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

June 2009

OPEN SHIFTS/POSITIONS

Saturday: Noon to 4PM

Wednesday: Shift Coordinator

Thursday: Midnight to 6AM

Teleservice Co-chairperson

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 at (916) 454-1771 or Carla at (916) 519-7340 for more information.

Did you know?

The benefits of reading include keeping your memory sharp, your learning capacity nimble, and your mind basically hardier as you age.

Did you also know?

Central Office sells AA conference-approved literature including AA's basic texts, books on AA history, Grapevine books and informative pamphlets.

Due to staffing changes, Central Office will be closed on **Saturdays** until further notice

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Letter from the CCFAA Chairperson

Let's Make Practical and Spiritual Sense

An article on AA finances derived from a letter of August 1958 in Language of the Heart, PP226

There has been much recent discussion of late regarding the finances around AA in Central California but not nearly enough solution. It is long established in the 7th Tradition that AA is to be self-supporting but few go on beyond their own groups to look at their region or AA World Services, AA as a whole as Bill called it. But Bill was well aware and had some practical experience with how tight alcoholics can be and how this character trait continues into recovery. In this piece "Let's Make Practical and Spiritual Sense," Bill discusses with a friend the need for a new cheaper, paperback Big Book, a fifty cent edition. Eventually Bill goes on to describe how the marginal revenues from the sales of the Big Book go to support AA World Services and the headquarters in New York. So the early AAs and the trustees, understanding the unlikelihood of the fellowship to donate monies, provided the margin from the book sales to go to general service. This is great and works well today although for a long period AA struggled and operated in the red at various points as discussed in the article.

So the individual groups are self supporting and AA General Service is provided for through book and literature sales, along with some donations from groups, but where does this leave the intergroup?

(continued on page 18)

Service Opportunities at CCFAA!

We need volunteers to help with the assembly of the flyer mailing on Thursday, June 11th at 9:00AM.
We also need volunteers to help with the assembly of the By the Way mailing on Tuesday, June 30th at 9:00AM.
Donuts, coffee, fellowship and fun!

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 info about your 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 AA 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 located at 9960 Business Park Dr., Suite 110 in Sacramento!

Flyers Anyone?

All registered groups are welcome to email us an electronic (soft) copy of your flyers at centraloffice@aasacramento.org so we can add them to our website.

Delegate's Meeting

Saturday, June 20th
New Delegates 2:00PM
All Delegates 3:00PM
2703 El Camino Ave., Sacramento

Office Operations Committee

Tuesday, June 16th at 6:00PM at
Central Office, 9960 Business Park Dr.
Suite 110, Sacramento, CA 95827

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PI/CPC Needs You! New Meeting Place! New Meeting Day!

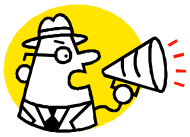
Monthly meetings will be held every 3rd Monday from 7:00PM to 9:00PM in the Citrus Heights Police Dept. Community Meeting Room, 6315 Fountain Square Drive off Greenback.

CNIA Area Committee Meeting

Saturday, June 20th at 10:00AM
East Yolo Fellowship
1040 Soule Street, West Sacramento

NCCAA Conference

Sacramento July 17, 18 & 19
Committee meetings are held monthly - the next one will be Sunday, June 14th at 12:30PM at Group Three, 8760-D La Riviera Drive, Sacramento.
To volunteer, contact Paul C. at (916) 494-3568.



International Convention Upcoming Trusted Servant Position Vacancies

Two trusted servant positions are open for the 2010 International Convention:

Class A (nonalcoholic) Trustee

and

AAWS (AA World Services) Nontrustee Director.

Resumes should be filed by July 17, 2009 for Class A (nonalcoholic) Trustee and July 1, 1009 for AAWS Nontrustee Director.

If you have any questions about the procedure for submitting resumes, please contact Valerie at (212) 870-3476 or nominating@aa.org.

H&I Monthly Meeting

Thursday, June 18th at 6:00PM
Coco's Restaurant, 1830 Arden Way, Sacramento

District 22 AA / Al-Anon Convention

August 28–30, 2009
Vets Hall, San Luis Obispo, CA
"A New and Wonderful World"

Teleservice Activity Report April 2009

Teleservice	April	YTD
12 Step	52	254
Meetings/Info	683	2,307
Total Calls	735	2,561

Teledesk Activity Report April 2009

Teledesk	April	YTD
12 Step	8	46
Meetings/Info	616	1,998
Total Calls	624	2,044

2009 Deadline Dates for Submissions

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

Month	Flyers	By The Way
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

Annual CCFAA Picnic!

The Annual CCFAA Picnic will be held August 16, 2009 at Elk Grove Park. Three baseball fields have been reserved. Want to be involved in planning the year's most exciting event? If so, the Picnic Planning Committee will be meeting on Friday evenings at 6:00PM on these dates: June 19, July 10, July 31, August 7 and August 14. The meetings will be held at Central Office. For more info, call Diane H. at (916) 779-7994.

Central Office Volunteer Service

Flyers	By The Way
June 11th	June 30th
July 13th	July 31st
August 11th	August 31st
September 11th	September 30th
October 13th	October 30th

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.

Need a Meeting Place?

If you're in need of a meeting place in the Loomis area, Sierra Christian Church at 5645 Rocklin Road has space available. Contact Pastor Bill Garrett at (916) 624-8733.

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: _____

NCCAA 62nd Annual Summer Conference

The Northern California Council of Alcoholics Anonymous will hold its 62nd Annual Summer Conference July 17th, 18th and 19th at the DoubleTree Hotel, 2001 Point West Way, Sacramento. Fellowship, Workshops, Speakers, Drawing and Dance. Pre-registration is appreciated and is $10 per person; at the conference, the registration fee is $15. Get more information and download the registration form by going to CCFAA's website at www.aasacramento.org and clicking the Special Events link.

SACYPAA (Sacramento Young People in AA) Elections

Come be a part of and join the committee! Many positions are available including: Chair, Secretary, Events, Facilities, Graphics, GSR, Outreach, Webmaster and many more.

SACYPAA elections will be held Sunday, June 7th from 1-5PM at St. Mark's Church, 2391 St. Mark's Way in Sacramento. All are welcome.

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, 7PM. **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:** June 6 Shawn M. from San Jose, June 13 and June 20 TBA, June 27 Raymond C. from Antelope.

SUNRISE SPEAKER MEETING ~ WHEN: Every Sunday from 11AM-12PM. **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 Sunday of the month. **WHERE:** Deterding Park, 1415 Rushden Drive, Sacramento, CA 95864; off Hurley Way at the traffic light between Watt and Morse Avenues (at the clubhouse near the swings). The last Sunday 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 7PM. **WHERE:** St. Martin's Church, 640 Hawthorne at Sycamore, Davis.

ELK GROVE FELLOWSHIP ~ WHEN: 3rd Saturday of every month. Potluck beings at 6:30PM and Speaker begins at 8PM. **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 6PM and speaker begins at 7PM. **WHERE:** 169 4th St., Galt. Our group will supply the main course; bring your favorite side dish or just yourself and some friends. **WHO: June 6 ham dinner with Bill R.L. "Easy" from Sacramento, July 4 hamburger/hot dog barbeque with Mark A. from Sacramento, August 1 assorted cold cuts and salads with Joe W. from Sacramento .**

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

GROUP THREE ~ WHEN: Saturday, May 16 at 8PM . **WHERE:** 8760-D La Riviera Drive, Sacramento.

HOPE AND SERENITY SPEAKER MEETING ~ WHEN: 1st Saturday of the month at 8PM. **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. **WHO:** June is Frank J. of Los Angeles, July is Mike K. of Idaho, August is Bob D. of Las Vegas.

MIDTOWN SOLUTIONS ~ WHEN: Last Saturday of the month from 7-8:15PM. **WHERE:** 2903 30th Street (near Franklin Blvd. and 4th Ave.). **WHO: On** June 27, the main speaker will be Claire from Living Sober Women; the 15 minute speaker will be Paul S. from Midtown.

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

NORTH HALL GROUP ~ WHEN: 3rd Saturday of the month at 8PM. **WHERE: 3501 2nd Ave., Sacramento 95817.**

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

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

SACRAMENTO MONTHLY SPEAKER MEETING ~ WHEN: 2nd Saturday of every month at 8PM. **WHERE:** Centennial Methodist Church, 5401 Freeport Blvd., Sacramento (1 block North of the intersection of Fruitridge & Freeport Blvd.). **WHO:** June 13th Theresa N. from Dayton, NV. Please join us for dinner with the speaker and committee at Marie Callender's on Freeport at 6PM. 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 at 8PM. **WHERE:** St. Marks United Methodist Church, 2391 St. Marks Way, Sacramento. For directions or more info, 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.

GROUP NEWS

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

12-SQUARED GROUP: This open, one-hour, study, non-smoking, wheelchair accessible meeting is held at 6PM at St. Stephens Lutheran Church, 1001 Olson Lane, El Dorado Hills.

BIG TIME SOBRIETY: Has a new room! Visit us at 7:30 to 8:30 Friday nights in the Nevada City room in the east side of the Coloma School, 4623 T Street, in East Sacramento. Our meeting is open, non-smoking and wheelchair accessible. It has central A/C and no mirrors!

COLFAX BIG BOOK STUDY: Is a new group that will be meeting on Thursday nights from 7pm to 8pm. Join us at 59 W. Church St, Colfax CA 95713 (United Methodist Church). This will be a one hour, closed, study meeting.

DIXON NO NAME GROUP: Is starting a new meeting on Monday mornings at 6:30AM. Join us at 700 N. Adams St. in Dixon, CA 95620. This will be a Daily Reflections discussion meeting.

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.

FEARLESS AND THOROUGH GROUP: A one-hour book study with help from the Joe and Charlie tapes. Same time and place – new name, new energy. Sundays 6PM to 7PM at Serna Village, 5836 Dudley Blvd. (34th Street), McClellan Business Park (N. Highlands). Meeting room, kitchen, parking lot, bathrooms are all accessible. Open to all – J.P. and Tom D. welcome you!

FRIDAY LUNCH BUNCH: New open, one hour, non-smoking meeting at noon on Fridays at the American River Alano Club, 9346 Greenback Ln., Suite 8, Room A, Orangevale.

GALT FELLOWSHIP: Birthdays are celebrated on the last Saturday of each month. We have 20 regularly scheduled meetings listed in the directory, all one hour no smoking.

HOLY SMOKELESS GROUP: Meets every Tuesday from 7:30PM to 8:30PM 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: Won't be meeting 1st or 3rd Fridays of the month as the building will be closed until the budget is passed.

NORTH HALL: Meeting location has a new neck of the woods! As of May 1st, our new location is at 3501 2nd Avenue, Sacramento 95817. This is caddy corner to its old post. We invite you to come by and visit us at our new home. Also, new open, regular, one hour meeting on Tuesdays at noon.

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 N. Sacramento Monday thru Friday from 8AM to 9AM.

ROSEVILLE FELLOWSHIP MONDAY NIGHT GROUP: Needs support! We meet every Monday night 7PM-8PM at 10020 Foothills Blvd., Roseville 95747.

SPIRITUALLY SPEAKING GROUP: Meets every Sunday from 5:30PM 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.

STEP 2 MEN'S GROUP: Has added a new closed, men's, one hour, no smoking, wheelchair accessible meeting to their weekly schedule on Thursday at 11:30AM at 2529 K St, Sacramento.

STEP SISTERS: Is a new women's, open, one hour, non-smoking, study group that will be meeting on Thursdays at 5PM at St. Andrews Church, 7850 Watt Ave. in Antelope.

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

SUNRISE ATTITUDE ADJUSTMENT GROUP OF PLACERVILLE: Has moved. We are now meeting at The Senior Center, 937 Spring St., Placerville. We meet seven days a week at 7:00AM.

THURSDAY NITE MEN'S GROUP: As of May 7, our new address is 3022 F St. (Greek Orthodox Church), Sacramento 95816. Parking and entrance in the alley way.

TRADITIONS AND CONCEPTS STUDY GROUP: That meets on Wednesdays in Annex-1 at Fair Oaks Presbyterian Church in Fair Oaks changed their meeting time from 6PM to 7PM.

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

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

WOMEN ON WEDNESDAYS: Has moved to Placer Heights Baptist Church, 2954 Schnell School Rd. in Placerville.

SPECIAL EVENTS

12 AND 12 BOOK STUDY: 6th Annual Speaker Meeting and Dessert Potluck Tuesday, June 30 at Roseville First Church of the Nazarene, 1301 Main St., Roseville. Dessert potluck and fellowship from 7-7:45PM, speaker meeting (Craig L. of Natomas) from 8-9PM. This is an open meeting of AA, all are welcome!

60 MINUTE SOLUTION: Annual Potluck Barbeque Sunday, June 7at Fair Oaks Park, 11910-11915 Fair Oaks Blvd., Fair Oaks. Setup at 3:30PM, food and fellowship at 4PM, open speaker meeting at 7PM. Hot dogs, burgers and limited soft drinks will be served. Please bring a potluck dish to share. For more info, call Michael S. at (916) 706-9926.

AUBURN FELLOWSHIP: Unity Day to be held on Saturday, June 27 at the Auburn Fairgrounds from 10AM to 1AM. Registration opens at 9:00AM, 10-11:30 AM will be an Al-Anon speaker, 12PM speaker will be Matt K. from Vacaville, 1:30PM District 21, 2:30PM H&I Panel, 3:30-5:00PM Small Group Workshops, 5:30- 6:30PM Dinner and Dessert Potluck, 6:30PM speakers are Truck T. from Sacramento and Theresa F. from N. Hollywood, 8:30PM Raffle and Free Dance. Pre-registration is $5 per person or $7 at the door, Registration & Dinner is $15, T-shirts are $12. Pre-registration package is $20 and includes all events and a T-shirt.

CLARKSBURG ANNUAL PICNIC: Sunday, June 14 at 4PM at Clarksburg Community Church. Potluck & BBQ at 4PM - WE supply the chicken and soft drinks, YOU bring a dish to share. 6PM Speaker Meeting: George L. from Missouri and Mike M. from Davis. Cake and festive White Elephant Raffle after the meeting.

ELK GROVE FELLOWSHIP: Is having a Fourth of July Alcathon with meetings every hour and half and potluck throughout. It will be a great time. It will begin at noon on the 4th and go until the end of the last meeting at 11:30PM. A sign up sheet is available at Native Sons Hall for secretary and chairperson positions.

HAPPY CAMPERS GROUP: 20th Anniversary Potluck on Tuesday, June 9 at 6:30PM at St. George Episcopal Church, 5600 Winding Way, Carmichael. Speaker at 8PM. Come join us for fun, food and sobriety!

6TH ANNUAL LANGUAGE OF THE HEART WOMEN'S AA BRUNCH: Sunday, June 14 from 11AM to 3PM at the Radisson Hotel, 6680 Regional St., Dublin, CA. Pre-registration required; visit the Special Events page on the CCFAA website for the registration form. Email LOTHWB@gmail.com or call Theresa at (925) 918-0225 for more info.

(More Special Events on the next page!)

SPECIAL EVENTS

LOOMIS FELLOWSHIP ANNUAL ICE CREAM SOCIAL: Saturday, June 6, 2009 at Loomis Memorial Hall, 5945 Horseshoe Bar Rd., Loomis. Raffle prizes, fun and fellowship. Doors open at 6:30PM, Speaker Meeting at 7:30PM, Raffle and Ice Cream at 9PM.

NATOMAS GROUP: We're celebrating 21 years! Join us in celebration and friendship for a potluck, picnic and speaker meeting Sunday, June 7th from Noon to 4PM at Natomas Oak Park (off I-5 and Garden Highway). Bring your favorite BBQ for the grill, a favorite dish, salad or dessert. We'll provide the basics and beverages. Children welcome. Bring a blanket or chair and games.

NORTH AUBURN GROUP: July 4th BBQ, Saturday, July 4th at 11:30AM at Auburn Regional Park, 3770 Richardson Dr., Hwy. 49 and Dry Creek Rd. Bring your favorite dish - we provide the meat. Big Book Study at 11:30AM, Potluck at 1:30PM, Speaker Meeting at 3PM, Raffle at 4:15-ish. For more info, contact Denise at (530) 274-0283.

REBELLION DOGS GROUP: Father's Day Alkathon Potluck Sunday, June 21 from 10:30AM-4PM at Hagginwood Park Community Center, 3271 Marysville Blvd., Sacramento. Three one-hour open meetings at 11AM, 12:30PM and 2PM. Food and fellowship half an hour before each meeting. All are welcome! Contact Tom W. for more info at (916) 359-3310.

SOLUTIONS WEEKEND: Potato Bar and Speaker Meeting Saturday, June 20 at the First Congregational Church of Auburn, 710 Auburn Ravine Rd., Auburn. Dinner 6-7PM, speaker Domenica O. from Sacramento 7:30-9PM. $5 single, $8 couple; no charge to attend the speaker meeting only. We will be playing a variety of games: Hot Potato, Musical Chairs and much more! For free drawing donations, please call Steve at (916) 425-4973.

9TH ANNUAL YPAA DAY: Presented by Los Angeles County Young People in AA. Sunday, June 7th at Six Flags Magic Mountain. Picnic hours: 4-7PM, AA meeting from 6-7PM, park hours are 10:30AM to 10PM. For more information, go to www.lacypaa.org.

June Birthdays

Birthday Club

Beulah S. 39 yrs
Larry P. 30 yrs
Elizabeth J. 29 yrs
John Q. Sr. 19 yrs
Kelly H. 11 yrs
Jon S. 9 yrs
Dawn W. 7 yrs

May

Linda P. 13 yrs
Kimberly F. 8 yrs

ACTION GETS IT GOING

Julia M. 25 yrs — Tom P. 24 yrs
Rick Y. 18 yrs

CORDOVA SERENITY SEEKERS

Lynne S. 24 yrs — Ken B. 22 yrs
Steve W. 22 yrs — Lanie J. 21 yrs

COURAGE TO CHANGE

Nel R. 36 yrs — Teri 19 yrs
Gloria 13 yrs — Dee 8 yrs

DAVIS FRIDAY NOON

Yve 44 yrs — Erinn C. 41 yrs
Lynn G. 31 yrs — Lois S. 29 yrs
Valerie J. 25 yrs — John L. 15 yrs
Shawna P. 5 yrs — Maureen T. 4 yrs
David S. 3 yrs

May

Elisabeth S. 23 yrs — Laurie H. 20 yrs

DESTINY GROUP

Charles 27 yrs — Ronald R 20 yrs
Shawnna 18 yrs — Bruce H. 17 yrs
Jan H. 13 yrs

EAST YOLO FELLOWSHIP

Paul V. 28 yrs — Charles 27 yrs
Darrel M. 27 yrs — Vicki S. 21 yrs
Pat H. 19 yrs — Micky L. 14 yrs

May

Bryan R. 1 yr

ELK GROVE FELLOWSHIP

Marg W. 34 yrs — Christine C. 21 yrs
Anrea B. 19 yrs — Tom L. 18 yrs
Jeannie S-P. 12 yrs — John K. 12 yrs
Karin M. 12 yrs — Betsy C. 10 yrs
Max F. 9 yrs — Art F. 8 yrs
Bob H. 8 yrs — Brian R. 7 yrs
Lorrie R. 7 yrs — Eric C. 6 yrs
Brandon S. 5 yrs — Dean K. 5 yrs
Bryn D. 4 yrs — Melissa Z. 4 yrs
David N. 3 yrs — Debra G. 2 yrs

GALT FELLOWSHIP

Joe S. 27 yrs — Dave K. 6 yrs
John H. 2 yrs

GREENHAVEN

Allan 20 yrs — Betsy V. 6 yrs
Joyce G. 6 yrs — Marshall J. 3 yrs
Pattie 2 yrs — Cindy C. 1 yr
Evan 1 yr — Glen D. 1 yr
Ingrid 1 yr — Karen 1 yr
Noelle M 1 yr

GROUP ONE

Linda H. 20 yrs — Sheldon H. 20 yrs
Gary H. 19 yrs — Tom C. 18 yrs
James V. 15 yrs — Jacques M. 12 yrs
Steve G. 11 yrs — Shaun D. 9 yrs
Brian E. 6 yrs — Robert J. 5 yrs
Joanna H. 3 yrs — foot loose Bruce 1 yr
Shari X. 1 yr — Wesley P. 1 yr

GROUP THREE

Yvonne S. 29 yrs — Donna G. 28 yrs
Frank C. 28 yrs — Michael G. 28 yrs
Janet B. 26 yrs — Bruce K. 23 yrs
Gloria S. 23 yrs — Manny D. 21 yrs
Heidi H. 20 yrs — Margie G. 20 yrs
Adrian L. 19 yrs — Brenda G. 19 yrs
Joy H. 19 yrs — Randy C. 19 yrs
Richard H. 19 yrs — Shawn D. 18 yrs
David M. 17 yrs — Diane S. 17 yrs
Susan N. 17 yrs — Tina Y. 17 yrs
Allison L. 16 yrs — Mike M. 16 yrs
Bill L. 15 yrs — Cubby S. 15 yrs
James V. 15 yrs — Mary M. 15 yrs
Ted M. 15 yrs — Julian L. 14 yrs
Kimberly C. 14 yr — Lise V. 14 yrs
Rachelle R. 14 yrs — Tracy C. 14 yrs
Gayle D. 13 yrs — Mary D. 13 yrs
Debbie N. 12 yrs — Don M. 12 yrs
Jacques M. 12 yrs — Ken T. 12 yrs
Lois D. 12 yrs — Martha K. 12 yrs
Alan M. 11 yrs — James W. 11 yrs
Jeff L. 11 yrs — Kassie M. 11 yrs
Kelly H. 11 yrs — Olivia K. 11 yrs
Mildred M. 11 yrs — Monica S. 11 yrs
Rex L. 11 yrs — Ron H. 11 yrs

GROUP THREE (CONT'D)

Sarah A. 11 yrs
Tom T. 11 yrs
Bob T. 10 yrs
Janet C. 10 yrs
Arthur W. 9 yrs
Emerson M. 9 yrs
Leslie D. 9 yrs
Mitchell B. 9 yrs
TomP. 9 yrs
Amber W. 8 yrs
Mike H. 8 yrs
Sandra E. 8 yrs
Charles C. 7 yrs
Kimberly H. 7 yrs
Patrick P. 7 yrs
Richard R. 7 yrs
Steven F. 7 yrs
Vickey J. 7 yrs
Christl S. 6 yrs
Debbie P. 6 yrs
Garry A. 6 yrs
Kimberlee T. 6 yrs
Lisa A. 6 yrs
Ramona M. 6 yrs
Susan B. 6 yrs
Chris J. 5 yrs
Joyce G. 5 yrs
Raymond L. 5 yrs
Steven F. 5 yrs
Gail B. 4 yrs
Nicole O. 4 yrs
Florence S. 3 yrs
Jerry H. 3 yrs
Robert C. 3 yrs
Johnny M. 2 yrs
Rebecca B. 2 yrs
Jennifer B. 1 yr

Terri S. 11 yrs
Tracy P. 11 yrs
Deirdre B. 10 yrs
Jerry S. 10 yrs
Cynthia B. 9 yrs
Janell B. 9 yrs
Miguel B. 9 yrs
Ray B. 9 yrs
Will S. 9 yrs
James G. 8 yrs
Robert L. 8 yrs
Stephanie S. 8 yrs
Joe H. 7 yrs
Maria B. 7 yrs
Penny S. 7 yrs
Ryan K. 7 yrs
Theodore M. 7 yrs
Christina P. 6 yrs
David P. 6 yrs
Eva C. 6 yrs
Jon K. 6 yrs
Kym R. 6 yrs
Nick C. 6 yrs
Rob L. 6 yrs
Cathleen G. 5 yrs
Chris R. 5 yrs
Lawrence G. 5 yrs
Ryan M. 5 yrs
April W. 4 yrs
Louis J. 4 yrs
Chris M. 3 yrs
Ginnie B. 3 yrs
Michael S. 3 yrs
Jim D. 2 yrs
Matt K. 2 yrs
Susan E. 2 yrs
Julie C. 1 yr

HAPPY CAMPERS

Brian K. 1 yr

HEAD ACROSS WOMEN'S

Rosie B. 28 yrs
Dede B. 15 yrs

Stephanie W. 19 yrs

JUST RIGHT GROUP

Ed M. 17 yrs

Mark B. 7 yrs

NATOMAS GROUP

Maggie A. 20 yrs
Katy W. 2 yrs
Bill S. 1 yr

Cheryl 7 yrs
Rusty B. 2 yrs
Denise T. 1 yr

NORTH HALL

Theodora K. 32 yrs
Dara C. 28 yrs
Jesse M. 24 yrs
LiRon H. 21 yrs

Pat D. 29 yrs
Esther L. 28 yrs
Michael L. 23 yrs
Karla P. 20 yrs

NORTH HALL (CONT'D)

Connie B. 19 yrs
Jean A. 18 yrs
Mike M. 16 yrs
Joyce P. 15 yrs
Sandy 14 yrs
David D.H. 11 yrs
Douglas M. 10 yrs
Carrie G. 9 yrs
Joseph M. 8 yrs
Eva C. 6 yrs
Stephen M. 5 yrs
Mike P. 4 yrs
Brandy B. 3 yrs
Matt L. 3 yrs
Robert P. 2 yrs
Jonathan A. 1 yr

Nora R. 19 yrs
Tom L. 18 yrs
Doug B. 15 yrs
Bettie M. 14 yrs
Debbie E. 13 yrs
Bob T. 10 yrs
William O. 10 yrs
Bret C. 8 yrs
Ray L. 8 yrs
Kirsten R. 6 yrs
Leslie B. 4 yrs
Arturo J. 3 yrs
Joe H. 3 yrs
Amy S. 2 yrs
Jeffery T. 1 yr
Linda N. 1 yr

ORANGEVALE OPEN

James S. 20 yrs
Sonny H. 1 yr

Eden J. 6 yrs

REBELLION DOGS

Roderick B. 20 yrs

Steve R. 6 yrs

ROSEVILLE EAST SIDE - May

Clark 20 yrs

Monica R. 4 yrs

ROSEVILLE TUESDAY NIGHT GROUP

Jean B. 41 yrs
Bill S. 28 yrs
Roland D. 25 yrs
Mary L. 22 yrs
Dan L. 18 yrs
Kari S. 14 yrs
Suzanne A. 12 yrs
Julie H. 10 yrs
Dee Dee P. 9 yrs
Dawn W. 7 yrs
Cliff K. 6 yrs
Greg E. 5 yrs
Wes S. 5 yrs
Jim H. 4 yrs
Mark C. 4 yrs
Brad U. 3 yrs
Ed B. 3 yrs
Kim C. 3 yrs
Kirk W. 3 yrs
Niki H. 3 yrs
Steve E. 3 yrs
Trisha B. 3 yrs
Debbie M. 2 yr
Jeff C. 2 yrs
Kimberly T. 2 yrs
Will T. 2 yrs
Gary J. 1 yr
Jodi 1 yr
Michael B. 1 yr
Ted 1 yr

Caroll Y. 33 yrs
Dave H. 25 yrs
Beckey B. 23 yrs
Roberto P. 19 yrs
Susan N. 17 yrs
Patti D. 13 yrs
Cynthia L. 11 yrs
William O. 10 yrs
Bill R. 7 yrs
Rhonda D. 7 yrs
Dana E. 5 yrs
Jeremy J. 5 yrs
Heather A. 4 yrs
Kris D. 4 yrs
Shelia S. 4 yrs
Cynthia F. 3 yrs
Elaine J. 3 yrs
Kimberly T. 3 yrs
Nancy P. 3 yrs
Pamela S. 3 yrs
Susan L. 3 yrs
Dave 2 yrs
Eddie 2 yrs
Kevin R. 2 yrs
Steve W. 2 yrs
Brooke 1 yr
Heidi F. 1 yr
Lyn R. 1 yr
Mike B. 1 yr

ROUND TABLE

Tony B. 15 yrs

SHARING & CARING

Pat E. 27yrs
John L. 25yrs
Bobby C. 21yrs
Herb K. 14yrs
Laurie R. 4yrs
Chanel 2yrs
Ashley R. 1yr
Jennifer B. 1yr
Michael 1yr
Mickey G. 1yr

Rick K. 27yrs
Skip A. 24yrs
Rick Y. 18yrs
Bernard T. 10yrs
Sara T. 4yrs
Jodi T. 2yrs
Crystal Mc. 1yr
Leslie S. 1yr
Michelle A. 1yr

SOUTHPORT SERENITY

Jan H. 13 yrs

TRADITIONAL GROUP

Bob M. 46 yrs
Susan B. 35 yrs
Judy L. 29 yrs
Dave M. 23 yrs
Barbara K. 21 yrs
Jim B. 19 yrs
JoAnne C. 12 yrs
Lori H. 10 yrs
Jeff S. 4 yrs
Aaron C. 3 yrs
David J. 2 yrs
Carla C. 1 yr
Jennifer B. 1 yr
Kelly J. 1 yr

Vito S. 36 yrs
Wendy J. 35 yrs
Alice N. 23 yrs
Jay C. 23 yrs
Dreigh P. 20 yrs
Stephanie M. 19 yrs
Kelly H. 11 yrs
Cathy V. 9 yrs
Mike W. 4 yrs
Paul E. 3 yrs
Allison W. 1 yr
Crystal M. 1 yr
John M. 1 yr

WINTERS KITCHEN TABLE

Wil M. 31 yrs
Gloria R. 16 yrs
Wille B. 8 yrs
Ray J. 1 yr

Dennis N. 28 yrs
Rich P. 15 yrs
Richard H. 3 yrs

WOODLAND TRADITIONAL GROUP

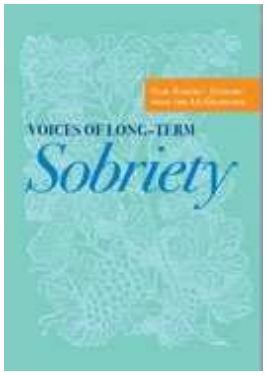
Bob H. 31 yrs
Bernard T. 12 yrs
Judy C. 4 yrs
Andrea P. 2 yrs
Kristy B. 1 yr

Jan H. 13 yrs
David E. 8 yrs
Suzette S. 3 yrs
Mark T. 2 yrs
Tim S. 1 yr

In Memoriam

Don M. of Davis then Idaho passed away unexpectedly this month. He was an outstanding example of AA, getting sober in Texas in his twenties and getting his PhD in Chemistry in his thirties at UC Davis. He was a good friend to so many in Davis, always full of insight and enthusiasm for anyone who cared to share it. Don will be greatly missed.

June Book of the Month



In this collection of stories from the AA Grapevine, old-timers share their wealth of experience in staying sober through good times and bad.

Excerpt:

How AA Came to Geneva, Nebraska from Section Two: Living History, July 2001

It was a Saturday evening in April 1964, and usually I would have been uptown at a bar. But I was home suffering from the flu (for a change it was something other than the "brown bottle flu") when a man named Hartley came to visit. My wife reluctantly admitted him to our apartment, believing he'd come to take me out drinking. But Hartley had a different purpose…

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:

"You don't need a shrink. You have an alcoholic personality. All you will ever need is in the first 164 pages of the Big Book."

Page 133, 2nd paragraph:
"But this does not mean that we disregard human health measures. God has abundantly supplied this world with fine doctors, psychologists, and practitioners of various kinds. Do not hesitate to take your health problems to such persons. Most of them give freely of themselves, that their fellows may enjoy sound minds and bodies. Try to remember that though God has wrought miracles among us, we should never belittle a good doctor or psychiatrist. Their services are often indispensable in treating a newcomer and in following his case afterward."

More to come...

And now a word from the Little Big Book Dictionary…

From the Big Book excerpt above:

(*beh lit ul*) discount / think, represent, or speak of as small or unimportant / to cause to seem less thank another or little

Question: From Chapter 5, How It Works, we learn that "Resentment is the '_____ _____' offender?"

Answer: "number one" (page 64)

Faithful Fivers

112 Members as of May 2009!
A regular monthly donation is all it takes!

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

Some of our Faithful Fivers!
Andrew R., Darlene O., Dick L., Kathleen B., Mary F., Nancy McO. and Susan D.!

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.

CCFAA Delegate's Meeting Minutes—May 16, 2009 (Page 1)

I. Opening

A. Call to Order at 3:00 pm
B. Open with Serenity Prayer
C. Traditions Read
D. 7thTradition – $68.98
E. Delegate Check-in/Group Announcements
G. Birthday Total Years – 34

II. Preliminary Business:

A. Delegate and Visitor Check-in: Total Delegates = 41
B. Quorum met - Yes

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

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C. Attending Elected Positions:

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

III. Approval of Minutes

1. Minutes approved with corrections:
   Correction: See Special Needs Report.
2. Approval of New Group: 12-Squared group, Wednesdays, 6 -7 pm, Step Study, No Smoking, Wheelchair access, 1001 Olson Lane, El Dorado Hills, St Stephens Lutheran Church. Group Approved Unanimously.

IV. Trusted Servant Reports

A. CCFAA Chairman's Report – Steve B.

1. Watching the CCFAA budget and discussed it at the OOC meeting this week, we have a lot of business to discuss and there will be an article in the BTW this month about our financial situation.
2. CCFAA donation money is tight we have also seen a decrease in literature sales so far this year. We came up with ideas to save money but as you will hear we have had dip into the prudent reserve – this should be a major red light to all of us. Today you will vote on raising the price of literature and we need to all be mindful of bring this message back to our groups, we need their support now as much as ever.
3. If you have new business, a motion, or procedural changes for this group please bring them to the Chairman or the By Laws chair, Cindy C., and we can help you format things, answer questions, or get them ready for new business.
4. Three 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. Sign up for multiple copies of the By The Way! I get 6 copies and hand them out.
   b) We need reliable volunteers at the central office everyday to work the phones and help with light office work. Call Karen for shifts or just show up!
   c) Faithful Fivers and birthdays are lagging this year; lets get that in gear. We need your support to continue to support you!

B. Assistant Chairperson/CNIA Liaison – John Q.

1. Welcome to our new delegates:
   Jim C. – 12-Squared Group
   Ramona E. – Midtown
   Melissa A. – Davis Young People
   Thank you for your service!

I reported to the CNIA meeting via email of the Central Office closure on Saturdays and our proposed literature price increase.

Thank you for allowing me to be of service.

C. Office Operations Committee – Brian B.

- The meeting was begun in the usual manner. Those present were: Brian B., John Q., Ray L., Steve B., Terry S., Karen Y. and Cindy C.

1. Staffing: Since we lost one part-time staff member, the remaining person, Grace, has agreed to work 30 hrs per week through the summer. Saturday opening was discontinued until further notice as trained staff is not available for Saturday hours.

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2. Fundraising: Brian B gave a report on the picnic meeting. During the meeting a fundraising idea was brought up. The idea was to have a Speaker meeting Bingo game at a date in the fall. The idea was discussed in the OOC meeting and it was agreed that it needed further development and a presentation to the CCFAA delegates.
   Another fundraising idea that was brought by Rae W. was to sell non-approved literature and print and sell birthday cards. The discussion was tabled for further development.
3. Literature: There was a discussion about increasing the book inventory in anticipation of the price increase. It was decided that the issue should be tabled until the next OOC meeting and the vote on the price increase for books that was presented to the delegate body.
4. Budget: Group contributions due to the end of the quarter helped. There was a discussion about publishing a state of the budget letter in the By the Way. A non-contributing group was discussed and Steve B. agreed to contact that group. The budget concerns were tabled until after the delegate vote on the book price increase.

D. Office Volunteer Coordinator Report – Karen Y.

1. There is one vacant Teledesk shift: Tuesday morning (9AM-1PM). It has been covered by Lynn S., Steve H., Robert F. and myself. I have relinquished my shift (Wednesday AM) and it was quickly filled by Em W. I am now available to cover absences as needed.
2. Marvin S. has expressed an interest in assuming the Mail Run when Mike leaves the end of June. Thank you for stepping up.
3. We are looking for additional volunteers for preparing the By-The-Way/Flyers for bulk mailing. Only three showed up for the flyers this month; I hope we have a better turnout for the BTW on May 29.

Please call Central Office and say you're interested; I'll get back to you. Thank you for allowing me to be of service.

E. Office Managers Report – Rae W.

1. Staffing: The abrupt departure of one of the Office Assistants (OA) created a temporary staffing shortage. As of Thursday, May 7th, coverage sufficient for Monday through Friday operations was arranged by having Ron H. and Tim H. work the Sales Desk. Tim has taken the afternoon shift on Tuesdays and Thursdays and Ron has shifts on Monday, Wednesday and Friday.
2. Saturday hours: We no longer have any staff available to work the Saturday hours. Ray L., the Treasurer, made the suggestion to have the OOC Members man the Saturday hours until some arrangement could be worked out going forward and no one stepped up to take one 4-hour shift every 7th Saturday . The Saturday hours were an attempt to provide additional service to the Fellowship. In light of our finances and lack of trained personnel, I think the experiment has come to a natural end. The motion put forth and voted on at the last Delegates' meeting was a good thing, but circumstances have changed to make Saturday's opening unfeasible at this time.
3. Current Staff: Currently we have one paid Office Assistant (OA) and two volunteer Sales Assistants. As of 5/20, the OA will work 6-hour days, 5 days per week. The exception will be during my vacation from 5/20 to 6/4. We are closed Monday 5/25 for Memorial Day and during that week the OA will work 8:30-5 with a one-hour break and accumulate 32 working hours. The following week, on 6/3 the OA will start vacation and return for work on June 8th. Ray L. will open and close on Wednesday, June 3rd and I return the following day.
4. Volunteer Status: I have not worked out hours with Ron H. for his scheduled Mon.-Wed.-Fri. hours and I am not sure if he has vacation planned for any of the summer months. Tim H. has informed me that he may be away for as long as one month during the July-August months. Karen Y. has offered to train on the Sales Desk so that she can be available as a backup. Karen has just done an amazing job finding and working with volunteers and substitutes. Ray L. continues to step in and help as needed. All efforts are greatly appreciated.
5. Expenses: With the Saturday closing and by using volunteer help for the Sales Assistant position, we will be cutting staffing hours by 14 hours per week. This will result in a savings in wages and payroll tax expense of $826.75 per month or for a grand total of $5,787.25 over the next 7 months.
6. Contributions: The word is getting around about the budget deficit since the last meeting. We have had 5 new F5ers and several that have doubled their initial monthly contribution.
7. Reports & Filings: Federal & State NPO information returns were filed on 5/7/08. Workers Comp Annual Wage Report is due 5/31 and will be completed after the 5/15/09 pay period.
8. Network Services: We now have 2 backup drives on the server that are alternated daily. Also shadow backup capability has been added. There are now 3 separate backup functions in operation.

And all is well...

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E. Treasurer's Report -- April 2009 – Ray L.

Income

1. Total Income for April almost met budget projections, $18,687 actual vs. $18,817 projected.
2. Our new item, medallion sales, exceeded projections. All other income items, including individual contributions, Fivers & Birthdays, were below projections year to date.
3. The above primarily consist of -----
   a) Decreased AAWS literature sales; $5,597 actual vs. $7,625 projected. This item continues 20% below projection YTD, roughly ($5,800).
   b) Group contributions monthly exceeded budget at $9,670 actual vs. $7,500 projected. This is due to group quarterly distributions.
   c) Our newest item, medallion sales, continues to exceed projection.
   d) Individual contributions and Office Services revenue continue below projection.
4. Gross income for April was $12,418 versus $13,042 budgeted. YTD stands at $44,777 actual vs. $52,167 projected.

Expense

1. Overall expense categories are at or slightly below projection YTD with the exception of PI/CPC.
2. Total Expenses for the month were $12,494 versus $13,455 budgeted.
3. Resulting Net Income for the month was $(76) and $(8,061) YTD.

- Due to the continuing negative cash flow over the last 4 – 5 months we were required to transfer $10,000 in Feb. from a Reserve CD to the General checking account. The checking account balance is currently running between $5 – 7,000.
- For April 2009 Group contributions barely met YTD projections; please continue to encourage contributions with your groups.
- Individual contributions are somewhat below 2008 but we hope this will increase as the year progresses. Please encourage Faithful Fivers and Birthday Club participation with individuals in your groups.
- The office staff and the OOC continue to explore ways to increase revenue and reduce expense for 2009. The proposed increase in literature prices will significantly enhance our current income.

F. By Laws & Procedures Chairperson – Cindy C.

- No report.

G. PI/CPC MEETING – Chuck H.

- PI/CPC Minutes for April 13, 2009 - Chuck canceled the meeting due to remodeling.
  - Following are a few notes that were sent by e-mail and gathered at the front door:
    Mary: Will meet with SACYPAA regarding PICPC in May. District 29 has re-stocked all of the libraries and continues outreach to the Russian community and local food closets in the area.
    Rod: Visited the Sylvan Library for Ivo and re- stocked. He also re-stocked the libraries from last month.
    Russ: Re-stocked McKinley, McClatchy and Sac Main libraries .
    Paul: Manned an AA literature table in the lobby of the State Theater in Woodland. He did another outstanding job re-stocking traveling to 31 different locations and filling a total of 94 racks.
    Emile: Still organizing District 21 PICPC efforts. Their outreach hitting AFL-CIO, hospitals, Laundromats, law enforcement, libraries, high schools, MADD, Sierra Council, PACT, parks, and an information table at Unity Day.
    Short and sweet, yours in service -Jim
- PI/CPC Meeting on May 18, 2009 - 12 people in attendance.
  Chuck opened the meeting at 7:10 PM with some loving memories of Ivo.
  Chuck: Spoke of Ivo and Kelly starting the original PICPC committee in district 27 over 9 years ago. He visited Ivo many times during his fight with cancer and shared one of Ivo's last moments with Mike. While visiting, Mike handed Ivo his 11yr chip, Ivo reached out took the chip in his hand and held it tightly. With all the strength he had left, Ivo held on to AA. Chuck shared a picture of the Tee-Pee, yes, the Tee-Pee that Ivo attended his first AA meeting. Ivo was a great cowboy and great man, and the most dynamic soul that God could have picked to start the PI/CPC movement in our district.
  Chuck opened formal discussion with a prayer from one of Ivo's favorite prayer books at 7:30.

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Faith: After leaving AA with 16 years, Faith has returned and is attending her first PICPC meeting, looking to get back into active service. WOW! That needs repeating, "Faith has returned."
Emile: Dist. 21 has over 20 people onboard, willing, and active. Emile continues to re-stock multiple facilities and is reaching out to new arenas like campgrounds and Laundromats. He wanted to remind everyone of the Sept. 12th workshop in Auburn.
Jerry: Stocked the Sylvan Library, Roseville Kaiser and the Mercy Hospital on Dewey Dr.
Rebecca: Working very hard on Health Fairs and community conventions. She has requested that the committee purchase some nice table fold outs so we won't have to borrow them from Melody (Area Rep.) some of the places she attended: April 23 - Sac City College, April 30 - American River College, 2009 - Nurses Convention, Breining Driving School.
Kelly: DCM District 27 - attended the Post Conference Assembly and spoke of the questions regarding our Public Service Announcements. The major concern was the showing of people's faces. After a brief discussion the committee voted in favor of seeing people's faces, especially their eyes. With a disclaimer at the end of the PSA (actors portraying AA members). There should be no reason for a breach of anonymity. Kelley will present our feelings to the district, further discussions will follow.
Jim: Met with Emile and Jo Ann and re-stocked the emergency room and the waiting room at Sutter Roseville. Regrettably Jim had to resign from his service as recording secretary. Christy has volunteered to take over this commitment.
Mary: The Kaiser in District 29 does not want any more literature placed in their facility due to the increase of litter. This is one of the few Kaiser's that has not welcomed the presence of out literature. District 29 continues its outreach to low-income people in the area, libraries, veterans, and the Russian community. Mary wanted to make a special thanks to the SACYPAA members who staffed the AA booth at the California School Nurses Convention.
Christy: Re-stocked the Rancho Cordova Library and the Community Sheriffs office in Fair Oaks. She is working on updating the spreadsheets on all of the hospitals and libraries. Again we would like to congratulate Christy on the passing of her bar exam.
Tom: Re-stocked 33 locations at the UCD Med Center. He was asked to leave at the Kaiser facility on Industrial Road in Rancho Cordova. Re-stocked 20 locations at the Kaiser on Mack Rd, 20 at the Salvation Army, 21 at Sutter General, and 43 at Mercy Hospital. He also hit three locations at Mather AFB.
Paul: Brought over a ton of literature for everyone thanks to our continued support from our Central Office. Again our "Super Stocker Paul" has hit too many locations to list but in all he visited 33 locations and re-stocked 77 different racks.
Russ: E-mailed - hit McClatchy, McKinley and the Main Library.
Rod: E-mailed - hit the same libraries he did last month.
The meeting closed at 8:45 with the "Lords Prayer."
Thank you for letting be a member of this hard working committee - Jim

H. Picnic Chairperson – Diane H.

1. Last night's picnic meeting went well. We voted on having one winning team for the softball tournament instead of two to keep costs down on winning team shirts. The choice of co-chair is Casey K. She is currently the delegate for SACYPAA, and is both a member and the General Sect'y for the Freedom Group. Brian B. and Jolane G. and Steve B. will be researching prices of T-shirts, coffee mugs , and water bottles to be sold at the picnic this year. We hope to have some more information by the next picnic meeting. We still do not have a speaker; however, I have two people whose numbers I am trying to locate. I hope to have a speaker by the end of next week.
2. Picnic positions taken since last meeting:
   - White Elephant / Traditional Group
   - Co-chair / Casey K. Freedom Group
   - Bingo / Greenhaven
   - Soda & Water / Galt
   - Supplies / Mike S. 60 Minute Solution
   - Signs / Becca R. Group 3
   - Pull Tabs / Orangevale Open
   - Crafts, plants, and rocks / Merrilee G. Group 3 (tentative)
   - Set-Up / SACYPAA (tentative)

CCFAA Delegate's Meeting Minutes—May 16, 2009 (Page 6)

I. Special Needs Chairperson – Lynn S.

- March, 2009: We had one call this month. We brought a meeting. into a high-rise for a female member who had several medical conditions, and hadn't been able to get out to meetings. She was also celebrating 26 yrs. of sobriety!
- April, 2009: We also had one call this month. I visited alone, as this call was at a Skilled Nursing. Facility. This woman's son had called for it, saying that she used to attend meetings regularly before she became ill. However, she suffers with some form of dementia, and really couldn't follow my reading of the Big Book. I was grateful to remain sober, doing this service.
- May, 2009: We just had one call last week. We brought a meeting to UC Davis Medical Center and visited with a member who'd suffered multiple injuries in a motorcycle accident. He'd been used to attending five meetings a week and had had only four in the last six weeks. We read from the Big Book and discussed Step 3, per his request. I was impressed by his overall acceptance of his condition.
  Thanks for letting me be of service.

J. Faithful Fivers and Birthday Club – Nancy M.
Faithful Fivers April: $596.39 and for ½ of May: $793.00
Birthday Club: April: $234.00 and for ½ of May: $130.

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

A. Hospitals & Institutions

- H&I Conference end of May in Galt. Some prisons are closed to volunteers at this time.
- H&I Area 42 Committee Meeting, Coco's, 1830 Arden Way, Sacramento, CA, April, 2009

1. New reps or coordinators: George fair oaks
2. First time at meeting: Lauren, new Bob Doc, Roseville Tues night
3. A.A. Birthdays: Mary R, 44 years; Bill, 15 years; Ritchie, 3
4. Regional 40 Chair: Dennis W. - Dennis serves as the link between the General committee and Area 42. We are getting ready for the H&I conference in May weekend of May 30 in Galt, we need a lot of help.
5. 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 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 Galt, we have fliers to take to home group, We have flyers for the conference, we need form ones filled in for all facilities, he sent out e-mails to inform those to attend the meetings, if they miss three meetings in a row you will be replaced, we attended spring fling, 25 people signed up to volunteer for H&I please hang up pink sheet bulletin board at home group and sign up with Joe if you need help or want to volunteer
6. Literature: Mary R. - 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 Galt 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 Galt for the conference, Planning committee meetings are held on Sunday in Galt after the morning meeting.
7. 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,
8. Workshop Coordinator: Craig A. - He goes to various home meetings with a panel to share the purpose of H&I. He passes around a volunteer sheet to recruit new people. If any home groups would like to host a workshop, please contact Craig for more information. He can also chair a meeting if you are not a fellowship to talk about H&I.
9. Facilities needing contact chairs (once a month meeting, for a year commitment):

Facility or (Other)	Specific Volunteer Needs	Person
CSP Sacramento	Ongoing need for all seven days - M-F 5:00 pm, Sat-Sun 8:00 am	Jim V.
Folsom Transitional	Need help on Wednesdays and Thursdays	Bryan N.
Kaiser CDRP	Needs secretaries for first, fourth, and fifth Monday morning meetings	JP
Mule Creek- Ione	Still need help for Tues/Thurs evenings and Saturday mornings	Richard M.
RCCC Women	Still needs volunteers	Michele K.
River City Recovery- Women's	Needs secretaries for all Thursday evenings of month - 7:00 pm	Christina C.

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10. Old Business: Call Bill if you want to cover some of the open facilities
11. New business: We discussed facility coordinators not giving the reports
12. Location: Coco's 1830 Arden Way, Next meeting: May 21 at 6:00pm

Christine Wellins

B. Teleservice Chairperson's Report – Report by Carla C.

Calls, April 2009		
SERVICE	**Apr 2009**	**YTD**
12 Step	52	254
Meetings/Info	683	2,307
TOTAL	735	2,561

Open Shifts as of 5/16/09	
DAY	**TIME**
Co Chair	
Wednesday	Shift Coordinator
Wednesday	9PM – Midnight
Thursday	Midnight – 6AM
Saturday	Noon – 4PM

12-STEP LIST	Volunteers: 116 (50 men/66 women)
Special Needs	More Spanish speakers, 12-step male volunteers in W. Sac, NW Sac, E. Sac and Woodland zip 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!

VI. Old Business

1. A Simple Majority vote on revised literature prices, an increase of 30% passed. Takes effect July 2009. 27 For, 11 Against.

VII. New Business

1. A request was made for the Office Operations Committee and Office Manager to investigate the feasibility of selling non-conference publications (i.e., A New Pair of Glasses, Drop the Rock, The Twelve Step Workbook, etc.) at CCFAA's Book Store. Such an investigation would include contacting other intergroups, literature committees and/or central office managers to inquire of their success, problems, and the profitability figures of commonly sold items. Also of benefit would be knowing how they decide what items are to be sold.

VIII. Closing

1. The next meeting is June 20, 2009 at 3:00 pm at 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

Gratitude

With the help of God, AA, the Twelve Steps and my sponsor,
I can carry on a conversation without ever mentioning myself.
I can hold a job without liking it. I can pause when agitated.
I can give hugs and receive them without flinching from fear of being hit.
I can say "I love you" and mean it.
I can even walk down the street with my nose at a friendly level,
eyes forward, knowing God paid me a visit.
It's up to me to do the most with it.

- The AA Grapevine, May 2009, p. 44

CCFAA Delegate's Meeting Minutes—May 16, 2009 (Page 8)

Treasurer's Report April 2009 (Page 1)

	April 2009	Apr 09	Jan-Apr 09	Prorate Budget	Budget
1	**Ordinary Income/Expense**				
2	**Income**				
3	4020 · AAWS Literature Sales	5,597.25	24,700.42	30,500.00	91,500.00
4	4025 · In-House Publication Sales	1,529.29	5498.13	6,666.67	20,000.00
5	4035 · Medallion Sales	616.25	2784.51	1,333.33	4,000.00
6	4100 · Group Contributions	9,670.00	31,100.83	30,000.00	90,000.00
7	4110 · Anonymous Contributions	5.01	101.82	666.67	2,000.00
8	4120 · Birthday Contributions	234.00	784.00	833.33	2,500.00
9	4125 · Office Services Revenue	365.85	1,355.85	1,333.33	4,000.00
10	4130 · Faithful Fivers	596.39	2,602.59	3,333.33	10,000.00
11	4440 · Interest Income	72.69	340.74	600.00	1,800.00
12	4460 · Picnic Revenue	0.00	0.00	0.00	10,000.00
13	**Total Income**	**18,686.73**	**69,268.89**	**75,266.67**	**235,800.00**
14	**Cost of Goods Sold**				
15	**5000 - Literature Costs**				
16	5010 · Cost of AAWS Literature Sold	4,557.80	17,682.81	21,166.67	**63,500.00**
17	Literature Costs/Adjustment	23.35	69.55	66.67	$200.00
18	**Total 5010 · AAWS Literature**	**4,581.15**	**17,752.36**	**21,233.33**	**63,700.00**
19	**5025 · In-House Publication**				
20	5030 · Paper Stock & Staples	290.97	1,031.62	1,400.00	4,200.00
21	5035 · Printing Equipment	431.00	1,768.00	1,666.67	5,000.00
22	5040 · Copy Costs	693.02	2,641.06	1,666.67	5,000.00
23	**Total 5025 · In-House Publication**	**1,414.99**	**5,440.68**	**4,733.33**	**14,200.00**
24	**Net Income In-House Publication**	**114.30**	**57.45**	**1,933.33**	**5,800.00**
25	**Cost of Medallions**	**272.74**	**1,298.47**	**466.67**	**1,400.00**
26	**Total Cost Of Goods Sold**	**6,268.88**	**24,491.51**	**26,433.33**	**79,300.00**
27	**Gross Income**	**12,417.85**	**44,777.38**	**52,166.67**	**156,500.00**
28	**Expense**				
29	**Equipment Expense**				
30	5670 · Equipment Rental	83.66	630.36	100.00	300.00
31	5765 · Equipment Repairs & Maint.	0.00	103.00	893.33	2,680.00
32	5675 · Equipment Purchase	0.00	191.98	333.33	1,000.00
33	**Total Equipment Expense**	**83.66**	**925.34**	**1,326.67**	**3,980.00**
34	**Insurance**				
35	5680 · Worker's Compensation	0.00	0.00	333.33	1,000.00
36	5684 · D & O Insurance	0.00	1,039.00	1,100.00	1,100.00
37	5685 · General Liability	0.00	1,002.00	1,000.00	1,000.00
38	**Total Insurance**	**0.00**	**2,041.00**	**2,433.33**	**3,100.00**
39	**Meetings/Conference Expense**				
40	5620 · Manager Training	0.00	0.00	183.33	550.00
41	5655 · Delegates Meeting	0.00	0.00	166.67	500.00
42	5785 · Employee Travel	0.00	216.33	333.33	1,000.00
43	5786 · NCAA Delegate's Expense	0.00	0.00	133.33	400.00
44	**Total Meetings/Conference Expense**	**0.00**	**216.33**	**816.67**	**2,450.00**

CCFAA Delegate's Meeting Minutes—May 16, 2009 (Page 9)
Treasurer's Report April 2009 (Page 2)

	April 2009	Apr 09	Jan-Apr 09	Prorate Budget	Budget
45	**Office Expense**				
46	5640 · Postage & Delivery	130.40	794.13	1,166.67	3,500.00
47	5650 · Licenses & Permits	0.00	200.00	0.00	
48	5700 · Office Supplies	263.48	1,274.09	666.67	2,000.00
49	5720 · Occupancy Improvement	118.00	118.00	666.67	2,000.00
50	5740 · Miscellaneous Expense	6.79	254.35	166.67	500.00
51	5760 · Rent	1,141.00	6,058.00	6,828.00	20,484.00
52	5770 · Office/Network Software	114.00	291.16	166.67	500.00
53	**Total Office Expense**	**1,773.67**	**8,989.73**	**9,661.33**	**28,984.00**
54	**Utilities - 5770**				
55	5785 · HVAC Maint.	0.00	0.00	166.67	500.00
56	5790 · Gas & Electric	162.32	890.80	1,000.00	3,000.00
57	5790 · Telephone	329.75	1,270.27	1,266.67	3,800.00
58	5792 · Website Hosting	0.00	107.40	100.00	100.00
59	5796 · Security System	0.00	107.97	0.00	0.00
60	**Total 5770 Utilities**	**492.07**	**2,376.44**	**2,533.33**	**7,400.00**
61	**Other Committees - 6200**				
62	5990 · Picnic Committee	20.00	59.87	1,333.33	4,000.00
63	6210 · PI/CPC Expense	63.36	1,791.69	1,166.67	3,500.00
64	6220 · Special Needs Committee	0.00	0.00	50.00	150.00
65	6230 · Teleservice Committee	0.00	0.00	50.00	150.00
66	**Total Other Committees**	**83.36**	**1,851.56**	**2,600.00**	**7,800.00**
67	**Professional Fees**				
68	5610 · Accounting	90.00	385.00	833.33	2,500.00
69	5625 · Website Admin	0.00	0.00	1,000.00	3,000.00
70	5630 · Network Admin	0.00	0.00	320.00	960.00
71	5645 · Office Admin	690.25	2,192.06	1,600.00	4,800.00
72	**Total Professional Fees**	**780.25**	**2,577.06**	**3,753.33**	**11,260.00**
73	**Payroll Expenses - 5400**				
74	5410 · Management Salary	4,034.58	16,138.46	16,138.33	48,415.00
75	5415 · Clerical Wages	2,936.58	11,122.08	10,666.67	32,000.00
76	5416 · Payroll Tax Expense	1,729.36	4,264.87	2,433.33	7,300.00
77	5470 · Retirement Benefits	150.00	600.00	600.00	1,800.00
78	5681 · Healthcare Benefits	325.00	1,300.00	2,100.00	6,300.00
79	**Total 5400 · Payroll Expenses**	**9,175.52**	**33,425.41**	**31,938.33**	**95,815.00**
80	**Bad Debt Expense · 5686**	**0.00**	**12.00**	**66.67**	**200.00**
81	**Credit Card Fees · 5895**	**0.00**	**79.76**	**23.33**	**70.00**
82	**Bank Charges · 5690**	**105.24**	**343.69**	**133.33**	**400.00**
83	**Total Expense**	**12,493.77**	**52,838.32**	**53,686.33**	**161,059.00**
84	**Net Income**	**-75.92**	**-8,060.94**	**-1,519.67**	**-4,559.00**

Tradition Four

"With respect to its own affairs, each AA group should be responsible to no other authority than its own conscience. But when its plans concern the welfare of neighboring groups also, those groups ought to be consulted. And no group, regional committee, or individual should ever take any action that might greatly affect AA as a whole without conferring with the trustees of the General Service Board. On such issues, our common welfare is paramount."

- Do I insist that there are only a few right ways of doing things in AA?
- Do I share no knowledge of AA tools with other members who may not have heard of them?
- Does my group always consider the welfare of the rest of AA? Of nearby groups? Of loners in Alaska? Of internationalists miles from port? Of a group in Rome or El Salvador?
- Do I put down other members' behavior when it is different from mine, or do I learn from it?
- Do I always bear in mind that, to those outsiders who know I am in AA, I may to some extent represent our entire beloved Fellowship?
- Am I willing to help a newcomer go to any lengths – his lengths, not mine, to stay sober?

Letter from the CCFAA Chairperson (continued from page 1)

Our intergroups, also referred to as "the Central Office," are where AA happens at the local level. A look inside includes volunteers eagerly answering calls from drunks wanting to find possibly their first meeting; the view also includes our trusted servants busily ordering literature and printing schedules and so on. These service centers can cost a bit of money to operate, paying the rent, paying the trusted staff (possibly on par with other non-profits), sending the mailers, maintaining the websites, etc. So where does all this money come from? Well, central offices do accept group contributions, but as Bill noted, they generally do not even add up to a dollar per AA a year, so then the offices mark up the literature some and print schedules and charge to cover costs but still they operate in the red too often.

So what is the solution? Same as it has always been, good sponsorship. When I was newer, sponsors would take their folks down to the office to get them acquainted with how AA works in our local community; this inevitably included some requirement on my part to partake. We would take out the trash or make coffee and eventually I took a phone shift to take calls from fresh drunks. As we sat and answered phones my sponsor told me about AA tradition and treasuries and buying literature from the office and soon I was taking guys down there myself.

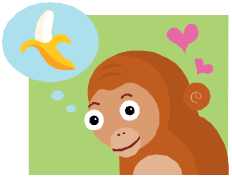
In AA today, there is no reason why our central offices should not be filled by volunteers, sponsors and their new people spending time learning about AA, while also spending time serving AA. Those many hours and days spent back there were some of the happiest times of my life. So call the office today and see when you can go volunteer, bring a newer person and show them what you have found here, as always love and service win the day.

Yours in service, Steve B.

Laughter is Good Medicine
An Actual Call Received at CCFAA

On Thursday, May 28th, our morning Teledesk volunteer received this call,

"Is this where they give out the free food?"



Calling All Young People!
A Call for Articles

The 51st Annual International Conference of Young People in AA was held Memorial Day weekend 2009 in Atlanta. The Grapevine would like to hear your stories about the event, about other AA events you've attended or about any aspect of your recovery. Photos are welcome as well. Email articles to gveditorial@aagrapevine.org or mail to Editorial Department, AA Grapevine, 475 Riverside Drive, New York, NY 10115. You can view the submission guidelines at aagrapevine.org/about/submit_guidelines.php for more information. Email photos to associateeditor@aa-grapevine.org or mail to Associate Editor, AA Grapevine, 475 Riverside Dr., Room 1040, New York, NY 10115.

Traditions Meetings: "They Don't Get No Respect"

Traditions meetings don't always get the reception they deserve. Less popular, perhaps, than Step meetings or discussion meetings, and probably not as common as open meetings or topic meetings, Traditions meetings are sometimes met with a less than enthusiastic response in the Fellowship.

"Welcome to the monthly Traditions meeting of the X-Y-Z group," the chairperson announces as the meeting begins. A groan may be heard, some muttering, perhaps, as people stir rather than settle as things get underway.

"I really needed a meeting tonight," a member might grumble," and now I find out it's a Tradition meeting…."

There doesn't seem to be any groans or grumbles, however, on Saturday nights at the Rochester Group in Rochester, NY, where the group takes up its once-a-month study of the Traditions.

"I absolutely love the Traditions," says Pat W., the group's current GSR. "Seeing how the common welfare of others can be applied to my family and professional life gives the Traditions a whole new level of depth, and practicing these principles in all my affairs easier and a lot more interesting."

Thinking that he would "absorb them by osmosis" when he first came to AA, Pat describes how he came to appreciate the Traditions even more through reading about them. "I began to read a variety of AA literature and the Traditions came alive in a way I'd never seen before…I also made contacting oldtimers a regular part of my research," – a process, he says, that helped him to understand "how we apply the Traditions nowadays to AA service, our groups, and in our individual lives."

Each month at the Rochester Group, a different member researches a Tradition and does a write-up of what they find. Copies are handed out and the proceedings are opened up for discussion. "Our most recent Traditions meeting brought in like 50 people," says Pat.

"We've found if this approach sparks interest in one person to pursue more information, we've done our part."

The Rochester Group is one of many groups throughout the AA universe to provide information about the Traditions and to offer its members regular opportunities to discuss the Traditions and how they work at all levels throughout the Fellowship. While other groups may utilize different formats for their Traditions meetings, underneath, the purpose is always the same: to render information about the critical principles that keep our Fellowship united and strong.

"AA unity cannot automatically preserve itself," notes Bill W. in the pamphlet, "AA Tradition – How It Developed" [P-17]. "Like personal recovery, we shall always have to work to maintain it. Here, too, we surely need honesty, humility, open-mindedness, unselfishness, and, above all – vigilance. So we who are older in AA beg you who are newer to ponder carefully the experience we have already had of trying to work and live together. We would like each AA to become just as much aware of those disturbing tendencies which endanger us as a whole as he is conscious of those personal defects which threaten his own sobriety and peace of mind. For whole movements have, before now, gone on benders, too!

"…Many AA's already feel that these 12 Traditions are sound enough to become the basic guide and protection for AA as a whole; that we ought to apply them as seriously to our group life as we do the 12 Recovery Steps to ourselves individually…."

"May we never forget that without permanent unity we can offer little lasting relief to those scores of thousands yet to join us in their quest for freedom."

"Unlike the response they may get from time to time throughout the Fellowship, the Traditions – and Traditions meetings – are in no way tangential to AA's primary purpose or to its rich diversity of meetings. As Pat from Rochester notes, "while it may be difficult to get people interested in the Traditions, it's also difficult to stand on the firing lines when groups don't follow them."

"Going to Traditions meetings," says Pat, "adds more depth to my sobriety and appreciation for the movement that saved my life. If it weren't for these Traditions," he notes, "we wouldn't be here."

Box 4-5-9, April/May 2009

"…liquor is but a symptom. We had to get down to causes and conditions."

Big Book, pg. 64

Step 4 - Made a searching and fearless moral inventory of ourselves.

Step 4 asks us to look honestly at ourselves. This is the beginning of clearing away the wreckage we have heaped upon ourselves and the people in our lives.

Alcohol twists our personalities and warps our values. Alcohol takes over our lives and allows us to justify unacceptable behavior. It is as if we put "Miracle Grow" on our character defects. If we were fortunate in our growing up years to learn some good values, we can throw it all away as a result of our use of alcohol.

This step provides the opportunity to look at our anger, resentment and the many other traits which are part of our whole personality. It asks that we look into every nook and cranny and attempt to find every flaw that has contributed to our downfall.

This requires two basic things: courage and a large yellow legal pad. There is no way this step can be done without writing. There are very clear directions for this step in the Big Book. As well as in the 12x12. The Big Book suggests we make a list of people we resent, identify the cause, and then indicate what part of our life it affected.

The Big Book also points out how our basic instincts can get us into so much difficulty. It speaks of sex, security and self-esteem, and how the pursuit of these in a selfish way creates most of the problems in our lives. It is suggested that all of these issues be covered in detail, in writing, so we can see clearly how these instincts have led to our unacceptable behavior.

Additionally, there are many personality traits which may have been part of us, and it is suggested we write about each one of these as it relates to our own life. Some of the words in this list may not fit, and that's okay. We can go onto the next word, but bear in mind that being fearless and searching requires an in-depth look at the following list:

Honesty, greed, grandiosity, guilt, courage, arrogance, belligerence, acceptance, willingness, forgiveness, self-centeredness, aggression, faith, possessiveness, procrastination, intolerance, jealousy, fear, selfishness, avarice, dependency, responsibility, envy, lust, pride, open-mindedness, loneliness, humility, profanity, laziness, impatience, stubbornness, perfectionism, punctuality, gratitude, anger.

It is possible that life experiences will lead you to add to this list. The point is to be through and fearless because we can promise that inner peace and success most certainly depends on your willingness to complete this Step. It takes a lot of courage to look deeply within, but the end result is worth whatever it takes.

One interesting concept about the many feelings which affect our lives is that most negative emotions stem from fear, while positive ones all stem from love. As you delve into these words, attempt to identify the connection to fear and love.

Step 4 brings us to a specific course of action that the AA Big Book describes as "vigorous." It is a "personal housecleaning which many of us never attempted." Step 4 strengthens the decision we made in Step 3 and helps us carry it out. Unless we make a "strenuous effort to face, and to be rid of, the things in ourselves which have been blocking us, our decision to turn our will and our lives over to the care of God as we understood Him can have little permanent effect."

"We wish to look squarely at the unhappiness….this has caused others and ourselves." Our goal is to root out the causes of our living problems so that we can do something about them. We have embarked on a program that will restore us to sanity. That restoration, however, depends on our willingness to look at ourselves realistically and to endure the pain associated with facing what we have become."

We set them on paper….

"In dealing with resentments, we set them on paper." That simple sentence in chapter 5 of the Big Book slowed my reading one evening as I sat with a blank pad in front of me, making no progress on Step 4.

At that time, I had been coming to meetings for two years and have not had a drink during that time. My introduction to the Steps was at my first meeting where the 12 Steps were printed on a yellowed old shade that hung behind the speaker. I thought that if this was all there was to Alcoholics Anonymous, I'd have it down pat in four or five weeks, because everything that was on the wall had been included in my religious education. Step 4 was nothing more than an examination of conscience while Step 5 was the sacrament of confession. With that settled, I sat back to drink my coffee and the days passed. (continued on next page)

"...liquor is but a symptom." (continued from previous page)

I found hope in the Fellowship and moved forward like a horse with blinders on, never looking back. But the sharing, especially at Step meetings, brought reality to me as my head cleared. Like all who had gone before me in the Fellowship, I could not escape the past.

For the first year, the first three Steps held my attention. Every time that I got to Step 4, I proceeded to lose myself in the text of the 12x12. Why did I get lost there? Easy-just the mention of the seven deadly sins (pride, greed, lust, anger, gluttony, envy, and sloth) and the guilt rises in my head. Guilt did help me not pick up the first drink though it kept me from understanding the rest of the text in the 12x12. Privately, I wanted to finish all of the steps so fast that I'd make the Guinness Book of World Records, but publicly, I nodded my assent when people said, "You should do a Step a year." I found myself writing in circles every time I tried to list all my sins.

One day, anger became my companion. It stayed day and night. My sponsor said that his sponsor claimed Step 4 was the Step for anger. Why didn't I take another look at what the Big Book had to say about it.

That night I discovered the sentence, "In dealing with resentments, we set them on paper." Nothing about guilt or sin here. No examination of conscience or sacrament of confession, just resentments. The Big Book says, "Resentment destroys more alcoholics than anything else. From it stems all forms of spiritual disease…."

I began at my earliest memory and came forward through my life. My list was thorough. No one I knew well was left off, nor were institutions with which I had had contact. I was a walking resentment.

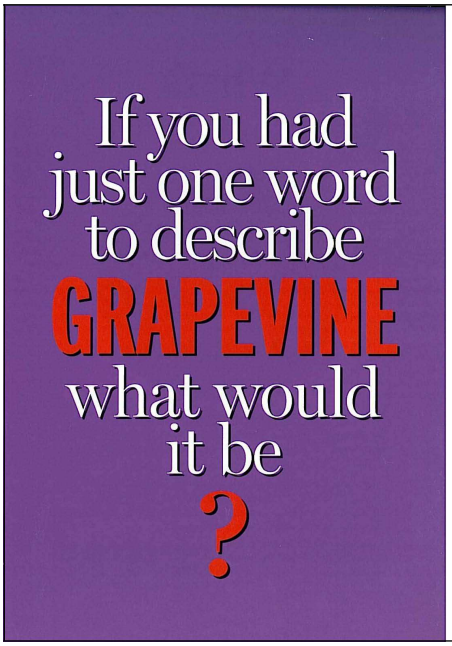
As I got to the middle of my list, my need to justify my resentment with a short postscript disappeared and I attempted simply to discover whether my anger was based on threatened self-esteem, money, ambition or personal relationships.

When my list was complete, I began to discover a startling truth – I had really been dependent on everyone. In this context, the words "selfish," "dishonest," "self-seeking," and "frightened" took on a new meaning. I appeared to be powerless over the things I feared as I was over alcohol.

But I had only to turn the page of the Big Book for the instruction to make a list of my fears, ask my Higher Power to remove my fear and direct my attention "to what He would have us be." The Big Book says that after completing Step 4, "you have swallowed and digested some big chunks of truth about yourself." This was true. Yet these truths were not accompanied by guilt. Instead I felt a deep sadness at the desperation with which I had acted. It was the beginning of an acceptance of me, shortcomings, wrongs, and all.

Step 5 stood ahead – the road to "perfect peace and ease." I was ready to call my sponsor and set the time for it. We made the date two weeks from then – I wanted to stay on the old, familiar road a little longer before starting my inventory with him.

Bernie B., New York, NY, AA Grapevine, April 1993



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Group Contributions -- May 2009 (Page 1)

	Gp No	MAY	YTD
AA UNITY GP	10480		317.85
AA WOMEN'S STEP STUDY (AUBURN)	11361		49.28
ALL TRIBES GROUP	10483		15.00
ARDEN MORSE GROUP	10004		150.00
AS BILL SEES IT ORANGEVALE	11106		90.00
ATTITUDE ADJUSTMENT DAVIS	10547		72.00
AUBURN FWP	10006		90.00
AUBURN OVER 50 GROUP	10010		510.34
BIG TIME SOBRIETY	10335		69.45
BROWNSVILLE SERENITY GRP	11536		40.00
BY THE GRACE	10552		50.00
CAPITOL CITY MEN'S GROUP	11251		235.90
CARRY THE MESSAGE GROUP	10622		300.00
CATHEDRAL GROUP	10022		1,000.00
CENACLE GROUP	11356		60.00
CITRUS HEIGHTS AA@NOON	10467		70.00
CITRUS HEIGHTS GROUP	10034		64.55
CLARKSBURG MEETING	10531	400.00	900.00
COLFAX FRIENDS OF BILL	11058		108.00
COME AS YOU ARE GROUP	10615		331.00
CORDOVA FRIDAY NIGHT GROUP	10039		54.00
CORDOVA K.I.S.S. GROUP	10042		50.00
CORDOVA LUNCH BUNCH	10591	0.87	206.87
CORDOVA SERENITY SEEKERS	10352		117.50
COURAGE TO CHANGE	10053		120.00
DAILY ATTITUDE ADJ. - FAIR OAKS	10381	289.46	1,258.31
DAILY DIRECTION AA	11276		150.00
DAVIS FRIDAY NOON GROUP	10351		100.00
DAVIS HOPE GROUP	10054		60.00
DOBBIN'S WILD BUNCH	10058		35.00
DOWNTOWN YOUNG PEOPLE'S GROUP	11105		57.09
DRY DIGGINS GROUP	10005		25.00
EAST YOLO FELLOWSHIP	10063		320.00
ELK GROVE CAME TO BELIEVE GRP	10016		240.00
ELK GROVE FELLOWSHIP	10673	206.93	1,147.80
ELK GROVE GROUP	10434		168.00
ELK GROVE POA WOMEN'S	10496		64.00
ELK GROVE SOBRIETY SISTERS	11199		167.00
ESPEE FELLOWSHIP	10064	30.00	60.00
FAIR OAKS BEGINNERS	10072	90.00	128.00
FIRST THINGS FIRST	10365		90.00
FIT FOR LIFE	10330		256.20
FLYING BLIND BIG BOOK STUDY	11479		187.50
FOLSOM BIG BOOK	10545	413.40	972.60
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		405.73
FOUNTAIN OF YOUTH GROUP	10662		112.45
FOURTH DIMENSION GROUP	11013		375.00
FOX HALL (YUBA CITY)	10311		60.00
FRIDAY NIGHT DOUBLE A GROUP	10288		113.15
FRUITVALE GROUP	10526		71.57

	Gp No	MAY	YTD
GALT FELLOWSHIP	10090	100.00	600.00
GREENHAVEN GROUP	10109		150.00
GROUP ONE	10111	30.00	90.00
GROUP THREE	10112		1,046.22
GUSTINE FELLOWSHIP	11063		50.00
HAPPY CAMPERS	10457		112.00
HAPPY DESTINY	11065		129.61
HAPPY HOUR RANCHO GROUP	11024	50.00	150.00
HELPING HANDS	10671	46.00	46.00
HOLY SMOKELESS	10115		150.00
HOPE & SERENITY SPEAKER MTG	10342	25.00	25.00
IN ALL OUR AFFAIRS	10396		200.00
INTO ACTION	10533	50.00	150.00
KEEP IT SIMPLE, ELK GROVE	11348		3.00
LINCOLN HILLS GROUP	11338		30.00
LINCOLN THURSDAY NIGHT GP	10539	68.71	201.92
LIVING SOBER WOMEN - FRIDAY	10345		17.08
LOOMIS FELLOWSHIP	10132		45.10
LOOMIS WOMEN'S STEP STUDY	11069		240.00
MARYSVILLE GROUP	10697	100.00	100.00
MEN AT WORK	11016	80.00	80.00
MIDTOWN SOLUTIONS	10481	65.00	182.00
MONDAY NIGHT WOMEN'S STEP STUDY	10159		184.50
MONDAY PM WOMENS (GIBBONS)	10118		29.52
MORE WILL BE REVEALED	11629	62.50	62.50
MYSTIC CHIX	10635		76.52
NATOMAS GROUP	10411		692.17
NEVER ON TUESDAY	10653	558.00	1,011.00
NEW HOPE GROUP	10172	75.61	293.53
NORTH AUBURN GROUP	10656	10.00	77.55
NORTH HALL GROUP	10177		613.78
NORTH HIGHLANDS FIRESIDE GP	10166		43.20
NORTH SACRAMENTO GP	10178		15.00
OAK PARK FELLOWSHIP	10179		10.00
OAK TREE GROUP	10180		1,289.70
OLD TIME VALUES	11627		28.77
ONE DAY AT A TIME GROUP	10387		100.00
ORANGEVALE OPEN GROUP	10182		132.20
ORANGEVALE SIXTY MINUTE GP	10490	150.00	150.00
PATHWAY TO SPIRITUALITY	10191	40.00	40.00
PHOENIX FWP	10193		204.61
PINE GROVE FELLOWSHIP	10651		50.00
PLACERVILLE SUNRISE ATT.	10644		250.00
PRIMARY PURPOSE FELLOWSHIP	11866		4.58
PROMISES GROUP - DIXON	11510	40.00	70.00
RANCHERIA FELLOWSHIP	11555		138.87
RANCHO MURIETA GROUP	10609		805.92
REBELLION DOGS	10363		35.95
RIO LINDA FELLOWSHIP	10203	108.21	108.21
RIVER PARK RECOVERY	10553		502.38
RIVER PINES AA	10955		20.00
ROCKLIN FWP	10677	50.00	200.00
ROLOFF TO RECOVERY MEN'S	10435		80.00

Group Contributions -- May 2009 (Page 2)

	Gp No	MAY	YTD		Gp No	MAY	YTD
ROSEVILLE TUESDAY NIGHT	10215	470.08	1,470.33	SUTTER BUTTES ROUNDUP GROUP	10606	90.00	90.00
ROUND TABLE GROUP	10217		26.25	THANK GOD IT'S SMOKE FREE	10487		176.39
RULE 62	11083		125.00	THE OTHER MEETING	11526		20.00
SACRAMENTO DOWNTOWN MEN	10640		145.45	THREE LEGACIES GROUP	10280		50.00
SACYPAA	10647		200.00	TIME TO START LIVING	11103	39.40	39.40
SERENDIPITY AS BILL SEES IT	11111		150.00	TRADITIONS & CONCEPTS MTG	11706	15.35	74.35
SERENITY BOOK & STEP STUDY	10613	115.00	171.00	TUESDAY NIGHT BEGINNERS	10459		166.71
SIERRA PINES	10687		26.51	TUESDAY NIGHT CARMICHAEL	10285	20.00	20.00
SIERRA STEP SISTERS	10678		22.51	TWELVE BRIDGES STEP STUDY	11543		102.77
SIERRA WEDNESDAY AM GP	10224		175.00	TWELVE STEP TO SOBRIETY	10971		50.00
SISTERS IN SOBRIETY	10665		94.00	VALLEY SPRINGS FELLOWSHIP	11093	20.00	35.00
SISTERS IN SERENITY	10540		120.00	WAY OUT BIG BOOKS STUDY	11326		50.00
SIXTY MINUTE SOLUTION GROUP	10500	35.12	176.28	WE CARE GROUP	10293	50.00	100.00
SMOKIN' SOBRIETY	11267	40.00	80.00	WEDNESDAY NIGHT 12X12 BK STDY	11176	90.00	195.00
SOBRIETY SPEAKS	11567		140.00	WEDNESDAY WOMEN'S STEP STUDY DAVIS	10067		38.97
SOUTHPORT SERENITY	10627		650.00	WELCOME GROUP	11415		488.97
SPIRITUALLY SPEAKING GROUP	10238	193.00	553.00	WEST SLOPE FELLOWSHIP	10379		45.00
STEP 2 MEN'S GROUP	11278	500.00	500.00	WHAT A WAY TO START A WKND	10296		212.60
STIX CHIX-PLACERVILLE	11630		68.08	WILLING WOMEN	11469		208.50
STEPS TO PEACE	11109		100.00	WINTERS KITCHEN TABLE	10304	118.80	210.80
STRAIGHT MEN'S GROUP	10259		2,000.00	WOMEN FOR WOMEN	10227	50.00	50.00
SUNDAY MORNING SERENITY	10504		287.06	WOMEN IN RECOVERY	11104		91.80
SUNDAY NIGHT MENS MEETING	10475	113.00	333.02	WOMEN ON WEDNESDAYS	11806	20.00	40.00
SUNSET HAPPY HOUR WOMEN	10267		96.00	WOODLAND TRADITIONAL GROUP	10650	85.00	425.00
SUNSET SATURDAY	10266		100.00	ZINFANDEL & CORDOVA LANE GROUP	11047		45.70
SUNSET WEDNESDAY WOMEN 11AM	10273		114.04			**5,204.44**	**35,275.02**

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"

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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.

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