlene O.	Present
NCCAA Liaison Chair	Dianne H.	Present	Special Needs Chairperson	Lynn S.	Absent
OOO Member	Brian B.	Present	Tele-Service Chair	Carla C.	Present
OOO Member	Karen Y.	Present	Treasurer	Ray L.	Absent

III. Approval of Minutes

Minutes approved with corrections:

1. 11th Step Meditation Meeting, Silent Meditation for 20 Minutes, Open, Wheelchair Wednesday, 6:00PM, 1 Hour, 2314 J Street, Sacramento
2. Date on By the Way showing January 2009

IV. Approval of New Groups

- A. Sobriety Noon Lunch Bunch, 1 Hour, 12:00, Friday, No Smoking, American River Alano, Open discussion
- B. Colfax Big Book Study, Step Study, 1 Hour, 7 pm, Closed, Wheelchair access, United Methodist Church, Culvert Street, Colfax

V. Trusted Servant Reports:

- A. CCFAA Chairman's Report – Steve B.
 - Went to the Foster City conference and would like to remind you that all groups are welcome to send delegates to NCCAA, we also have Diane H. as our liaison.
 - We held the OOO meeting at the office this week, money is tight and we asked the office manager and treasurer to watch any usual spending, there was also a reminded to maintain professional conduct at all times. On the bright side we have a new volunteer coordinator position and KAREN Y. has agreed to start it up, we still need a lot of help with volunteering at the office every weekday please bring this to your groups and lets make it happen.
 - We need to approve a 2009 picnic chair today in new business. Please consider how you can support the picnic this year.
 - As always if you have new business, a motion, or procedural changes for this group please bring them to me or the By Laws chair, Cindy. C, and we will accommodate you.
 - Three pertinent things to take to your groups: 3 pertinent things to take to your groups:
 - a) Central Office is running low on donations and literature purchases, bring us your business! As you know we carry literature, chips, schedules and more.
 - b) We need reliable volunteers at the central office everyday to work the phones and help with light office work. Call for shifts or just show up!
 - c) Faithful Fivers and birthdays is lagging this year, lets get that in gear we need your support to continue to support you!
 - d) Get your group updated on-line! If you have a change at your group, send it in to the office via the group update form available on the CCFAA website.
- B. Assistant Chairperson/CNIA Liaison – John Q.
 1. Welcome to our new delegates:
 - Gary M., Woodland Group
 - Bryn D., SACYPAA
 - Michael O., Too Young Group
 - Candy C., East Yolo Fellowship
 - Robert F., Sharing and Caring Group
 - Kim D., AA Unity Group
 - James A., Action Gets It Going
 - Candi E., #1 Offenders

Thanks to the new delegates for their service.
 2. I attended the CNIA meeting this morning and reported:
 - a) CCFAA current financial woes.
 - b) We need support with the Faithful Fiver program (I left FF pamphlets).



CCFAA Delegate's Meeting Minutes—March 21, 1009 (Page 3)

- a) Central Office is now selling Birthday Chips, accepts MC/Visa for all purchases, and is open Saturdays 9am - 1pm.
 - b) Literature sales are down, please purchase you literature from Central Office.
3. Our Office Operations Committee has expressed an interest to explore possibly partnering with CNIA to sponsor future fund raising events.
- C. Office Operations Committee – Brian B.
- The meeting was started at approximately 5:50pm 3/17/09. Those present included: Steve B., Cindy C, Mary R, Brian B, Ray L, Karen Y, Terry S & John Q.
 1. We addressed concern about the budget and spending. We also discussed the impending price increases for books from WSAA, and a possible price increase for books purchased from them. The price discussion was tabled for future consideration. We asked the manager to use caution with all purchases and expressed a concern about spending and the budget by the OOC. There was also a round table dialogue about ideas for another fund raising event, promoting the Faithful Fivers program and the Birthday club. Another cost saving issue that came up was staff hours. It was stated that having the office open on Saturday was paying for itself in staff spending. Cutting back staff hours during certain times during the week were addressed. It was agreed that we may need to address this issue at a future meeting subject to the financial status for the entire first quarter, after the March 09 budget review. Gross income was down for February but expenses are within budget. There was a review of the authorized spending of amounts greater than \$200 in the By Laws.
 2. The manager, Rae, brought up the need for someone to train and coordinate and maintain a list of volunteers for answering the phone at the office and performing other duties during business hours. Karen Y. stepped up and volunteered to be the coordinator for volunteers at Central office. She was applauded.
 3. The subject of old meetings and whether they still existed and were reflected accurately in the meeting schedule was addressed. It was decided to put a request in the By the Way for groups to update their meeting data.
- D. Office Managers Report – Rae W.
1. We have renewed our liability and D&O insurance policies for the year.
 2. The 990 return data has been given to the Accountant for filing.
 3. A solution to the understaffing problem was to have 2 office volunteers per shift to help with the phones and light office duties; however, the Volunteer Workshop turnout was so low that it is impossible to consider this as a viable solution at this time.
 4. Karen Y. did a wonderful presentation of Teledesk service at the workshop and I am proposing that she continues to work with our volunteers as Volunteer Coordinator. I have requested position descriptions from other Central Offices to ensure that the duties of this position are defined within AA traditions and practices. Thank you, Karen for a job well done.
 5. I have been made aware of the possibility of getting a volunteer from the Community Work Experience (CWEX) Program. I will be researching the possibility as time permits. Having one volunteer for 20-30 hours per week would be more beneficial and easier to manage than trying to add 6-10 new volunteers to our office schedule.
 6. We made contact with the CNIA Registrar, Celia B., and we now have information for the Sacramento Districts. We have included DCM, District meeting information and contribution mailing address in the back of the schedule. Thanks to John Q. for asking for the help at the Area Committee.
 7. We are working to correct and verify the information in our database.
 8. We will again ask that the CCFAA Agenda contain an item to remind the delegates to notify CO whenever their groups make changes to meetings that affect the accuracy of the schedule and the website.
- E. Treasurer's Report -- January 2009
- Income
- Total Income for February fell below budget projections by roughly (\$3000). Our new item, Medallion sales, exceeded projections. All other income items, including individual contributions, Fivers & Birthdays, were below projections.
 - The above primarily consist of:
 - Decreased AAWS literature sales; \$6,298 actual vs. \$7,625 projected.
 - Group contributions fell below budget at \$6,224 actual vs \$7,500 projected.
 - Our newest item, Medallion sales, exceeded projection by roughly \$236 this month.
 - Individual contributions and Office Services revenue were all below projection.
 - Gross income for February was \$9,998 versus \$13,042 budgeted.



CCFAA Delegate's Meeting Minutes—March 21, 1009 (Page 4)

Expense

- Overall expense categories are at or below projection YTD with the major exception of PI/CPC.
- Other Committee expense was exceeded by almost \$1,700 due to an initial PI/CPC cost of over \$2,228.
- Total Expenses for the month were \$11,722 versus \$13,455 budgeted.
- Resulting net Income for the month was \$(1,725) and \$(4,178) YTD.
 - Due to the continuing negative cash flow over the last 4 – 5 months we were required to transfer \$10,000 from a Reserve CD to the General checking account. The checking account balance is currently running between \$5 – 7000.
 - For February 2009 Group contributions met YTD projections; please continue to encourage that with your groups. Individual contributions are somewhat below 2008 but we hope this will increase as the year progresses.
 - The office staff and the OOC continue to explore ways to increase revenue and reduce expense for 2009.

F. By Laws & Procedures Chairperson – Cindy C.

- No New Proposals this month.

G. PI/CPC MEETING – Chuck H.

PI/CPC MEETING 3/11/2009 - 11 people in attendance

- Not All “A.A. Literature” is Conference-Approved: Central offices and intergroups do write and distribute pamphlets or booklets that are not Conference-approved. If such pieces meet the needs of the local membership, they may be legitimately classified as “A.A. literature.” There is no conflict between A.A. World Services, Inc. (A.A.W.S. – publishers of Conference-approved literature), and central offices or intergroups – rather they complement each other. The Conference does not disapprove of such material (service material from the General Service Office).

Chuck opened the meeting at 7:10 PM with the Serenity Prayer.

Ivo: Has finally been released from the care center and is recovering well. We all extend our best wishes and hope this “tough old cowboy” will return soon.

Mary: District 29 has continued to extend outreach to the various ethnic communities and Veterans groups. She plans to meet with SACYPAA regarding PI/CPC sometime in April. Mary will be attending various business meetings to rekindle interest in PI/CPC and has been reviewing the PI/CPC items for the General Service Conference.

Harriet: E-Mailed that she visited the Elk Grove Library, Valley Hi-North Library and the Southgate Library on 66th Avenue. Harriet noted that Ms. Laura Powell, branch supervisor at the Southgate Library, was very helpful and took several racks to place throughout her Library.

Lauren: E-Mailed that the UC Davis facility on 271 Turn Pike in Folsom wishes to be removed from our list. All other facilities she visited would like us to continue to provide literature.

Russ: E-Mailed that he made one delivery each to the McKinley and the Main Libraries. He is running low on literature and will re-stock soon.

Emile: Emile has been working hard to pinpoint areas of need in his district, and nail down volunteers for specific areas. He noted that the theme for the workshop, December 13th or 27th, is “How can AA best co-operate with Treatment Facility Professionals” One of the main points of concern was to make sure that the helping hand of AA will be there when people leave de-tox facilities.

Mike: Emile brought him in for his first meeting, kicking and screaming, but he provided some good insight from his experience in working with PI/CPC in Santa Clara.

Derrick: Did a great job re-stocking several colleges. He noted the need for an active PI/CPC contact in the Placerville area. Derrick also visited the “New Dawn” facility in Orangevale . He noted that SACYPAA is trying to develop a brochure explaining what they are all about. We wish them luck in their project.

Christy: Has done a wonderful job listing all of the Hospitals and Institutions in our area. She has included several Law Enforcement sub-stations and even volunteered to list by district if that would help. Most of the committee opted to leave the list as is. Christy has taken the BAR exam and is anxiously awaiting her results in May. We are crossing our fingers for her!!!!

Jim: Hit the Sutter in Roseville , and will be visiting the UCD office in Roseville .

Sam: Placed literature in the Mather A.F.B. cafeteria and several of the living facilities on base.

Team Tom and Mike: Re-stocked 14 locations at the Kaiser in F.O. They also hit 18 locations at the Kaiser facility on International Drive in Rancho Cordova, and 45 racks on 15 floors at the UCD Medical Center on Stockton Blvd. They also witnessed a lady take one of our brochures, place it in her purse, and come back and take another. “SUCCESS” What a great encounter to share with the committee.



CCFAA Delegate’s Meeting Minutes—March 21, 1009 (Page 5)

Paul: Alias “ SUPERSTOCKER” Hit 26 different locations and re-stocked a total of 63 locations. Paul also visited the W.I.C.C. (Women Infants and Children Center).

Kelley: Re-stocked the Mercy Hospital in Folsom.

- The meeting closed at 8:34 PM with the Lords’ Prayer. Yours in service -- Jim W.

H. Faithful Fivers and Birthday Club Report – Nancy M.

- Faithful Fivers are up from \$191 in February but the Birthday Club donations are down. Please keep announcing these at your meetings.

I. Picnic Chairperson – Diane H.

- Picnic will be held August 16, 2009, Elk Grove Park. Three baseball fields have been reserved.

J. Special Needs Chairperson – Lynn S.

- No report

K. NCCAA

VI. Reports – Special Committees, Delegates, Liaison & Invited Guests

A. Hospitals & Institutions – Area 42 Committee Meeting at Coco’s, 1830 Arden Way Sacramento, CA, February 19, 2009

- New reps or coordinators: Will, White Flag men's group; Frank, Monday night Fair Oaks; Rich, Happy, Joyous and free; Mark, All Tribes, Mellisa, Too young, Thurs night; Mike, Destiny group West Sac; Roger, East Yolo fellowship; Bill, Folsom Fri night; Andy, South Kaiser Sunday Serenity; Michelle RCCC; John for Dan woodland group; Jill, Sat Sunset Serenity filling for Holly, A.A. Birthdays: Mary R, 44 years; Bill, 15 years; Ritchie, 3
- Regional 40 Chair: Dennis W. – Dennis serves as the link between the General committee and Area 42. Covers several counties in Norcal covers 195 meetings, had a general committee meeting, we hosted the meeting, he wants to thank this group for hosting and paying for the food.
- Several areas gave their reports:
 - Area 42 Chair: Bill D. – We cover Yolo and Sac county we service many different types of facilities, we have a list of the facilities, if interested, take a list, the phone numbers of facility coordinators is listed, if interested give a call. We are going to be at spring fling starting tomorrow if you want to volunteer to man the H& I table. We need people to step up we need help in several different areas, including facility coordinators, if you have had H&I experience please give him a call. We need help at RCCC. We are working towards H&I conference in May in Gait, we have flies to take to home group,
 - Literature: Mary R. (present) – Literature is in good shape, she has orders for several people, she has Grapevines, if you need schedules let her know we have no new items, same literature is available in Spanish and English. Workshops for Gait conference are going well, she has registration forms if you want to register for the conference you can do so know, hotel rates are way down if you want to stay in Gait for the conference, Planning committee meetings are held on Sunday in Gait after the morning meeting. Next meeting is March 8th.
 - CCFAA Liaison: Julia H. (present) – The CCFAA meeting is held the third Saturday at 3: pm at Traditional. She provides information on H&I service and she asks that all new groups to take a pink can and send a group rep to the H&I area 42 meeting. She gives the pink cans to new groups.
 - CNIA Liaison: TomT. – We had Winter assembly, items were vetoed, March 9 in Woodland is the Next PRASSA, the next trustee will be nominated, At the end of march is the pre conference assemble, the groups tell the delegates what their opinions are on issues to be discussed at NY conference.
 - Spring Fling: John T. – Spring Fling was held Feb 19, 2009.

B. Teleservice Chairperson’s Report – Report by Carla C. (Acting Chair)

Calls, February 2009		
SERVICE	FEB 2009	YTD
12 Step	58	123
Meetings/Info	530	1029
TOTAL	588	1152

VOLUNTEERS	SPECIAL NEEDS
35	None

Open Shifts as of 3/17/09	
DAY	TIME
Monday	9 pm – Midnight
Wednesday	0 am – 6 am
Wednesday	9 pm – Midnight
Friday	0 am – 6 am
Saturday	0 am – 8 am



CCFAA Delegate’s Meeting Minutes—March 21, 1009 (Page 6)

12-STEP LIST	Volunteers: 118 (50 men/68 women)
Special Needs	More Spanish Speakers, 12-step male volunteers in W. Sac, NW Sac, E. Sac and Woodland Codes

Contact Carla C. 916-519-7340 or Central Office 916-454-1771. Entry level: 6 Months of sobriety.
Thank you all for your service!

VII. Old Business

1. Approval of new Picnic Chair: Diane H. has graciously volunteered to be picnic chair. Diane voted in as Picnic Chair 49-1.

VIII. New Business

1. Election of NCCAA Delegate. We will elect liaison next month.
2. Central Office is letting go our networking analyst. Position will need filling. See Steve, Brian, or Rae, Office Manager, if interested.
3. Central Office trying to get all volunteer staff. This would be a six month commitment. Call Central Office.

IX. Closing

1. The next meeting is April 18, 2009 @ 3:00 pm @ Traditional Group. New Delegate’s meeting 2:00 pm.
2. Motion to close, seconded Motion passes to close the meeting.
3. The meeting closed at 4:50 p.m. with The Lord’s Prayer.

Respectfully submitted, Darlene O. – CCFAA Recording Secretary

Self-Support: Where Money and Spirituality Mix

Q: Does GSO have any specific information for our group or group treasurer about how to handle our group's finances?

A: Yes. There are two excellent publications available from GSO - AA Guidelines on Finance and the pamphlet, "The AA Group Treasurer," that provide specific information to groups regarding practical matters related to their group finances, such as setting up bank accounts, obtaining tax ID numbers, and outlining the responsibilities of a group treasurer.

Q: Doesn't all AA money go into one pot? In other words, when our group contributes to central office (intergroup), isn't our money distributed to the area, district and GSO as well?

A: No. Each AA entity - group, district, area, central office, and GSO - provides a specific service and is autonomous. Each is separate from the other.

Examples of Group Contributions to AA Service Entities

Distribution of funds from groups that support four service entities:



10% to district
10% to area committee
30% to GSO
50% to intergroup or central office

AND...

If you have no intergroup/central office, distribution of funds from groups that support three service entities:



40% to district
30% to area
30% to GSO

Q: After group expenses, what is your informed group conscience for distribution of excess funds?

A: An example is as follows:

Distribution Plan of: _____
(YOUR GROUP NAME)

Your Group Service #: _____

District	_____ %
Area	_____ &
GSO	_____ %
Intergroup/Central Office	_____ %
Other	_____ %

Q: Where should I send contributions?

A: For contributions to GSO, make checks payable to General Service Board and send to: General Service Office, PO Box 459, Grand Central Station, New York, NY 10163

For contributions to the area, make checks payable to CNIA and send to: California Northern Interior Area 7, PO Box 161712, Sacramento, CA 95818-1712

District addresses can be obtained from your group's GSR or the last few pages of the CCFAA meeting schedule.

For contributions to the central office, make checks payable to CCFAA and send to: CCFAA, 9960 Business Park Drive, Suite 110, Sacramento, CA 95827-1719

Contributions for H & I can be sent to: Northern California Hospitals & Institutions Committee, PO Box 192490, San Francisco, CA 94119-2490

Excerpt from Pamphlet F-3, "Self-Support: Where Money and Spirituality Mix"



CCFAA Delegate's Meeting Minutes—March 21, 2009 (Page 7)

Treasurer's Report February 2009

		February 2009	Feb 09	Jan-Feb 09	Prorate Budget	Budget
1	Ordinary Income/Expense					
2	Income					
3	4020 · AAWS Literature Sales	6,298.04	13,253.41	15,250.00	91,500.00	
4	4025 · In-House Publication Sales	1,446.74	2746.81	3,333.33	20,000.00	
5	4035 · Medallion Sales	569.00	1403.61	666.67	4,000.00	
6	4100 · Group Contributions	6,223.73	15,423.40	15,000.00	90,000.00	
7	4110 · Anonymous Contributions	8.00	90.00	333.33	2,000.00	
8	4120 · Birthday Contributions	142.00	312.00	416.67	2,500.00	
9	4125 · Postage & Delivery Income	313.00	569.00	666.67	4,000.00	
10	4130 · Faithful Fivers	670.00	1,275.00	1,666.67	10,000.00	
11	4440 · Interest Income	71.58	180.86	300.00	1,800.00	
12	4460 · Picnic Revenue	0.00	0.00	0.00	10,000.00	
13	Total Income	15,742.09	35,254.09	37,633.33	235,800.00	
14	Cost of Goods Sold					
15	5000 - Literature Costs					
16	5010 · Cost of AAWS Literature Sold	4,099.64	9,081.28	10,583.33	63,500.00	
17	Literature Costs/Adjustment	0.00	28.60	33.33	\$200.00	
18	Total 5010 - AAWS Literature	4,099.64	9,109.88	10,616.67	63,700.00	
19	5025 · In-House Publication					
20	5030 · Paper Stock & Staples	255.79	480.05	700.00	4,200.00	
21	5035 · Printing Equipment	906.00	906.00	833.33	5,000.00	
22	5040 · Copy costs	237.97	1,071.34	833.33	5,000.00	
23	Total 5025 · In-House Publication	1,399.76	2,457.39	2,366.67	14,200.00	
24	Net Income In-House Publication	46.98	289.42	966.67	5,800.00	
25	Cost of Medallions	244.93	706.83	233.33	1,400.00	
26	Total Cost Of Goods Sold	5,744.33	12,274.10	13,216.67	79,300.00	
27	Gross Income	9,997.76	22,979.99	26,083.33	156,500.00	
28	Expense					
29	Equipment Expense					
30	5670 · Equipment Rental	80.66	466.81	50.00	300.00	
31	5765 · Equipment Repairs & Maint.	0.00	23.00	446.67	2,680.00	
32	5675 · Equipment Purchase	114.00	191.98	166.67	1,000.00	
33	Total Equipment Expense	194.66	681.79	663.33	3,980.00	
34	Insurance					
35	5680 · Worker's Compensation	0.00	0.00	166.67	1,000.00	
36	5684 · D & O Insurance	0.00	0.00	183.33	1,100.00	
37	5685 · General Liability	0.00	1,002.00	1,000.00	1,000.00	
38	Total Insurance	0.00	1,002.00	1,350.00	3,100.00	
39	Meetings/Conference Expense					
40	5620 · Manager Training	0.00	0.00	91.67	550.00	
41	5655 · Delegates Meeting	0.00	0.00	83.33	500.00	
42	5785 · Employee Travel	130.48	216.33	166.67	1,000.00	
43	5786 - NCAA Delegate's Expense	0.00	0.00	66.67	400.00	
44	Total Meetings/Conference Expense	130.48	216.33	408.33	2,450.00	



CCFAA Delegate's Meeting Minutes—March 21, 2009 (Page 8)

Treasurer's Report February 2009 (Page 2)

	February 2009	Feb 09	Jan-Feb 09	Prorate Budget	Budget
45	Office Expense				
46	5640 · Postage & Delivery	46.61	492.61	583.33	3,500.00
47	5650 · Licenses & Permits	0.00	200.00		
48	5700 · Office Supplies	100.82	814.80	333.33	2,000.00
49	5720 · Occupancy Improvement	0.00	0.00	333.33	2,000.00
50	5740 · Miscellaneous Expense	81.21	231.91	83.33	500.00
51	5760 · Rent	1,692.00	3,331.00	3,414.00	20,484.00
52	5770 · Office/Network Software	30.85	30.85	83.33	500.00
53	Total Office Expense	1,951.49	5,101.17	4,830.67	28,984.00
54	Utilities - 5770				
55	5785 · HVAC Maint.	0.00	0.00	83.33	500.00
56	5790 · Gas & Electric	257.83	503.78	500.00	3,000.00
57	5790 · Telephone	314.17	627.84	633.33	3,800.00
58	5792 · Website Hosting	107.40	107.40	100.00	100.00
59	Total 5770 Utilities	679.40	1,239.02	1,316.67	7,400.00
60	Other Committees - 6200				
61	5990 · Picnic Committee	0.00	39.87	500.00	4,000.00
62	6210 · PI/CPC Expense	662.33	2,228.33	583.33	3,500.00
63	6220 · Special Needs Committee	0.00	0.00	25.00	150.00
64	6230 · Teleservice Committee	0.00	0.00	25.00	150.00
65	Total Other Committees	662.33	2,268.20	1,133.33	7,800.00
66	Professional Fees				
67	5610 · Accounting	145.00	205.00	416.67	2,500.00
68	5625 · Website Admin	0.00	0.00	500.00	3,000.00
69	5630 · Network Admin	0.00	0.00	160.00	960.00
70	5645 · Office Admin	400.00	800.00	800.00	4,800.00
71	Total Professional Fees	545.00	1,005.00	1,876.67	11,260.00
72	Payroll Expenses - 5400				
73	5410 · Management Salary	4,034.58	8,069.30	8,069.17	48,415.00
74	5415 · Clerical Wages	2,319.50	5,709.50	5,333.33	32,000.00
75	5416 · Payroll Tax Expense	567.99	664.35	1,216.67	7,300.00
76	5470 · Retirement Benefits	150.00	300.00	300.00	1,800.00
77	5681 · Healthcare Benefits	325.00	650.00	1,050.00	6,300.00
78	Total 5400 · Payroll Expenses	7,397.07	15,393.15	15,969.17	95,815.00
79	Bad Debt Expense - 5686	0.00	12.00	33.33	200.00
80	Credit Card Fees - 5895	79.76	79.76	11.67	70.00
81	Bank Charges - 5690	82.18	159.80	66.67	400.00
82	Total Expense	11,722.37	27,158.22	26,843.17	161,059.00
83	Net Income	-1,724.61	-4,178.23	-759.83	-4,559.00



THE ALTITUDE OF ATTITUDE DETERMINES HEIGHT OF SOBRIETY

By Bill W., 1959

No society can function well without able leadership in all its levels, and AA can be no exception. It must be said, though, that we AA members sometimes cherish the thought that we can do without any leadership at all. We are apt to warp the traditional idea of “principles before personalities” around to such a point that there would be no “personality” in leadership whatever. This would imply rather faceless automatons trying to please everybody, regardless.

At other times, we are quite as apt to demand that AA’s leaders must necessarily be people of the most sterling judgment, morals, and inspiration; big doers, prime examples to all, and practically infallible.

Real leadership, of course, has to function in between these entirely imaginary poles. In AA, certainly, no leader is faceless and neither is any leader perfect. Fortunately, our Society is blessed with any amount of real leadership – the active people of today and the potential leaders for tomorrow, as each new generation of able member’s swarms in. We have an abundance of men and women whose dedication, stability, vision, and special skills make them capable of dealing with every possible service assignment. We have only to seek these folks out and trust them to serve us.

Somewhere in our literature, there is a statement to this effect. “Our leaders do not drive by mandate; they lead for example.” In effect, we are saying to them, “Act for us, but don’t boss us.”

A leader in AA service is, therefore, a guy (or gal) who can personally put principles, plans, and policies into such dedicated and effective action that the rest of us want to back him up and help him with his job. When a leader power-drives us badly, we rebel; but when he is too meek and becomes an order-taker and experiences no judgment of his own – well, he really isn’t a leader at all.

Good leadership originates plans, policies, and ideas for improvement of our Fellowship and its services. But in new and important matters, it will nevertheless consult widely before taking decisions and actions. Good leadership will also remember that a fine plan or idea can come from anybody, anywhere. Consequently, good leadership will often discard its own cherished plans for others that are better, and it will give credit to the source.

Good leadership never passes the buck. Once assured that it has, or can obtain, sufficient general backing, it freely takes decisions and puts them into action forthwith, provided, of course, that such actions be within the framework of its defined authority and responsibility.

A politico is an individual who is forever trying to “get the people what they want.” A statesman is an individual who can carefully discriminate when and when not to do this. He recognizes that even large majorities, when badly disturbed or uninformed, can once in a while be dead wrong. When such an occasional situation arises, and something vital is at stake, it is always the duty of leadership, even when in a small minority, to take a stand against the storm – using its every ability of authority and persuasion to effect change.

Nothing, however, can be more fatal to leadership than opposition for opposition’s sake. It can never be “Let’s have it our way or no way at all.” This sort of opposition is often powered by a visionless pride or a gripe that makes us want to block something or somebody. Then, there is the opposition that casts its vote saying, “No, we don’t like it.” No real reasons are ever given. This won’t do. When called upon, leadership must always give its reasons, and good ones.

Then, too, a leader must realize that even very prideful or angry people can sometimes be dead right, when the calm and the more humble are quite mistaken.

These points are practical illustrations of the kinds of careful discrimination and soul-searching that true leadership must always try to exercise.

Another qualification for leadership is give-and-take – the ability to compromise cheerfully whenever a proper compromise can cause a situation to progress in what appears to be the right direction.

Compromise comes hard to us all-or-nothing drunks. Nevertheless, we must never lose sight of the fact that progress is nearly always characterized by a series of improving compromises. We cannot, however, compromise always. Now and then it is truly necessary to stick flatfooted to one’s conviction about an issue until it is settled. These are situations for keen timing and a most careful discrimination as to which course to take.



ALTITUDE OF ATTITUDE (cont'd)

Leadership is often called upon to face heavy and sometimes long-continued criticism. This is an acid test. There are always the constructive critics, our friends indeed. We ought never fail to give them a careful hearing. We should be willing to let them modify our opinions or change them completely. Often, too, we shall have to disagree and then stand fast without losing their friendship.

Then, we have those whom we like to call our “destructive” critics. They power-drive, they are politickers, they make accusations. Maybe they are violent, malicious. They pitch gobs of rumors, gossip and general scuttlebutt to gain their ends – all for the good of AA, of course! Well, in AA at least, we have at least learned that these folks, who may be a trifle sicker than the rest of us, need not be really destructive at all, depending entirely on how we relate ourselves to them.

To begin with, we ought to listen very carefully to what they say. Sometimes, they are telling the whole truth; at other times, a little truth. More often, though, they are just rationalizing themselves into nonsense. If we are within range, the whole truth, the half-truth, or even no truth at all can equally hurt us. That is why we have to listen so carefully. If they’ve got the whole truth, or even a little truth, then we’d better thank them and get on with our respective inventories, admitting we are wrong, regardless. If it’s nonsense, we can ignore them. Or we can lay all the cards on the table and try to persuade them. Failing this, we can be sorry they are too sick to listen, and we can try to forget the whole business. We can think of few better means of self-survey, of developing genuine patience, than the workouts these usually well-meaning but erratic brother members can afford us. This is always a large order, and we shall sometimes fail to make good on it ourselves. But we must keep trying.

Now comes that all-important attribute of vision. Vision is, I think, the ability to make good estimates, both for the immediate and for the more distant future. Some might feel this sort of striving to be a sort of heresy because we AAs are constantly telling ourselves, “One day at a time.” But that valued maxim really refers to our emotional lives and means only that we are not to repine over the past or wishfully fantasy or daydream about our future.

As individuals and as a Fellowship, we shall surely suffer if we cast the whole job of planning for tomorrow onto a kind Providence. God has endowed us human beings with considerable capability for foresight, and he evidently expects us to see it. Therefore, we need to distinguish between wishful dreaming for a happy tomorrow and today’s use of our powers of thoughtful estimate – estimate of the kind which we trust will bring future progress rather than unforeseen woe.

Vision is, therefore, the very essence of prudence – a sound virtue if ever there was one. Of course, we shall often miscalculate the future in whole or in part. But even so, this will be far better than to refuse to think at all.

The making of estimates has several aspects. We look at past and present experience to see what we think it means. From this, we derive a tentative idea or policy. Looking first at the nearby future, we ask how our idea or policy might work. Following this estimate, we ask how our policies and ideas might work under the several differing conditions that could arise in the future. If an idea looks like a good bet, we try it on – always experimentally, when that is possible. Somewhat later, we re-value the situation and ask whether our estimate is, or may soon be, working out.

At about this stage, we may have to make a critical decision. Maybe we have a policy or plan that still looks fine and is apparently doing well. Nevertheless, we ought to ponder very carefully what its longtime effect will be. Will today’s nearby advantages boomerang into large liabilities for tomorrow? The temptation will almost always be to seize the nearby benefits and quite forget about the harmful precedents or consequences that we may be setting in motion.

These are no fancy theories. We have found that we must use these principles of estimate constantly, especially at world-service levels where the stakes are high. In public relations, for example, we must estimate the reaction of both AA groups and the general public, both short-term and long-term. The same thing goes for our literature. Our finances have to be estimated and budgeted. We must think about our service needs as they relate to general economic conditions, group capability, and willingness to contribute. On many such problems, we must very often try to think many months and even years ahead.

As a matter of fact, all of AA’s Twelve Traditions were at first questions of estimate and vision for the future. Years ago, we slowly evolved an idea about AA being self-supporting. There had been trouble here and there about “outside gifts.” Then still more trouble developed. Consequently, we began to devise a policy of “no outside gifts.” We began to suspect that large sums would tend to make us irresponsible and could divert us from our primary aim. Finally, we saw that for the long pull “outside” money could ruin us utterly. At this point, what had been just an idea or general policy hardened firmly down into an AA Tradition. We saw that we must sacrifice the quick, nearby advantage for long-term safety in the future.



ALTITUDE OF ATTITUDE (cont'd)

We went through this same process on anonymity. A few public breaks had looked good. But then, the vision came that many such breaks could finally raise havoc among us. So it went – first a gleam in the eye, then an experimental policy, then a firm policy, and finally a deep conviction – a vision for tomorrow. Such is our process of estimating the future. Our responsible world leadership must be especially and constantly proficient in this vital activity. This is an ability much to be desired, especially among our trustees, and I think most of them should be chosen on the basis that they have already proved their aptness for foresight in business or professional careers.

We shall continually need many of these same attributes, insofar as they can be had, among our leaders of AA services at all levels. The principles of leadership will be just about the same, no matter what the size of the operation.

This discussion on leadership may look, at first glance, like an attempt to stake out a specially privileged and superior type of AA member. But this is not really so. We are simply recognizing that our talents vary greatly. The conductor of an orchestra is not necessarily good at finance or foresight. And it is even less likely that a fine banker could be much of a musical success. When, therefore, we talk about AA leadership, we declare only that we ought to select that leadership on the basis of obtaining the best talent we can find, making sure that we land that talent, whatever it is, in the spot where it will do us the most good.

While this article was first thought of in connection with our world-service leadership, it is quite possible that many of its suggestions be useful to everyone who takes an active part in our Society.

Nowhere could this be truer than in the area of Twelfth Step work itself – something at which nearly all of us most eagerly work. Every sponsor is necessarily a leader. The stakes are huge. A human life and usually the happiness of a whole family hang in the balance. What the sponsor does and says, how well he estimates the reactions of his prospect, how well he times and makes his presentation, how well he handles criticisms, and how well he leads his prospect on by personal spiritual example – well, these attributes of leadership can make all the difference, often the difference between life and death.

Thank God that Alcoholics Anonymous is blessed with so much leadership in each and all of its great affairs!

ON CULTIVATING TOLERANCE

By Dr. Bob, 1944

During the 9 years in AA, I have observed that those who follow the AA program with the greatest earnestness and zeal not only maintain sobriety but often acquire finer characteristics and attitudes as well. One of these is tolerance. Tolerance expresses itself in a variety of ways:

- in kindness and consideration toward the man or woman who is just beginning the march along the spiritual path;
- in the understanding of those who perhaps have been less fortunate in educational advantages; and
- in sympathy toward those whose religious ideas may seem to be at great variance with our own.

I am reminded in this connection of the picture of a hub with its radiating spokes. We all start at the outer circumference and approach our destination by one of many routes. To say that one spoke is much better than all the other spokes is true only in the sense of its being best suited to you as an individual. Human nature is such that without some degree of tolerance, each one of us might be inclined to believe that we have found the best or perhaps the shortest spoke. Without some tolerance, we might tend to become a bit smug or superior – which, of course, is not helpful to the person we are trying to help and may be quite painful or obnoxious to others. No one of us wishes to do anything that might act as a deterrent to the advancement of another – and a patronizing attitude can readily slow up this process.

Tolerance furnishes, as a by-product, a greater freedom from the tendency to cling to preconceived ideas and stubbornly adhered-to opinions. In other words, it often promotes an open mindedness that is vastly important – is, in fact, a prerequisite to the successful termination of any line of search, whether it be scientific or spiritual.

These, then, are a few of the reasons why an attempt to acquire tolerance should be made by each one of us.

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THAT FIRST STEP IS THE TOUGHEST
“We admitted we were powerless over alcohol –
that our lives had become unmanageable.”

The fellow who said that the first step off the Empire State Building was the toughest might well have been talking about the AA program. I had four problems which kept me from even trying the First Step and two more problems when I finally tried it. The whole process took three years.

You see, I could do “controlled” drinking (meaning that I didn’t get slobbering, falling-down drunk) sometimes for as long as several months. I would start with wine or beer on some “special occasion” and, after one drink, stop with no effort at all. So where’s the problem? Since there was none, I would try something more or stronger a few days later. It might take months before I got so unmanageably drunk that I had to be lugged off to the hospital – a couple of times in a straight-jacket.

Problem #1: They say that lower levels of intelligence are unable to identify the relationship between cause and effect if the two are separated in time. There’s supposed to be a remote tribe somewhere that has never figured out what causes babies. The fact that I failed repeatedly to relate the one innocent drink to the eventual drunk says something uncomplimentary about my intelligence. That innocent first drink lit the fuse of an immutable mechanism that kept on ticking until it exploded into another drink. But it took all of three years for me to acknowledge the causal relationship. Some people get drunk right away; I happened to have a long fuse.

Problem #2: This was the successor to each struggle with Problem #1. After each drunk, I dried out, I ate well, and I exercised. Pretty soon I felt I could lick anything that came down the pike – including booze. My thinking went like this: “Don’t tell me that anyone in as good shape as I am who feels as well as I do can’t take a drink or two from time to time. Furthermore, I know the danger signs. I’ll just stop when I feel myself begin. We all know the answer to this: our physical and emotional well-being has not effect on our ability to handle alcohol.

Problem #3: I have never encountered anything in life I couldn’t achieve, provided I gave it my total energy and concentration. It’s a sign of weakness and an acceptance of defeat to admit that I cannot do something myself and have to turn to others for help – strangers at that. I’d rather die than submit myself to that kind of humiliation. A couple of times I darn near did die.

Problem #4: Where do they get this “life is unmanageable” stuff? I am holding down a good job. I am paying my bills. I have a wife and kids and a good roof over our heads. If I can do all these things, my life is certainly not “unmanageable.” Q.E.D., why should I join AA, have to go to all those meetings and associate with all those stuffy people?

The four problems described above were what prevented me from even trying Step One. Then when I did try, here is what I encountered.

Problem #5: What’s this intellectually dishonest ploy about, not taking a drink for just one day? I know perfectly well that they intend that I should never take a drink as long as I live. I’m not going to participate in that kind of self-delusion. It may make the future awfully grim, but I’ve got to make up my mind never to take a drink from now till the day they bury me.

Problem #6: They tell me to ask for help from a Higher Power. If there is a “Higher Power” (which I doubt), then he must be a malicious one rather than a benevolent one. He’s fixed it so I can never have any fun for the rest of my life. I can just see myself asking him for help?

So much for the problems. How did AA guide me past these six roadblocks to my sobriety?

First of all, my sponsor and others reviewed my history with me, over and over again, and were able to demonstrate beyond contradiction that:

The first drink – any drink – lit a fuse which led inexorably to a drunk.

Neither good health, happy circumstances in my life, nor any other factor could stay the burning of that fuse.



THAT FIRST STEP IS THE TOUGHEST (cont'd)

Not all my so-called intelligence, not my ability, and not my will power had been able to control my drinking.

So where was the intelligence in trying the same thing over and over again with the same disastrous result? Maybe intelligence would dictate that I try something else – like getting some help?

Finally, about my conviction that my life was “unmanageable,” Webster cites one of the definitions of manage, “to achieve one’s purpose.”

Was I achieving any purpose – even the purpose of handling my drinking – to say nothing of the fact that my home life and my family were a shambles, my health was cracking at the seams, and I was barely holding onto my job? That doesn’t sound as though I was managing. And if not, perhaps it is because I am powerless over alcohol.

So now I am grudgingly willing to admit that the First Step may possibly apply to me. How do I go about implementing this admission and making it a part of my basic thinking about myself?

They tell me that the “sine qua non” is that I must ask for help. It seems that the most important four-letter word in AA is “talk.” I’ve got to start talking to other members of AA about my feelings and the struggle I’m having in trying to practice the program. And the one I should talk to most is a sponsor.

Job One is finding a sponsor – someone whose sobriety I respect and to whom I can talk with reasonable comfort. So I listen to different people at meetings and chat with some of them. Afterward, I finally pick one with whom I have a lot in common outside of AA and who seems to be very comfortable in AA. When he agrees to be my sponsor, I start talking. I am surprised to discover that talking about my problems, rather than proving embarrassing, turns out to be encouraging and helpful... very helpful.

Job Two is to ask for help from a Higher Power (which I am not at all sure exists). But I figure that as long as I have gone this far in AA, I might as well keep on going. So I gulp and start every morning asking this Higher Power for help and thanking him every night.

Job Three is to yield on the “intellectual dishonesty” problem and give a try to this one-day-at-a-time delusion. I find that, while the assumption of having only this one day to contend with may be a delusion, it sure works. I can do a better job today because I’ve got an accomplishment which gives me a lift to tackle the next day. Instead of moping over the past and fearing the future, I am free to concentrate on today. It’s the most productive delusion I have ever encountered.

It has been almost half a lifetime since I finally succeeded in taking that First Step. The struggle was so intense that I remember the whole experience rather vividly. It has been many years since the thought of a drink has even crossed my mind. I want to keep it that way. So every morning when I say my prayers and confirm to my Higher Power that I am an alcoholic, I picture a specific favorite drink (frequently a dry martini with a twist) and, at the same time on my mental projector, I run a few feet of film of a specific alcoholic episode.

Then I call to mind how, when I first forced open my eyes at the end of a drunken episode, I was overcome by a dread horror of facing anyone or anything. I was desperate to cringe into my skin. I wanted to be a turtle so I could pull into my shell. That would lead me to a frantic search for some basis – any basis – for accusing someone else of being the cause of my behavior.

By recalling these events and emotions, I lock together the first drink and the inevitable consequences thereof. If I should ever reach for one, I am sure that projector would start running. At that point, I ask my Higher Power – oh, yes, I almost forget to say that He has proven to me that He exists – I ask Him to help me stay away from a drink for that day. And He does. My way of taking the First Step once again every single day.

B.F.P., Vero Beach, FL. AA Grapevine, Inc., January 1992



Group Contributions -- March 2009 (Page 1)

	Gp No	MAR	YTD
AA UNITY GP	10480	317.85	317.85
AA WOMEN'S STEP STUDY (AUBURN)	11361		25.00
ALL TRIBES GROUP	10483	15.00	15.00
ARDEN MORSE GROUP	10004		150.00
ATTITUDE ADJUSTMENT DAVIS	10547	72.00	72.00
AUBURN FWP	10006	30.00	60.00
BIG TIME SOBRIETY	10335		69.45
BROWNSVILLE SERENITY GRP	11536	40.00	40.00
BY THE GRACE	10552	50.00	50.00
CAPITOL CITY MEN'S GROUP	11251		139.63
CARRY THE MESSAGE GROUP	10622		300.00
CENACLE GROUP	11356	60.00	60.00
CITRUS HEIGHTS AA@NOON	10467	70.00	70.00
CITRUS HEIGHTS GROUP	10034		64.55
CLARKSBURG MEETING	10531		500.00
COME AS YOU ARE GROUP	10615		132.00
CORDOVA FRIDAY NIGHT GROUP	10039		54.00
CORDOVA LUNCH BUNCH	10591		206.00
CORDOVA SERENITY SEEKERS	10352		57.50
COURAGE TO CHANGE	10053		120.00
DAILY ATTITUDE ADJ. - FAIR OAKS	10381	186.93	862.39
DAILY DIRECTION AA	11276	150.00	150.00
DOBBIN'S WILD BUNCH	10058		35.00
DOWNTOWN YOUNG PEOPLE'S GROUP	11105	57.05	57.09
EAST YOLO FELLOWSHIP	10063		220.00
ELK GROVE CAME TO BELIEVE GRP	10016	240.00	240.00
ELK GROVE FELLOWSHIP	10673		456.56
ELK GROVE GROUP	10434	168.00	168.00
ELK GROVE POA WOMEN'S	10496		64.00
ELK GROVE SOBRIETY SISTERS	11199		79.00
ESPEE FELLOWSHIP	10064	30.00	30.00
FAIR OAKS BEGINNERS	10072		38.00
FIRST THINGS FIRST	10365	90.00	90.00
FIT FOR LIFE	10330		256.20
FLYING BLIND BIG BOOK STUDY	11479	187.50	187.50
FOLSOM BIG BOOK	10545		559.20
FOLSOM NOON NEW LIFE	10517		150.00
FOLSOM SATURDAY MORNING MTG	10607		160.00
FOLSOM WAY OF LIFE	10557		1,200.00
FOLSOM WEDNESDAY NIGHT GROUP	10078		133.86
FOUNTAIN OF YOUTH GROUP	10662	112.45	112.45
FOX HALL (YUBA CITY)	10311		60.00
FRIDAY NIGHT DOUBLE A GROUP	10288		113.15
FRUITVALE GROUP	10526		71.57
GALT FELLOWSHIP	10090	100.00	300.00
GREENHAVEN GROUP	10109		150.00
GROUP ONE	10111	30.00	60.00
GROUP THREE	10112		950.81
GUSTINE FELLOWSHIP	11063		50.00
HAPPY DESTINY	11065		46.05
HAPPY HOUR RANCHO GROUP	11024	25.00	75.00
INTO ACTION	10533		50.00

	Gp No	MAR	YTD
KEEP IT SIMPLE, ELK GROVE	11348		3.00
LINCOLN HILLS GROUP	11338		30.00
LINCOLN THURSDAY NIGHT GP	10539	56.52	101.09
LIVING SOBER WOMEN - FRIDAY	10345		17.08
LOOMIS FELLOWSHIP	10132		45.00
LOOMIS WOMEN'S STEP STUDY	11069		240.00
MIDTOWN SOLUTIONS	10481		117.00
MONDAY NIGHT WOMEN'S STEP STUDY	10159		184.50
MYSTIC CHIX	10635	76.52	76.52
NATOMAS GROUP	10411		239.68
NEVER ON TUESDAY	10653		453.00
NEW HOPE GROUP	10172		217.92
NORTH AUBURN GROUP	10656	10.00	57.55
NORTH HALL GROUP	10177	13.75	613.78
NORTH SACRAMENTO GP		5.00	15.00
ONE DAY AT A TIME GROUP	10387		100.00
ORANGEVALE OPEN	10182		68.20
PHOENIX FWP	10193		204.61
PINE GROVE FELLOWSHIP	10651		20.00
PLACERVILLE SUNRISE ATT.	10644	125.00	250.00
PROMISES GROUP - DIXON	11510		30.00
RANCHERIA FELLOWSHIP	11555		40.30
RANCHO MURIETA GROUP	10609		437.51
REBELLION DOGS	10363	35.95	35.95
RIVER PARK RECOVERY	10553		340.00
RIVER PINES AA	10955	20.00	20.00
ROCKLIN FWP	10677	50.00	100.00
ROLOFF TO RECOVERY MEN'S	10435		80.00
ROSEVILLE TUESDAY NIGHT	10215	0.13	250.13
RULE 62	11083		125.00
SACRAMENTO DOWNTOWN MEN	10640	145.45	145.45
SACYPAA	10647	200.00	200.00
SERENDIPITY AS BILL SEES IT	11111		150.00
SERENITY BOOK & STEP STUDY	10613		56.00
SIERRA PINES	10687		26.51
SIERRA STEP SISTERS	10678		8.75
SIERRA WEDNESDAY AM GP	10224		100.00
SISTERS IN SOBRIETY	10665		49.00
SISTERS IN SERENITY	10540		120.00
SIXTY MINUTE SOLUTION GROUP	10500	40.44	101.40
SMOKIN' SOBRIETY	11267	40.00	40.00
SOBRIETY SPEAKS	11567		140.00
SOUTHPORT SERENITY	10627		650.00
SPIRITUALLY SPEAKING GROUP	10238		360.00
STIX CHIX-PLACERVILLE	11630		42.00
STEPS TO PEACE	11109		100.00
STRAIGHT MEN'S GROUP	10259	2,000.00	2,000.00
SUNDAY MORNING SERENITY	10504		287.06
SUNDAY NIGHT MENS MEETING	10475	81.00	220.02
SUNSET HAPPY HOUR WOMEN	10267		96.00
SUNSET SATURDAY	10266		100.00
THANK GOD IT'S SMOKE FREE	10487		79.86



Group Contributions -- March 2009 (Page 2)

	Gp No	MAR	YTD		Gp No	MAR	YTD
THE OTHER MEETING	11526		20.00	WEDNESDAY NIGHT 12X12 BK STDY	11176		105.00
TRADITIONS & CONCEPTS MTG	11706	11.00	46.00	WELCOME GROUP	11415		141.23
TUESDAY NIGHT BEGINNERS	10459	166.71	166.71	WEST SLOPE FELLOWSHIP	10379		45.00
TWELVE BRIDGES STEP STUDY	11543		102.77	WILLING WOMEN	11469		79.83
TWELVE STEP TO SOBRIETY	10971		50.00	WINTERS KITCHEN TABLE	10304		92.00
VALLEY SPRINGS FELLOWSHIP	11093	15.00	15.00	WOMEN IN RECOVERY	11104		23.99
WAY OUT BIG BOOKS STUDY	11326		50.00	WOMEN ON WEDNESDAYS	11806	20.00	20.00
WE CARE GROUP	10293		50.00	WOODLAND TRADITIONAL GROUP	10650	85.00	255.00
						5229.25	20526.21

If you had
just one word
to describe
GRAPEVINE
what would
it be
?

What's
your Grapevine?



We're having a contest to celebrate Grapevine's 65th anniversary year. And we are looking for that one special word (or two—or three) that describes what the Grapevine means to you.

How would you complete this sentence? "Grapevine is ..."

Tell us at: www.aagrapevine.org, or send your words to: "Grapevine Is ..." Contest, Room 1040, 475 Riverside Drive, New York, New York 10115. Your words will be posted on the Grapevine website, in Grapevine magazine, and other distribution throughout the Fellowship.

We've got some surprises in store so be on the lookout and stay posted by visiting us at...



Faithful Fivers  **99 Members as of March 2009!**

Register with Central Office as a Faithful Fiver member so you'll receive a charitable contribution receipt at the end of the year.

You can donate in any of the following ways:

- a) Mail a check every month to: CCFAA Faithful Fivers, 9960 Business Park Dr., Suite 110, Sacramento, CA 95827, OR
- b) Bring a check or cash into the office every month, OR
- c) Try the Preferred Method! Use your online banking bill pay to set up a recurring payment:
 - Payee: CCFAA Faithful Fivers
 - Central Office address, as above
 - Account number
 - Your name

Be a Faithful Fiver!

Register to pledge your support!

Please complete and return with your first contribution to:
CCFAA Central Office, Faithful Fivers
9960 Business Park Dr., Suite 110, Sacramento, CA 95827
OR email to: centraloffice@aasacramento.org

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

May we acknowledge you as a new member of the Faithful Fivers in our next issue of By The Way? Mark the box for yes - we use first names and last initials only.



By The Way Subscription



To have the By The Way delivered to your home or if your group needs additional copies, just fill out this form and mail it to CCFAA, 9960 Business Park Dr., Suite 110, Sacramento, CA 95827.

Please check one:

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- Additional Group Subscription

Subscription price (1 year) \$ 12.00
Number of subscriptions x _____
Total \$ _____

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Name: _____
Address: _____
City/State/Zip: _____

Birthday Club



One way that members have been expressing their gratitude is by sending a donation to Central Office as their birthday approaches. You may send a dollar for each year or whatever you can afford.

If you feel that you would like to make this donation, please fill out the information below and return it to CCFAA, 9960 Business Park Dr., Suite 110, Sacramento, CA 95827.

Name: _____
Address: _____
City/State/Zip: _____
Donation/Years: _____
Phone Number: _____

CENTRAL CALIFORNIA FELLOWSHIP
9960 BUSINESS PARK DR., SUITE 110
SACRAMENTO, CALIFORNIA 95827

***ADDRESS SERVICE REQUESTED**

