



JUNE 2017



Thought to Ponder . . .
Trust God. Clean house. Help others.

**Central Office will be Closed
Tuesday July 4th**

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Became Entirely Ready

What is the meaning of the word *defect*? What is the meaning of the word *shortcoming*? Those are two words that we hear often when we are discussing *steps six and seven*, and we sometimes get caught up in the semantics of the words and it distracts us from really getting to the heart of the matter. I can understand why a person could get a little confused since they both obviously imply that there is something wrong, but if they are intended to be synonymous why did they not include them both in step six or step seven? Early in my sobriety I heard one version that implied that they didn't want to be redundant when they wrote the *big book* and when I think back on it, I see that as a weak explanation. When I read the *twelve and twelve*, I see a much more active role expected of us than simply asking God to rid us of these faults. Understanding that the founders never wanted to edit the *Big Book*, I can see that these issues had to be addressed and by publishing the *twelve and twelve* they could provide amplifying information on these and many other ideas that were unclear to the rest of us.

In order to find a simple framework that makes it easy to get the best results as I addressed these two steps I had to come up with a way to conform to the spirit of the program and rid myself of my obvious character flaws. To put it in simple terms, I might use an example that we are all familiar with: If a person purchases a new car and several month later they discover a defect in the braking system causing the car to continue to roll forward when you apply the brakes, the car would be recalled, the defect would be corrected, and the brakes would perform properly each time you put your foot down on the pedal. The defect was the faulty brakes, and the shortcoming was the behavior of the car. It wouldn't stop properly. Once the defect was corrected, the shortcoming went away.

Cont'd on page 6

**Deadline Dates for Submissions
for the By The Way and Monthly flyers 2017**

MONTH	FLYERS DEADLINE	BY THE WAY DEADLINE
June	Sat 10th	Monday May 15th
July	Mon 10th	Thursday June 15th
August	Thursday 10th	Saturday July 15th
September	Sunday 10th	Tuesday August 15th
October	Tuesday 10th	Friday September 15th
November	Friday 10th	Sunday October 15th

All submissions need to be in by 5:00PM. Email ALL submissions to: centraloffice@aasacramento.org

2017 Central Office Volunteer Days

Central Office would like to have volunteers arrive at 9:30AM on the dates below. 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 if you plan to attend.

Volunteer Dates for 2017 Mailings

	Flyer Mailing	By The Way Mailing
June	Monday 12th	Friday June 30th
July	Tuesday 11th	Monday July 31st
August	Friday 11th	Thursday August 31st
September	Monday 11th	Friday Sept. 29th
October	Wednesday 11th	Friday November 3rd
November	Monday 13th	Friday December 1st

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TELE-SERVICE DESK

Volunteers answer the hotline from 9AM to 1PM or 1PM to 5PM Monday through Friday at Central 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.
hotlinehelpers@gmail.com

CCFAA Delegates' Meeting

Saturday, June 17, 2017

Meeting begins at 3:00pm

New Delegates arrive at 2:00pm

Traditional Group Meeting Hall

2625 Alta Arden Expressway, Sac., 95825

GROUP DELEGATES

Please let us know who you are so we can send your group a FREE copy of the 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.

Please feel free to visit your Central Office located at: 9960 Business Park Dr., Suite 110 in Sacramento!

PI/CPC COMMITTEE

Meets on the 2nd Friday of the month at 6:00 PM

Faith Presbyterian Church

625 Florin Road, Sacramento 95831

OFFICE OPERATIONS COMMITTEE

Tuesday, June 13th at 6:00PM at Central Office
9960 Business Park Dr. Suite 110, Sac., CA 95827

H&I MONTHLY MEETING

3rd Thursday, at 6PM

Denny's Restaurant

7900 College Town Dr., Sacramento, 95826
(Howe Ave & Hwy 50)

We have an ongoing need for volunteers.


Contact the Area 40 Chairman, Roger M., for more information:


CCFAA 2017 Annual Picnic Planning Committee Meetings


When: 6:15pm. Where: 9960 Business Park Dr., Suite 110, Sac.

June 16th	August 4th
July 14th	August 11th
	August 18th

A.A. Teleservice Needs YOU!!

 Alcoholics Anonymous Teleservice, also known as the A.A. hotline, services alcoholics who are in need of help. We help them to locate meetings in their area or provide them with someone to talk to in times of crisis.

 This is a great way to be of service to your fellow alcoholics. All you need is the use of a phone and a current meeting schedule. From the comfort of your own home on a landline telephone or even while you're out and about with the use of a cell phone you can be of service.

 We would love to have you join our team. If you have at least six (6) months of sobriety and would like to be of service please contact Central Office at 916-454-1771 or email: hotlinehelpers@gmail.com

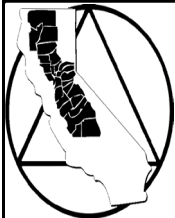
"I can't explain why I didn't hang up. I just sat there on the floor, with the receiver to my ear. The next thing I heard was "Good afternoon. Alcoholics Anonymous. May we help you?"
"Came to Believe" PG 23



SERVICE OPPORTUNITIES @ CCFAA!

We need volunteers to help with the assembly of the flyer mailing on **Monday, June 12th** at 9:30 a.m. and the **By The Way** mailing on **Friday, June 30th** at 9:30 a.m. **Donuts - Coffee - Fellowship - and Fun!**

PI/CPC Committee is looking for Russian Speaking AA members to participate with PI/CPC Committee to start Russian Speaking AA meeting. If interested contact Central Office at 916-454-1771.



NCAA 70th Annual Summer Conference June 9 - 11, 2017
Lions Gate Hotel , McClellan, CA
3410 Westover St. McClellan Park, 95652



NEWS FROM VOLUNTEER CENTRAL WHERE GRATITUDE IS AN ACTION WORD!

We at Central Office are very grateful for those who show up on a regular basis and those who just drop by and ask if there is any way that they can be of service. We could not provide the services to the groups in such an efficient manner without the help of our reliable and willing volunteers.

In service during the month of May:

TeleDesk Volunteers & Subs: Cindy F. - Dlorah B. - Lynn S. - Kathy K. - Cheryl G. - John F. - Marie G. - Peter G. - Dale M. - Lorrie D .

Sales Desk: Ron H. - Karen Y. - Cindy F. - Cindy Jo M. - Beth B. - Melissa Z. - Carlos A. - Rebecca B.

BTW & Flyer Mailing: Pete G. - Carol L. - Craig L. - Steven O. - Bill E. - Sherri KW - Jason S. - Teri E. - Dale M. - Mike R.

Bulk Mailing: - Rae W., Jason S. **Webmaster:** Pete B.

BTW : Layout & Design - Karina K.

Celebrating June Birthdays:

Kathy K. 24 yrs - Dlorah B. 8 yrs - Red G. 20 yrs
Melissa Z. 12 yrs - Carol L. 6yrs



Pause

In thinking about our day we may face indecision. We may not be able to determine which course to take. Here we ask God for inspiration, an intuitive thought or a decision. We relax and take it easy. **We don't struggle.**
- Alcoholics Anonymous, p 86

Teleservice Activity Report

	April 2017	
Teleservice	April	YTD
12 Step	67	195
Meetings/Info	240	989
Total Calls	307	1,184

Teledesk Activity Report

	April 2017	
Teledesk	April	YTD
12 Step	14	52
Meetings/Info	391	1556
Total Calls	405	1608

WEEKLY SPEAKER MEETINGS

CAMERON PARK GROUP ~ WHEN: Every Saturday, 8:00pm.
WHERE: Light of the Hills Church, 3100 Rodeo Dr. Cameron Park.
 Last Saturday is Birthday Night. Come! We need your support!

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

FOURTH DIMENSION GROUP ~ WHEN: Every Thursday, 8:00pm.
 Speaker Meeting. **WHERE:** Church of Christ, 1799 Cirby Way,
 Roseville, CA. More details @ fourthdimensiongroup.org.

FOXHALL GROUP ~ WHEN: Tuesday, 7:00pm. **WHERE:** Church of
 Christ, 1321 Peachtree Lane (Multipurpose Room), Yuba City, CA.

ROSEVILLE TUESDAY NIGHT GROUP ~ WHEN: Every Saturday,
 8:00pm-9:30pm. **WHERE:** 315 Lincoln St, Roseville, CA. 6/3- Jim
 H. of California, 6/10- Ryan C. of Rancho Cordova

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

TRIPLE A SPEAKER/PARTICIPATION MEETING ~ WHEN:
 Friday, 7:00pm. **WHERE:** 18014 Applegate Rd, Applegate, CA.

**MONTHLY SPEAKER MEETINGS**

AUBURN FELLOWSHIP ~ WHEN: Every third Saturday, 7:30pm.
WHERE: 244 Palm Ave, Auburn, CA.

BEEN THERE DONE THAT FWP ~ WHEN: 6:30pm-7:30pm.
WHERE: (Madhouse) - 8934 Madison Ave. Fair Oaks, CA.
Speaker: Al M. from American River Alano Club, Orangevale

DAVIS HOPE GROUP ~ WHEN: First Saturday of each month at
 7:00pm. **WHERE:** St. Martin's Church, 640 Hawthorn Ln, Davis,

ELK GROVE FELLOWSHIP ~ WHEN: Fourth Saturday of every
 month. Potluck at 6:00pm. Speaker at 8:00pm. **WHERE:** Native
 Sons Hall, 9151 Grove St, Elk Grove, CA. (corner of Kent and
 Grove St).

GALT FELLOWSHIP ~ WHEN: First Saturday of every month.
 Dinner: 6:00pm. **Speaker:** 7:00pm. Group supplies main course.
 Join us! Bring a side dish or just yourself and some friends.
WHERE: 229 4th St, Galt, CA.

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

GROUP THREE ~ WHEN: Third Saturday of the month at 6:00pm.
WHERE: 9940 Business Park Dr, Ste. 110, Sacramento, CA.

HI-FLYERS ~ WHEN: Last Sunday of the month at 7:00pm.
WHERE: 3077 Alhambra Drive, Suite E, Cameron Park, CA.

MIDTOWN SOLUTIONS ~ WHEN: Third Saturday, 7:00pm-8:15pm.
 20 min. Speaker: **WHERE:** 2903 30th St, Sacramento, CA.

**NEW HOPE GROUP ICE CREAM SOCIAL/BIRTHDAY/SPEAKER
 MEETING ~ WHEN:** Last Saturday of every month, 7:00pm.
WHERE: St. Francis Episcopal Church, 11430 Fair Oaks Blvd, Fair
 Oaks, CA. Ice Cream is served at 5:30pm

NORTH HALL GROUP ~ WHEN: Third Saturday of the month,
 8:00pm. **WHERE:** 3501 2nd Ave, Sacramento, CA.

NORTH SACRAMENTO GROUP ~ WHEN: First Saturday of the
 month, 7:00pm. **WHERE:** 2330 Fairfield St, Sacramento, CA.

MONTHLY SPEAKER MEETINGS cont'd

**NORTH SACRAMENTO GROUP ~ Potluck/Speaker Meeting~
 WHEN:** June 3rd, 6:00pm. **WHERE:** 2330 Fairfield St, Sacramento,
 CA. Potluck Salad Bar at 6pm, Speaker meeting at 7pm.

RIO LINDA MONTHLY SPEAKER MEETING ~ WHEN: Second
 Friday. Doors open at 6:00pm. **WHERE:** Rio Linda Fellowship,
 Calvary Lutheran Church, 515 L St, Rio Linda, CA.

**Sacramento Monthly Speaker Meeting of Alcoholics
 Anonymous ~ WHEN:** 2nd Saturday of Every Month at 8:00pm.
WHERE: Centennial Methodist Church, 5401 Freeport Boulevard,
 Sacramento, CA. (1 block north of the intersection of Fruitridge &
 Freeport) Speaker: May 13th- Steve L. of LA, June 10th-Kristina
 W. of Marin, July 8th-Don L. of Bellevue, Aug 12th-Nancy N. of LA,
 Sept 9th-Bob D. of Las Vegas (36th Anniversary). Please join us
 for dinner with the speaker & committee at Marie Callender's (at
 6:00pm.) on Freeport. For dinner Reservations contact: Randy J
WACYPAAX ~ WHEN/WHERE: Please go to wacypaax.com for
 more info.

TRADITIONAL GROUP SPEAKER MEETING ~ WHEN: Fourth
 Sunday of the month, 12:00 noon. **WHERE:** 2625 Alta Arden Expy,
 Sacramento, CA.

QUARTERLY SPEAKER MEETING

EAST YOLO FELLOWSHIP ~ WHEN: Quarterly - March, June,
 September and December on the Third Saturday of the month at
 7:00pm. **WHERE:** 1040 Soule St, West Sacramento, CA. Potluck at
 6:00pm. Bring a dish to share and enjoy the fellowship. *March
 Speakers Jean and Greg B. of the Traditional Group.*

**NORTH AUBURN GROUP POTLUCK/QUARTERLY SPEAKER
 MEETING ~ WHEN:** Quarterly - March, June, September and
 December on the First Saturday of the month. Doors open at
 5:00pm. **WHERE:** 4076 HWY 49 E., Auburn.
 Potluck at 6:00pm. Bring a dish to share and
 enjoy the fellowship.

WEST SLOPE UNITY GROUP ~ WHEN: Quarterly -
 January, April, July and October on the Fourth
 Saturday of the month at 7:00pm. **WHERE:** 3734
 China Garden Rd, Diamond Springs, CA. Doors open at 6:00pm.
 Dessert Potluck. Please bring a sweet treat to share. Gift Basket
 Raffle and DJ following meeting. We encourage each group to
 donate a themed basket for our annual spring raffle.

**GROUP UPDATES & CHANGES**

BACK TO BASICS ROCKLIN ~ Discontinued ~ WHEN: Monday,
 7:00pm **WHERE:** Life House Church 4800 Sierra College Blvd,
 Rocklin

**BYO BOOK STUDY ~ Update (was Loomis 12X12 Study Group) ~
 New Location ~ WHEN:** Thursday, 7:00pm-8:00pm. **WHERE:** 145
 Park Dr., Roseville (Christian Science Church)

GALT FELLOWSHIP ~ New Location ~ All Meetings. Speaker
 Meeting - 1st Saturday of the Month; Birthday Meeting - Last
 Saturday of the Month. **WHERE:** 217 S Lincoln Way, Galt

HIGH FLYERS ~ Update ~ WHEN: Wednesday 7:00pm, **Young
 People.** **WHERE:** 3077AlhambraDr. Ste D., Cameron Park

GROUP UPDATES & CHANGES cont'd

HIGH FLYERS ~ Update ~ WHEN: Saturday 10:30am **Women's**

Book Study. WHERE: 3077AlhambraDr. Ste D., Cameron Park

MOTHER LODGE FWP ~ Time Change ~ WHEN: 7 days/week,
8:00pm changed to 7:30pm **WHERE:** 677 Pleasant Valley Rd,
Diamond Springs

OAK PARK FELLOWSHIP ~ New Location ~ All Meetings WHERE:
Kyle's Temple, 2940 42nd St, Sacramento

SERENITY SISTERS ~ New Location ~ WHEN: Thursday 6:30pm-
7:30pm **WHERE:** (Elk Grove Congregational Church) 9524
Melrose Ave, Elk Grove

SHARING AND CARING ~ Update ~ WHEN: Mondays, 10:00pm.
This meeting is now a **Young People** meeting. **WHERE:** 4955
Marconi Avenue Suite A, Carmichael

SHARING AND CARING ~ Update ~ WHEN: Sundays, 12:00pm.
This meeting is now a **Men's, Open** meeting. **WHERE:** 4955
Marconi Avenue Suite A, Carmichael

STEP SISTERS ~ Time Change ~ WHEN: Thursday, 5:30pm-
6:30pm. **WHERE:** St. Andrews Church, Antelope

THANK GOD IT'S SIMPLE ~ New Location ~ WHEN: Friday
7:00pm **WHERE:** 9001 Foothills Blvd, Roseville.

THE FOCUS GROUP ~ Discontinued ~ WHEN: Wednesday,
8:00pm. **WHERE:** 9346 Greenback Ln (American River Alano
Club)

NEW GROUPS AND MEETINGS

AUBURN FELLOWSHIP ~ New LGBT Meeting~ WHEN: Sundays,
7:30pm-8:30pm Starting May 7th. **WHERE:** 244 Palm Ave,
Auburn, CA.

DUBIOUS LUXURY GROUP ~ New Meeting ~ WHEN: Wednesday
12:00pm **WHERE:** (The Crossing Church) 1227 N Market Blvd,
Sacramento. This is an Open, One hour, Book study.

GROUP ONE ~ "We Agnostics" ~ New Meeting ~ WHEN: Friday,
9:00pm-10:00pm. This is an open meeting. **WHERE:** 2804 T St,
Sacramento.

MOTHER LODGE FWP ~ New Meeting ~ WHEN: Friday 9:30pm,
Candlelight. WHERE: 677 Pleasant Valley Rd, Diamond Springs

NORTH SACRAMENTO GROUP ~ New Meeting ~ WHEN:
Saturday, 5:00pm. **WHERE:** 2330 Fairfield Street, Sacramento.
Open, Non-smoking, Wheelchair access.

NORTH SACRAMENTO GROUP ~ New Young People's Meeting ~
WHEN: Friday, 10:00pm. **WHERE:** 2330 Fairfield Street,
Sacramento. Open, One-Hour, Non-smoking, Wheelchair access.
All ages welcomed. **Meeting begins June 2nd**

RED ROAD RECOVERY ~ New Meeting ~ WHEN: Saturday,
3:30pm. **WHERE:** 2330 Fairfield Street, Sacramento. Open, Non-
smoking, Wheelchair access, **emphasis on Native American**
Recovery

GROUP ANNOUNCEMENTS

DRY DIGGINS GROUP ~ We've Moved! WHEN: Thursday, 7:00pm.
WHERE: Auburn Grace Community Church Rm 100, 2376
Zinfandel Dr, Rancho Cordova.

**GROUP ANNOUNCEMENTS Cont'd**

EAST YOLO FELLOWSHIP ~ Secretary Workshop ~ Second
Saturday of March, June, September and December at Noon.
WHERE: 1040 Soule St, West Sacramento.

EAST YOLO FELLOWSHIP ~ Change to 1 Hour Meetings~ WHEN:
Monday 8pm, Tuesday 8pm, Wednesday 8pm and Saturday 9pm
WHERE: 1040 Soule St, West Sacramento. **These meetings will**
now be 1 hour meetings

GOLDEN GIRL'S GROUP ~ This is a very Special AA meeting for
Women age Fifty & older. But open to all interested
recovering women. **WHEN:** Monday, 10:00am-
11:30am. **WHERE:** Sunset No-Al Club, 5809 Gibbons
Dr, Carmichael.

**GROUP THREE NCCAA SUMMER CONFERENCE**

HOST COMMITTEE MEETINGS ~Volunteers Needed ~ WHEN:
Sundays 11/6, 12/4, 2/5, 3/5, 4/2, 5/7 and 6/4, 12:00 noon. **WHERE:**
9940 Business Park Drive, Sacramento.

Newcastle Friday Night Meeting of Alcoholics Anonymous ~
invites you to join us! ~ WHEN: Friday, 7:00-8:15pm. **WHERE:**
Newcastle United Methodist Church - 410 Buena Vista Ave. (off
Old State Hwy) Speaker and Discussion.

NORTH SACRAMENTO GROUP ~ Potluck/Speaker Meeting~
WHEN: June 3rd, 6:00pm. **WHERE:** 2330 Fairfield St, Sacramento,
CA. Potluck Salad Bar at 6pm, Speaker meeting at 7pm.

SO THIS IS IT GROUP ~ Needs Support! ~ WHEN: Thursday at
8:00pm **WHERE:** Advent Lutheran Church, 5901 San Juan Ave,
Citrus Heights.

STUDENTS OF SOBRIETY ~ Needs Support! ~ WHEN: Saturday at
9:00pm **WHERE:** American River Alano Club 9346 Greenback Ln,
Ste. 8, Orangevale. *A safe place for fellowship, late on Saturday*
night.

WOMEN FOR WOMEN GROUP ~ Come Join Us! ~ WHEN:
Wednesday Mornings from 8:00am-9:00am **WHERE:** St. Francis
Church, 11438 Fair Oaks Blvd, Fair Oaks. Open 60 minute meeting
just for women every Wednesday. Easy parking, easy access and
lots of fellowship.

SPECIAL EVENTS**JUNE**

28TH ANNUAL EDI WOMEN'S RETREAT ~ WHEN: June 2nd-4th.
WHERE: Galilee Episcopal Camp and Retreat Center (Camp
Galilee) 1776 US-50, Glenbrook, NV 89413

AUBURN UNITY DAY 2017 ~ WHEN: June 17th **WHERE:** 707 Bell
Road, Auburn. Speaker panels, marathon meetings, info table,
snack bar, dinner, dessert buffet

**THE 12 and 12 BOOK STUDY 14TH ANNUAL SPEAKER MEETING/
DESSERT POTLUCK ~ WHEN:** June 20th **WHERE:** 209 Technology
Way, Rocklin (Creekside Church). Dessert Potluck 7:00pm-
7:45pm, Speaker-Sally F. from Newport Beach 8:00pm-9:00pm

CLARKSBURG ANNUAL PICNIC AND SPEAKER MEETING ~ WHEN:
June 11th 4pm-7pm. **WHERE:** Clarksburg Community Church, 5290
Netherlands Ave, Clarksburg. Guest Speaker: Mike P. from
Sacramento

SPECIAL EVENTS Cont'd

EAST YOLO FELLOWSHIP ~ WHEN: Saturday, June, 17th, at 6:00pm.
WHERE: 1040 Soule St, West Sacramento,. Potluck at 6:00pm. Bring a dish to share. 7:00pm. Speakers: Michele H. Al-Anon. Mark H. AA

HAPPY CAMPERS GROUP 27TH ANNUAL POTLUCK/SPEAKER MEETING ~ WHEN: June 20th **WHERE:** 6201 Winding Way, Carmichael (Sacramento Metro Church). Short Speaker: Jason S., Main Speaker: Ron D, of Lincoln

H&I STEERING COMMITTEE MEETING ~ WHEN: June 11th, 11am-3pm.
WHERE: North Highlands Community Center, 6040 Watt Ave., North Highlands. All are welcome.

LOOMIS FELLOWSHIP ICE-CREAM SOCIAL and SPEAKER MEETING ~ WHEN: June 3rd, 6:00pm-9:00pm. **WHERE:** 6414 Brace Rd, Loomis
NCCAA 70TH ANNIVERSARY SUMMER CONFERENCE ~ WHEN: June 9th-11th. **WHERE:** McClellan Conference Center, 3410 Westover St, McClellan. Pre-registration by May 31st- \$20 per person, at the conference- \$25.

NORTH SACRAMENTO GROUP YARD SALE AND GROUP MEETINGS ~ WHEN: June 24th, 9am-2pm. **WHERE:** 2330 Fairfield St, Sacramento. Meetings at 9am, 12 noon, 2pm. Yard sale will feature a variety of items.

ROCKLIN FELLOWSHIP ANNUAL PICNIC ~ WHEN: June 4th, 11:00am-4:00pm. **WHERE:** 5480 5th St, Rocklin (Springview Park). Hamburgers and Hotdogs provided, bring a side dish to share.

TRADITIONAL GROUP SPONSORSHIP WORKSHOP ~ WHEN: June 24th, 12:00pm-1:30pm. **WHERE:** 2625 Alta Arden Expy, Sacramento,

JULY

GROUP THREE'S 4TH OF JULY ALKATHON ~ WHEN: July 3rd-4th.
WHERE: 99400 Business Park Dr., Sacramento. Kick off meeting starts of July 3rd at 6:00pm with meetings every 2 hours with last meeting July 4th 8:00pm.

NORTH SACRAMENTO GROUP 4TH OF JULY ALKATHON/POTLUCK BARBECUE ~ WHEN: July 4th, 10am-8pm. **WHERE:** 2330 Fairfield St, Sacramento. Barbecue potluck will be at 4pm. Meetings every 2 hours starting at 10am with the last meeting at 8pm.

AUGUST

FOLSOM BIG BOOK GROUP POTLUCK/SPEAKER MEETING ~ WHEN: August 5th 6pm-8pm. **WHERE:** Trinity Episcopal church, 410 Wool St., Folsom. Guest Speaker: Marcel A. from SF

SHARING AND CARING 36th ANNIVERSARY PICNIC/SPEAKER MEETING ~ WHEN: Sunday, August 13th **WHERE:** Rusch Park. Speaker at 2pm. Free BBQ, bring your favorite side dish and drinks to share. White Elephant Auction, 50/50 Raffle

CCFAA ANNUAL PICNIC ~ WHEN: Sunday August 20, 9am to 4pm.
WHERE: Elk Grove Park, 99500 Elk Grove-Florin Rd, Elk Grove, CA Join us for lots of fun, food, fellowship and games.

SEPTEMBER

2017 NATIONAL AA TECHNOLOGY WORKSHOP ~ WHEN: September 8th-10th **WHERE:** Hilton Sacramento Arden West Hotel 2200 Harvard St, Sacramento

11TH ANNUAL HAND AND HAND WOMEN'S DAY OF UNITY ~ WHEN: September 9th 8:30am-4:30pm **WHERE:** Winewood Community Church 1900 West Vine St., Lodi

OCTOBER

2017 CENTRAL FOOTHILL WOMEN'S CONFERENCE ~ WHEN: October 7th **WHERE:** American Legion Hall, Sutter Creek

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Became Entirely Ready

While talking to a close friend of mine about *gossiping about others* his comment on the matter was that “*All forms of criticism and character assignation stem from low self esteem.*” The low self esteem was the defect that caused the gossip (shortcoming). Since that conversation, whenever I caught myself wanting to criticize others I replaced the gossip with compassionate understanding and took the fall back position such as: There are two ways to have the tallest building in town.1) Build the tallest building or 2) Tear all of the other buildings down around you. When I saw how pathetic that behavior was, I quickly started to remove it from my day to day interactions with others. (Stop the gossip) I try to use this type of model on all of the defects as I discover them and it seems to have taken all of the power out of them. This is a never ending process and

served me	6 & 7	nothing has
Discover		better.
the defects		and correct and the

shortcomings disappear. My short-comings were apparent to everyone but my defects of character were not. When I could identify them in myself, all I had to do was to use a little self restraint and the results were amazing. When I asked my higher power to remove my shortcomings, I became *entirely ready* and this process became the answer I was searching for and as a result, most of the guilt and shame has dissolved into nothingness. I don't let the semantics of the two words, *defect and shortcoming*; stop me from applying a model that works for me. I am a firm believer in step study meetings and have been attending one weekly ever since I got sober in 1969. I liken it to a rock tumbler. Each time you go through a cycle, slowly but surely, all of the rough edges are worn down and soon you begin to evolve to the finished product that you envisioned. This is one that really worked for me

RICK R.



AA UNITY

Leon, 23 yrs Kevin, 18 yrs
 Max, 18 yrs Gloria, 10 yrs
 Anthony, 8 yrs Pat, 2 yrs

CITRUS HEIGHTS GROUP

Bobby C., 29 yrs Kevin M., 24 yrs
 Mark B., 15 yrs Steve R., 14 yrs
 Ali M., 4 yrs Connie F., 14 yrs
 Scott C., 2 yrs Chelsea, 3 yrs
 Dodie O., 2 yrs Tanya M., 2 yrs
 Bradley, 1 yr Natasha L., 1 yr

CITRUS HEIGHTS INTO ACTION GROUP

Dee Dee, 17 yrs

CORDOVA KISS

Dion, 19 yrs

COURAGE TO CHANGE

Nel R., 44 yrs Teri S., 27 yrs
 Gloria F., 21 yrs Danice G., 9 yrs
 Bill B., 7 yrs Jeanette R., 4 yrs



CORDOVA SERENITY SEEKERS

Ken B., 30 yrs

DAILY ATTITUDE ADJUSTMENTS

Ruth P., 36 yrs Chuck H., 20 yrs
 William O., 18 yrs Shantelle K., 5 yrs
 Donna E., 4 yrs

DAVIS FRIDAY NOON GROUP

Lynn G., 39 yrs Lois S., 37 yrs
 Valerie J., 33 yrs Kevin W., 31 yrs
 Janet O., 31 yrs Anne G., 27 yrs
 John L., 23 yrs Shauna P., 13 yrs
 David S., 11 yrs Maureen T., 12 yrs
 Vera D., 6 yrs Monet J., 3 yrs

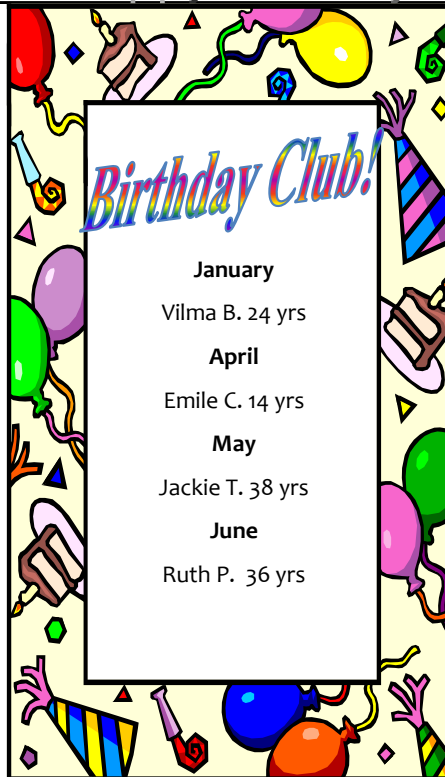
DAVIS HOPE GROUP

Lynn, 39 yrs Valerie J., 33 yrs
 Kevin W., 31 yrs Janet O., 31 yrs
 David J., 28 yrs John L., 23 yrs
 Dorothy S., 23 yrs Karin W., 18 yrs
 Dan U., 17 yrs Helen C., 16 yrs
 Rick A., 15 yrs Caedmon F., 15 yrs
 Bourke N., 15 yrs Jon P., 13 yrs
 Rosie C., 13 yrs Patty M., 12 yrs
 Lara, 10 yrs Katacha, 9 yrs
 Dan J., 9 yrs Lindsay H., 6 yrs
 David G., 5 yrs Todd N., 4 yrs
 Manyea J., 3 yrs Jolene, 1 yr



ELK GROVE FELLOWSHIP

Rebecca B., 29 yrs Kris P., 29 yrs
 Jeannie S., 21 yrs Karin M., 20 yrs
 Besty C., 16 yrs Max F., 17 yrs
 Eric C., 14 yrs Melissa Z., 12 yrs
 Bryn D., 12 yrs Joe C., 11 yrs
 Kevin O., 10 yrs Lynette W., 8 yrs
 Skylar J., 6 yrs Michelle F., 4 yrs
 Avalon H., 4 yrs Tammi M., 3 yrs
 Shelby G., 3 yrs Nicole T., 3 yrs
 Jeff M., 3 yrs Debbie D., 3 yrs
 Katelyn E., 2 yrs Troy H., 1 yr



FAIR OAKS BEGINNERS

Paula, 12 yrs Jeannie K., 8 yrs
 Lauren, 2 yrs Misty H., 2 yrs
 Dawn M., 1 yr Paul S., 1 yr

GIBBONS NOON

Robert N., 29 yrs Lee K., 14 yrs
 Sheila C., 9 yrs Danice G., 9 yrs
 Taleah E., 8 yrs Steve S., 6 yrs
 Jennifer B., 2 yrs Pat D., 2 yrs
 Greg, 1 yr Kim M., 1 yr
 Phaedra, 1 yr Julia, 1 yr

GROUP ONE

Bari K., 31 yrs Molly F., 25 yrs
 Eric C., 14 yrs Brian E., 14 yrs
 Mandi G., 9 yrs Jason S., 6 yrs
 Bryan W., 1 yr George O., 1 yr
 Sandra M., 1 yr Chris B., 1 yr

GROUP THREE

Susan B., 43 yrs Mark W., 38 yrs
 Yvonne S., 37 yrs Frank C., 36 yrs
 Donna G., 36 yrs Michael G., 35 yrs
 Judy B., 31 yrs Laura L., 30 yrs
 Margie G., 28 yrs Heidi H., 28 yrs
 Joy H., 27 yrs Sharon D., 26 yrs
 Cork P., 26 yrs Liz O., 25 yrs
 Robin R., 25 yrs Jamie V., 25 yrs
 Cate M., 24 yrs Lisa V., 22 yrs
 Kelly H., 19 yrs Lou H., 18 yrs
 Joe H., 16 yrs Joe H., 16 yrs
 June B., 14 yrs Chris B., 14
 Brian D., 11 yrs Daniel W., 10 yrs
 Jane C., 9 yrs Mary H., 9 yrs
 Bryce S., 9 yrs Tom I., 8 yrs

GROUP THREE CON'T

Nancy P., 8 yrs Nick P., 8 yrs
 Jange R., 8 yrs Al R., 8 yrs
 Diana R., 8 yrs Rudy U. 8 yrs
 Patricia W., 8 yrs Andy Z., 8 yrs
 Tim A., 7 yrs Steve B., 7 yrs
 Hartin C., 7 yrs Sarah D., 7 yrs
 Michael H., 7 yrs Cheryl O., 7 yrs
 Barbara F., 6 yrs Carol L., 6 yrs
 Jeff M., 6 yrs Hennessey N., 6 yrs
 Heaven R., 6 yrs Tom S., 6 yrs
 Mark B., 5 yrs Marti E., 5 yrs
 Sean H., 5 yrs Lisa M., 5 yrs
 Diane C., 4 yrs Quinton H., 4 yrs
 Colleen, 3 yrs Katie C., 3 yrs
 Jeanette D., 3 yrs Mike E., 3 yrs
 Blair W., 3 yrs Christopher D., 2 yrs
 Juanita H., 2 yrs Chrystie D., 2 yrs
 Tina S., 2 yrs Candice W., 2 yrs
 Karen w., 2 yrs Steve W., 1 yr



NEW HOPE

Terry B., 39 yrs Leslie R., 30 yrs
 Shawna H., 26 yrs Bruce H., 25 yrs
 Warren F., 10 yrs Bill B., 8 yrs
 Wendy T., 8 yrs Alexandra M., 8 yrs
 Heather N., 6 yrs Mike M., 4 yrs
 Jason S., 4 yrs Paige S., 4 yrs
 Tammi M., 1 yr

OAK TREE

Bill C., 37 yrs Frank C., 36 yrs
 Liz O., 25 yrs Alice, 23 yrs
 Teri O., 12 yrs Doug B., 2 yrs
 Michael G., 1 yr

ORANGEVALE OPEN GROUP

Jeff H., 7 yrs Jeremy K., 2 yrs
RIO LINDA
 Sharon C., 40 yrs Cliff E., 12 yrs
 Lisa T., 9 yrs Jim S., 8 yrs
 James B., 3 yrs Catherine T., 3 yrs
 Jeni M., 3 yrs Charlie P., 2 yrs
 Rich V., 1 yr Kristin M., 1 yr
 Jon F., 1 yr Tom O., 1 yr



ROCKLIN RACETRACK

Wally C., 42 yrs Ingrid, 29 yrs
 Teri S., 27 yrs David G., 23 yrs
 Mike P., 18 yrs Theodore M., 16 yrs
 Greg E., 13 yrs Valerie R., 5 yrs
 Diane P., 2yrs Harris, 2 yrs
 Nikki G., 1 yr

ROSEVILLE TUESDAY NIGHT GROUP

Bill S., 36 yrs Dave H., 33 yrs
 Roland, 33 yrs Teri S., 27 yrs
 Susan N., 25 yrs Dee Dee, 17 yrs
 Dawn W., 15 yrs Bill R., 15 yrs
 Kris M., 13 yrs Kris D., 12 yrs
 Denise B., 11 yrs Pamela S., 11 yrs
 Eric D., 10 yrs Ted K., 9 yrs
 Brook, 9 yrs Jeannie K., 8 yrs
 Mitch B., 7 yrs Angie, 7 yrs

ROSEVILLE TUESDAY NIGHT GROUP CON'T WOODLAND TRADITIONAL

Katie W., 6 yrs
Mark A., 5 yrs
Trevor G., 4 yrs
Nima, 3 yrs
Steve H., 2 yrs
Tracy L., 2 yrs
Pete G., 1 yr
Linnae, 1 yr

ROUND TABLE

Tony B., 23 yrs

SOUTHPORT SERENITY

Judy B., 31 yrs
Unique C., 4 yrs
Mary L., 4 yrs

SHARING AND CARING

Connie S., 39 yrs
Cork P., 26 yrs
Arthur E., 8 yrs
Beckie H., 3 yrs
Kimberley H., 2 yrs
Carlton C., 1 yr

SUNRISE SUNSET

Robert, 29 yrs

TRADITIONAL

Bob M., 54 yrs
Wendy J., 43 yrs
Susan K., 35 yrs
Maggie A., 28 yrs
Stephane M.W., 27 yrs

Lori H., 18 yrs
Carla C., 9 yrs
Meredith W., 7 yrs

Brandy C., 5 yrs
Clare, 4 yrs
Carlton C., 1 yr

WHAT A WAY TO START A WEEKEND

Ginny C., 36 yrs
Julie O., 13 yrs
Melanie L., 1 yr

WHITE FLAG GROUP

Noel F., 31 yrs
Craig H., 3 yrs

WINTERS KITCHEN TABLE GROUP

Dennis N., 36 yrs

WOODLAND GROUP

Lynn G., 39 yrs
Jaime H., 10 yrs
Claudia, 7 yrs
Timmy D., 5 yrs
Tony F., 3 yrs
Cossette B., 2 yrs
Freddie F., 1 yr



Nick J., 6 yrs
Kathy L., 5 yrs
Julie S., 4 yrs
Chelsea P., 3 yrs
Kevin M., 2 yrs
Jonathon, 1 yr
Rob C., 1 yr



Jan H., 21 yrs
Jillian M., 4 yrs



Rick K., 35 yrs
Rick Y., 26 yrs
Rick G., 4 yrs
Joe R., 3 yrs
Serena S., 2 yrs
Stanley S., 44 yrs
Marg T., 40 yrs
Dave M., 31 yrs
Dreigh P., 28 yrs
Jim B., 27 yrs
Cathy S., 25 yrs
Cathy V., 17 yrs
Dlorah B., 8 yrs
Justine G., 5 yrs
Bob S., 4 yrs
Trisha S., 3 yrs
Steve W., 1 yr

Mitiz, 28 yrs
Leslie J., 11 yrs

Kevin S., 18 yrs
Randy D., 1 yr

Calix R., 34 yrs
John S., 8 yrs
Sarah E., 7 yrs
Shelby G., 3 yrs
Rachel C., 3 yrs
Jerrilyn O., 1 yr

Jan H., 21 yrs
Sarah E., 7 yrs
Maria M., 4 yrs
Richard A., 2 yrs

Tim B., 15 yrs
Katie L., 6 yrs
Becky J., 2 yrs
Freddie F., 1 yr

June Birthdays

4,809

Total
Years!!

LATE SUBMISSIONS (MAY)

OAK TREE

Alice, 23 yrs

GROUP ONE

Bari K., 31 yrs
Jason S., 6 yrs

Mandi G., 9 yrs
Chris B., 1 yr



A Power

We found that as soon as we were able to lay aside prejudice and express even a willingness to believe in a Power greater than ourselves, we commenced to get results, even though it was impossible for any of us to fully define or comprehend that Power, which is God.

- Alcoholics Anonymous, p. 46

The Sixth Step

“Were entirely ready to have God remove all these defects of character”

—is A.A.’s way of stating the best possible attitudes one can take in order to make a beginning on this lifetime job. This does not mean that we expect all our character defects to be lifted out of us as the drive to drink was. A few of them may be, but with most of them we shall have to be content with patient improvement. The key words “entirely ready” underline the fact that we want to aim at the very best we know or can learn. Even then the best of us will discover to our dismay that there is always a sticking point, a point at which we say, “No, I can’t give this up yet.” And we shall often tread on even more dangerous ground when we cry, “This I will **never** give up!” Such is the power of our instincts to overreach themselves. No matter how far we have progressed, desires will always be found which oppose the grace of God.

—Twelve Steps and Twelve Traditions, pgs 65-66

The Sixth Tradition

“An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.”

A.A. members employed by outside agencies “wear two hats”—but Tradition Six cautions any such members against wearing both at once! On the Job, they may be alcoholism counselors; they are not “A.A. counselors.” At meetings they’re just A. A.’s, not alcoholism experts. —*The Twelve Traditions Illustrated*

The Sixth Concept

“On behalf of AA as a whole our General Service Conference has the principle responsibility for the maintenance of our World Services, and it traditionally has the final decision respecting large matters of general policy and finance..”

“But the Conference recognizes that the chief initiative and active responsibility in most matters should be exercised primarily by the Trustee members of the conference when they act among themselves as the General Service Board of Alcoholics Anonymous.”

Simple put: “...like any other board of directors, our trustees must be given large powers if they are to manage the...affairs of Alcoholics Anonymous.”

—Twelve Concepts for World Service—by Bill W.

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

**WORD SEARCH Step,
 Tradition & Concept Six**

- CLING
- DIVERT
- MATERIAL
- REMOVE
- WILLINGNESS
- CHARACTER
- DEFECT
- INDISPENSABLE
- READY
- USEFULNESS
- ADMITTED
- CONFERENCE
- EVERY
- OBJECTIONABLE
- SPIRITUAL



WORDSMITHY

- Derelictions -

Failures / acts or instances of being lacking in concern or due care / failures to meet or fulfill our obligations /

From the 12 N 12 dictionary – pg. 65

Grapevine Quote

"Today, we enjoy a Fellowship which owes its ever-increasing membership of recovering alcoholics (unprecedented in human history) to the well-wishers and combined efforts of many outside agencies and services, as well as many professionals. To these folks, we surely owe a debt of gratitude. "Yet, the heart of AA remains the same, thank God, when one alcoholic reaches out to another, and we find that we can do together what none of us could do alone."

Aberdeen, S.D., September 1991 "Sponsorship -- The Heart of AA," In Our Own Words

5 Faithful Fivers 5

86 Members!

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

Psychic Change

On the other hand—and strange as this may seem to those who do not understand—once a psychic change has occurred, the very same person who seemed doomed, who had so many problems he despaired of ever solving them, suddenly finds himself easily able to control his desire for alcohol, the only effort necessary being that required to follow a few simple rules.

- Alcoholics Anonymous, p. xxix

**FAITHFUL FIVERS ARE
 GRATEFUL GIVERS**

I. Opening

A. Call to order at 3:04 PM by Amy T

B. Open with Serenity Prayer

C. 12 Traditions read by Bill

D. CCFAA Preamble read by Roger McM

E. 7th Tradition -

F. Delegate Check-in/Group Announcements

G. Birthdays – 78 years

II. Preliminary Business:**A. Delegate Check-in:**

Total Delegates – 41

Quorum met: Yes

Group Name	Delegate	Last Attended	Group Name	Delegate	Last Attended
AA Unity Group	Absent	3/18/2017	Lincoln Sisters in Sobriety	Absent	3/18/2017
All Tribes	Absent	3/18/2017	M.L.K.A.A. Group	Absent	2/18/2017
Antelope Women's Group	Absent	8/20/2016	Midtown Solutions	Bill D	5/20/2017
As Bill Sees It Men's Group	Absent	10/15/2016	MNNYPAA	Aaron B	5/20/2017
Auburn Fellowship	Sharon D	5/20/2017	Natomas Group	Absent	8/20/2016
Babes in Recovery	Debralee	5/20/2017	New Hope Group	Dustin T	5/20/2017
Been There Done That	Absent	1/21/2017	North Hall Group	Bill S	5/20/2017
By The Grace	Yvonne	5/20/2017	North Sacramento Group	Frank D	5/20/2017
Capital City Men's Group	Absent	12/17/2016	Oak Park Fellowship	Absent	3/18/2017
Cathedral Group	Kim M	5/20/2017	Oak Tree Fellowship	Absent	8/20/2016
Cenacle Group	Chelsea S	5/20/2017	O'Malley's Alley	Katie C	5/20/2017
Center Parkway AA Book Study	Absent	2/18/2017	Orangevale Open Group	Richard D	5/20/2017
Citrus Heights Group	Absent	4/15/2017	Primary Purpose Big Book Study	Ron M	5/20/2017
Cordova Good Morning Group	Absent	12/17/2016	Rio Linda Fellowship	Absent	4/15/2017
Cordova Lunch Bunch	Steve S	5/20/2017	Rocklin Fellowship	Absent	4/15/2017
Cordova Serenity Seekers	Jennifer Q	5/20/2017	Rocklin Racetrack Group	Dave W	5/20/2017
Cordova Thursday Night Group	Steven S	5/20/2017	Roseville Eastside	Absent	1/21/2017
Creekside	Absent	12/17/2016	Roseville 5 th Street Fellowship	Dan O	5/20/2017
Daily Attitude Adjustment – Fair Oaks	Absent	4/15/2017	Roseville Tuesday Night Group	Marilyn D	5/20/2017
Davis Hope Group	Absent	3/18/2017	SACYPAA	Terren G	5/20/2017
Davis Young People's	Sophie	5/20/2017	Sacramento Spring Fling	Absent	4/15/2017
Destiny Group	Absent	4/15/2017	Saturday Morning Reflections	Absent	8/20/2016
Downtown Young People's	Absent	4/15/2017	Serenity Book and Study Group	Dlorah B	5/20/2017
Dubious Luxury	Absent	2/18/2017	Sharing and Caring	Absent	4/15/2017
East Yolo Fellowship	Ron B	5/20/2017	Sixty Minute Solution	Adam S	5/20/2017
Elk Grove Fellowship	Steve S	5/20/2017	Southport Serenity	KathrynM	5/20/2017
Fair Oaks Beginners	Absent	4/15/2017	Sunday Morning Serenity	Roger M	5/20/2017
Folsom Big Book	Bill McC	5/20/2017	Sunrise Sunset Gibbons	Absent	10/15/2016
Folsom Saturday Morning Group	Jill J	5/20/2017	Sunset Saturday Group	Absent	4/16/2016
Fourth Dimension Group	Kreeana B	5/20/2017	Thursday Night Men's Group	Absent	4/15/2017
Freedom Group	Absent	11/19/2016	Too Young Group	Absent	9/17/2016
Friday Night Free Thinkers	Absent	1/21/2017	Traditional Group	Michael C	5/20/2017
Galt Fellowship	Absent	2/18/2017	Triangle Group	Absent	2/18/2017
Gibbons Noon	Howard H	5/20/2017	Tuesday Cordova KISS Group	Stan J	5/20/2017
Girls Night Out	Absent	2/18/2017	Tuesday Night Beginners	Absent	2/18/2017
Good For Nothing	Sam C	5/20/2017	We Care Group	Absent	4/15/2017
Greenhaven Group	Pierre G	5/20/2017	We Surrender Men's Group	HowardH	5/20/2017
Group One	Jeff S	5/20/2017	Welcome Group	Dreigh P	5/20/2017
Group Three	Joan T	5/20/2017	What a Way to Start a Weekend Women	Sharon H	5/20/2017
Happy Hour Group of AA	Andre B	5/20/2017	White Flag Men's Group	Erik	5/20/2017
Into Action – Citrus Heights	Bill B	5/20/2017	Willing Women	Renee H	5/20/2017
Into Action Group Foresthill	Absent	10/15/2016	Woodland Group	Kathleen	5/20/2017

B. Attending Elected Positions

CCFAA Chair	Kathryn C	Present	NCCAA Liaison	Roger M	Present
Assistant Chair	Amy T	Present	Birthdays/Faithful Fivers Chair	Wendy S	Absent
Treasurer	John G	Present	OOO Chair	Carlos A	Absent
Recording Secretary	Karen Y	Present	OOO Member	Dreigh P	Present
TeleService Chair	Al E	Absent	OOO Member	Dlorah B	Present
By Laws & Procedures Chair	Kim M	Present	OOO Member	David B	Absent
PI/CPC Chair	Joan T	Present	Picnic Chair	Betty K	Present
H&I Liaison	Terri N	Present	Special Events Chair	Vacant	
Special Needs Chair	Erik C	Present			

C. New Groups and Delegates –**New Groups-**

O'Malley's Alley, 1111 2nd Street, Old Sacramento, CA, meets Saturday 9-9:45am upstairs (there is an elevator)
 Primary Purpose Big Book Study, 4255 Fowler Lane, Diamond Springs, CA, meets Tuesday 6:30pm in Orthodox Church

New Delegates

O'Malley's Alley	Katie C
Primary Purpose BB Study	Ron M
Rocklin Racetrack	Matthew S alt

and Visitors -**III. Approval of Minutes**

Motion to accept April minutes was made and passed.

IV. Trusted Servant Reports**A. Chairperson Report – Kathryn C (Absent) reported by Amy T**

Welcome to the May CCF Delegate's meeting! Thank you for being here today.

The Central Office will be having its semi-annual inventory coming up. As the saying goes, many hands make light work! We generally have a poor turnout for the inventory but if you are interested, contact me!

We are approaching the middle of the year and we will be busy with vacations etc. Sometimes we can start to question the value of what we do when our meetings go smoothly. Never forget that YOU are the reason the meetings go smoothly and that issues are resolved in a timely manner. You are the reason we have a line of communication from the office in Rancho Cordova out to the farthest reaches of our area. THANK YOU!

Now that you are all pumped up, remember, we need a Special Events Committee Chair. Remember, a person with two years of sobriety can fill this position and they do not have to be a delegate. I am worried that we will not have any events except for the picnic this year. Please spread the word.

You are the unsung heroes that help the groups of Northern California do what would be impossible otherwise.

Thank you all for your dedication and service.

Today is a great day to be sober!

Kathryn C

CCF Chairperson, 2016

[KathrynC](#)

“...principles before personalities.”

B. Assistant Chair/CNIA Liaison – Amy T

No CNIA meeting today as the Post-Conference Assembly is meeting in Yuba City.

C. Office Operations Committee – Carlos A, Absent, report given by Dreigh P

1. The semi-annual physical inventory will be July 9 at 9:00am at the Central Office. If you would like to be of service please come, there will be donuts and coffee.
2. The OOC approved the sale of AAWS literature at the upcoming NCCAA Conference.
3. The CCFAA will be sending two members to the 2017 National AA Technology Workshop held September 8-10, 2017 at the Hilton Sacramento Arden West, 2200 Harvard St, Sacramento, CA. This event is hosted by CNIA. If you are interested in attending see online registration at www.naatw2017.org.

D. Office Manager's Report – Rae W

1. Sacramento will host the 2017 National AA Technology Workshop (NAATW) on September 8-10. NAATW is made up of members from varying backgrounds in service that recognize that AA is somehow moving into the age of technology and shared experience is necessary because no one is sure what form technologies might take or ought to take. If you have an interest in how technology will be use in AA, please register and attend this workshop. Visit naatw.org for more information and registration details.
2. The new Grapevine publication, **Making Amends**, is available now at the Bookstore.
3. Sales of AAWS literature are robust and group contributions are generous. Thank you to the groups and meetings for your support of the Central Office.
4. Semi-annual inventory will be scheduled for the period ending June 30th.

And all is well....Rae W.

E. Treasurer's Report – John G

CCFAA is doing well. April income was \$27,000 that puts us \$5,000 in the black (\$15,000 for YTD on \$103,000 YTD). This is mainly due to Group Contributions (YTD \$40,000), at this rate we should break even at the end of year. Thank your groups for their continued support. CCFAA did receive \$3,561 from the H and I distribution of excess funds.

F. Special Needs Chairperson's Report – Erik C

Saturday May 13, 2017

No committee meeting was held in April due to the prior commitments of several members.

A flyer has been sent around inquiring about accessibility of facilities. This flyer has not come through or from the committee. We would like to get a copy of the flier and see about getting its information into the By the Way.

One call for taking a meeting came in. The call was returned twice with no response.

The committee discussed its role in providing access vs. managing access. Specific topic was on the ASL meetings. Should this piece still be under this committee or turned over to a self-managing operation.

The main topic of discussion was around the committee's next area of focus. Providing access for those with a disability can cover many areas. ASL and Orthopedically challenged are straightforward. Other disability groups such as CP or ASD populations may not need our services. In informal discussion, TBI was mentioned as a population that could use support. This reached into mental health and working with the VA. This discussion was tabled due to time and the myriad of overlap with teleservice, PPCIP and 12 step calls. The committee would like to know of any closed Internet meetings that members may attend via Skype or other similar platform.

In Gratitude,

Erik C.

G. TeleService Chairperson's Report – Al E

Monthly Teleservice Report to Delegates for the month of: **April 2017**

Submitted by: Al E. Teleservice Chair & Pete B - Teleservice Co-Chair

Date submitted: 5/14/17

Website : <http://aasacramento.org/service-opportunities/teleservice/>

Shift Call Numbers: April 2017 (as of 5/14/17)

12 Step = 67 YTD 195

Info = 240 989

Total = 307 1,184

New Business:

- Always a need dedicated volunteers to provide Step Work
- Working to Integrate Special Needs & Additional Languages
- Working on Tri Fold Brochure for CCFAA Office and meetings.
- Currently have all shifts covered & we have ~7 potential volunteers in queue
- *Looking forward to a Teleservice Workshop in July 2017*
- *And more fun for August Picnic*

Next CCFAA Holiday Closure:

Memorial Day - Monday 5/29/17 - All shifts covered as of 4/28/17

Regular Business:

Current Teleservice Potential Volunteer Count = 13

Current Teleservice Volunteer Count = 42

Break out (32) Shift + (7) Shift Co-ord + (1) Orientation + (1) Co Chair + (1) Chair

Current Teleservice Substitute Count = 57

Current Teleservice 12 Step Count = 92

Total = 204

Weekly Meetings with Chair + Co Chair as check in**We need dedicated volunteers to provide Step Work**

We send updates bi-weekly Sunday: These bi-weekly updates include Updated Teleservice, (TS) Flyer, Shift, Sub and 12 Step Lists. CCFAA Teleservice Web page is updated with open shifts.

Teleservice Volunteer Online Form submission works very well, very grateful for that!

**** We need people on the 12-Step List that are willing to answer the telephone from an unfamiliar number, our teleservice personnel rotate regularly so there are always new phones added. We need 12-Step people that answer the phone. ****

****UPCOMING TELESERVICE WORKSHOP**** Saturday, July 22nd, 2:30pm Orientation, 3:00-4:30pm Workshop at Traditional Group, 2625 Alta Arden Expressway**

H. By-Laws & Procedures Chairperson's Report –Kim M

No Report

I.PI/CPC – Joan T

Public Information/Cooperation with the Professional Community

On May 6th, Mike, Mitch, and Marshall attended a Health Fair at American River College. The feedback from the event really appreciated AA being there doing their presentations and we were told that they made the events a success and wrote a beautiful letter of gratitude to the Committee. They have prepared a basket as a token of appreciation as I told them we do not accept cash.

A call came in for the Committee to do a presentation on how to start an AA meeting at a Mental Health Facility in Folsom, Joan and Jon and Mike will do that Friday May 26, 2017.

In Love and Service

Joan T Chairperson

J. Birthday Club/Faithful Fivers – Absent

No report

V. Reports – Special Committees, Delegates, Liaisons & Invited Guests –**A. NCCAA Liaison – Roger**

Sacramento will be hosting the 70th Anniversary Summer Conference June 9, 10 & 11, 2017 at McClellan Park. The pre-registration is \$20 and we would like 750 pre-regs and we need to fill 150 rooms at Lionsgate Hotel. The Planning Committee Meetings are held the first Sunday of the month at Group Three at noon. Please come out and be of service. There are several positions still available and many volunteers are needed. This year there will be a commemorative coin as well as T-shirts and mugs available.

B. Picnic Committee- Betty K

1. Only 2 people showed up again for the Picnic Meeting – Next meeting is June 16th at 6:15pm at Central Office.
2. All food concessions are covered except Cake Walk.
3. We desperately need some group to take the raffle tickets. It's a BIG deal. Also the Children's Games are still available.
4. Amy T who is handling the Used Book Sales needs books. You can bring them to the next three Delegate Meetings.
5. REMEMBER the Picnic is Sunday, August 20, 2017, 9:00am-4:00pm with Speakers at 10:00am and 2:00 pm.

C. Hospitals & Institutions – Teri N

- The H&I Committee Meeting is held the 3rd Thursday at Denny's (Howe Ave & Hwy 50) at 6:00 pm.
- There will be an H&I Workshop June 9th at 6:30pm in the McClellan Room at the NCCAA 70th Anniversary Summer Conference at McClellan Conference Center and an H&I Panel including Brenda C (Assistant Deputy Adult Parole Div) June 10th at 9:30am in the main speaker room.
- The H&I Steering Committee Meeting will be held June 11, 2017 in Sacramento at the North Highlands Community Center 11am-3pm. If you have any questions or concerns bring them to this meeting.
- People are needed to facilitate meetings in institutions. See your group's H&I Rep, contact Roger M _____, or go to www.handinorcal.org.

D. District 23 Liaison- Carlos

No report

E. District 24 Liaison- Paul

No report

F. Special Events Chair – Vacant

No report

VI. Old Business –

Special Events Chair position remains vacant for the fifth month. If anyone is interested, please contact the CCF Chair.

VII. New Business –

No new business.

VIII. Closing – Meeting closed at 4:30 PM

Respectfully submitted, Karen Y, Recording Secretary

Grapevine Quote of the Day

"Over the years I've gone to different types of groups to meet different needs in my life or to share experience, strength, and hope about a particular problem I was struggling with. Some days I've been part of the solution for another suffering alcoholic; other days I've been the one who was suffering.

"Thanks to our Fifth Tradition, no matter what my needs or my location I can find an AA group where I can talk about -- and listen to -- not drinking one day at a time, practicing the principles in all of my affairs, and being happily and usefully whole."

Kensington, Md., May 1996

"A Consistent Message," AA Grapevine

	April	YTD	Prorate Budget	Budget
Income				
4020 · AAWS Literature Sales	8,095	28,486	24,333	73,000
4025 · In-House Publication Sales	1,229	5,149	5,167	15,500
4035 - Medallion Sales	3,415	15,724	14,000	42,000
4100 · Group Contributions	9,584	40,749	32,667	98,000
4110 · Anonymous Contributions	0	38	100	300
4120 · Birthday Contributions	230	586	800	2,400
4125 · Office Services Revenue	543	5,558	5,000	8,600
4130 - Faithful Fivers	833	3,121	3,833	11,500
4440 - Interest Income	0	2	0	0
4450 · Miscellaneous income	3,562	3,562	0	0
4460 - Picnic Revenue	0	28	0	9,300
4480 - Special Event Revenue	0	-	1,500	6,000
Total Income	27,490	103,632	87,400	266,600
Cost of Goods Sold				
5000 - Literature Costs				
5010 · Cost of AAWS Literature Sold	6,119	21,492	17,333	52,000
Literature Costs/Adjustment	(802)	(220)	100	300
Total 5010 - AAWS Literature	5,317	21,271	17,433	52,300
Net Income AAWS Literature	2,777	7,215	6,900	20,700
5015 · Other Literature	225	949	500	1,500
5025 · In-House Publication				
5030 · Paper Stock & Staples	121	1,195	1,167	3,500
5035 · Printing Equipment	1,084	4,369	4,000	12,000
5040 - Copy costs	179	1,063	667	2,000
Total 5025 · In-House Publication	1,384	6,627	5,833	17,500
Net Income In-House Publication	(154)	(1,478)	(667)	(2,000)
Cost of Medallions	1,113	5,533	4,167	12,500
Net Income Medallion Sales	2,301	10,191	9,833	29,500
Total Cost Of Goods Sold	8,039	34,381	27,933	83,800
Gross Income (after cost of goods)	19,451	69,251	59,467	182,800
Expense				
Equipment Expense				
Total Equipment Expense	580	1,117	1,217	3,650
Insurance				
Total Insurance	313	1,493	1,819	5,457
Meetings/Conference Expense				
Total Meetings/Conference Expense	0	139	567	1,700
Office Expense				
Total Office Expense	2,547	10,105	9,800	29,400
Utilities - 5770				
Total 5770 Utilities	570	2,653	2,817	8,450
Other Committees - 6200				
5900 · Special Events	0	-	0	3,000
5990 - Picnic Committee	0	-	0	6,200
6210 - PI/CPC Expense	33	218	183	550
6220 - Special Needs Committee	0	65	127	380
6230 - Teleservice Committee	0	47	67	200
Total Other Committees	33	330	377	10,330
Professional Fees				
Total Professional Fees	126	444	1,159	3,476
Payroll Expenses				
Salaries and wages	8,216	29,894	32,891	98,672
Taxes and Benefits	1,561	6,541	6,445	19,335
Total 5400 · Payroll Expenses	9,777	36,434	39,336	118,007
Bad Debt Expense - 5686	0	-	33	100
Credit Card Fees - 5895	170	702	750	2,250
Bank Charges - 5690	0	-	17	50
Other				
Total Expense	14,115	53,417	57,890	182,870
Net Other Income / (Expense)	0	0	0	0
Net Income	5,336	15,835	1,577	(70)

Prepared by Treasurer CCFAA

How Did A.A. Begin?

WHEN and where and how did Alcoholics Anonymous begin? When and how was the Alcoholics Foundation begun? These and many other questions are asked daily by members of A.A.

To date no complete and accurate history of the movement has been written. In the early days the pioneer members kept no written account of their activities so that anything written now is based almost entirely upon the memories of these men.

In the earliest beginning the story of Alcoholics Anonymous is the story of two men, Bill W. of New York and Dr. Bob of Akron, Ohio. This story of their personal struggles for sobriety is known to most.

After a long and disastrous alcoholic history, both Bill W. and Dr. Bob were introduced to the Oxford Group.

Dr. Bob became interested in 1933 upon his release from a sanitarium. Prior to his meeting with Bill in 1935 he made every attempt to obtain sobriety but seemed unsuccessful in spite of his efforts.

Bill's first contact with the Oxford Group childhood friend, also an alcoholic, came

This friend impressed upon Bill the if he helped someone else. This Bill tried not dried up one drunk--except himself!

With his new sobriety came a business Ohio. The business venture failed and he thought that he could be a success, for a this low point that he prayed--and ic.

He contacted an Akron minister who gave Group and by sheer accident he called a need of help. A meeting for the two was on Mother's Day, 1935 Bill W. met Dr. Bob.

The message Bill brought was a simple me your faith, by my works I will show short binge Dr. Bob has never had another

In order to maintain his own sobriety, Dr. Bill W. he went to an Akron hospital and drink since that time.



came during the winter of 1934 when a to his home--sober.

thought that he could remain sober only but after six discouraging months he had

venture which brought him to Akron, was again faced with the comforting brief time, with a bottle of gin. It was at promptly set out to find another alcohol-

him a list of members of the Oxford family who knew an alcoholic who was in arranged for the next day. So it was that

one. "Faith without works is dead. Show you mine." With the exception of one er drink.

Bob, had to find someone to help. With found Bill D. who has never had another

By the Summer of 1936 a group of five men were holding morning meetings in the kitchen of one of the members.

Bill had remained in Akron until October, 1935 when he returned to New York and began working night and day to help other alcoholics recover.

In the early beginnings these recovered alcoholics were in close association with the Oxford Group but by 1937 all relations between them had ended. This was the beginning of the new and independent group working only for the recovery of alcoholics, which was to become Alcoholics Anonymous as we now know it.

In December 1937 Bill W. arranged an appointment with Mr. W. S. Richardson. He told his story to Mr. Richardson and was evidently so sincere and convincing that Mr. Richardson called on three of his friends for consultation. A dinner meeting was arranged and Bill again told the story to the three friends, Mr. Albert Scott, Mr. A. Leroy Chipman and Mr. Frank B. Amos.

How Did A.A. Begin? Cont'd

Present at this meeting were two other non-alcoholics, Dr. W. D. Silkworth and Dr. L. V. Strong and six alcoholics from the New York area and Akron, Ohio.

Following this meeting plans for the beginning of the movement were very cautiously and carefully weighed. Emphasis was placed on the desires of the founders to keep this movement entirely apart from any religious organization or cult. Stress was laid on the fact that the movement which was to become Alcoholics Anonymous had no connection whatever with any religious denomination, the Oxford Group or any other group or movement of this character.

It was thought that perhaps a hospital or rest with this thought in mind that Mr. Amos was the situation there.

The result of this survey by Mr. Amos caused him short of miraculous and that continued and de-result of this a contribution was received which 1939.

This contribution only took care of the minimum clear that the situation in Metropolitan New York

Such financial help as had been given thus far had Plans were made during the Spring of 1938 to lieved would be interested in this movement. It which would serve as a text book for those seek-



home near Akron would be advisable and it was asked to visit Akron and make a careful survey of

to report that the work being done in Akron was served financial support should be given. As a would keep the work going in Akron until May 1,

needs of the Akron work and it daily became also required support.

been from the meager funds of other alcoholics. start a campaign among people who it was be- was also decided at this time to publish a book ing rehabilitation through the spiritual approach.

With these plans in mind and with the long range view of carrying on whatever was wise and necessary to promote this cause, it was decided to form an un-incorporated, non-profit, charitable organization under the laws of the State of New York. This organization would have general supervision of the work, and could accept such contributions as might be made. Upon advice of attorneys and after considerable and thorough consultation with alcoholics and the interested non-alcoholics, it was decided to form what is known as a Trust. The legal forms were drawn up and on August 11, 1938, the first meeting of The Alcoholic Foundation was held.

ARCHIVES AND HISTORY

"We are trying to build up extensive records which will be of value to a future historian..."

"It is highly important that the factual material be placed in our files in such a way that there can be no substantial distortion..."

"We want to keep enlarging on this idea for the sake of the full length history to come..."

— Bill W., 1957

The idea for organizing an historical collection of the Fellowship's records came from A.A. co-founder Bill W. in the early 1950s. Bill was becoming increasingly concerned that *"the history of Alcoholics Anonymous is still veiled in the deep fog."* Knowing that the office correspondence was loosely maintained in the drawers at the General Headquarters, he set out to arrange our historical records.

He personally recorded oldtimers' recollections in the Akron/Cleveland area; he sent out boxes of blank tapes to others, encouraging them to record their recollections. Bill's far-reaching vision outlined an archival message that is still sound today. As he said: *"Every one of the new and unexpected developments (in A.A.) has, lying just underneath, an enormous amount of dramatic incident and experience—stories galore.... It isn't hard to prepare a fact sheet of what happened—that is, dates when people came in, groups started and so forth. The hard thing to lay hold of is the atmosphere of the whole proceedings and anecdotal material that will make the early experience alive."*

After many decades of tireless organizing and arranging, the G.S.O. Archives room was opened with a formal ribbon-cutting ceremony in November 1975.

Since then, the G.S.O. archivists and the trustees serving on the Archives Committee of the General Service Board have encouraged the importance of archival service, which is vital to the survival of the Fellowship. As a result of that work, today almost all areas have set up archival collections, and there is a significant growth at the district level.

Historical records help us to sift through our day-to-day experience in recovery and reach back for the shared experience from the past. As we sort out the myth from the facts, we ensure that our original message of recovery, unity and service remains the same in a changing, growing, expanding Fellowship that constantly renews itself.

Tradition Six

The moment we saw that we had an answer for alcoholism, it was reasonable for us to feel we might have an answer for a lot of other things. The AA groups, many thought, could go into business, might finance any enterprise whatever in the total field of alcoholism. In fact, we felt duty-bound to throw the whole weight of the AA name behind any meritorious cause.

Here are some of the things we dreamed. Hospitals didn't like alcoholics, so we thought we'd build a hospital chain of our own. People needed to be told what alcoholism was, so we'd educate the public, even re-write school and medical textbooks. We'd gather up derelicts from Skid Rows, sort out those who could get well and make it possible for the rest to earn their livelihood in a kind of quarantined confinement. Maybe these places would make large sums of money to carry on our other good works. We seriously thought of re-writing the laws of the land, and have it declared that alcoholics are sick people. No more would they be jailed; judges would parole them in our custody. We'd spill AA into the dark regions of dope addiction and criminality. We'd form groups of depressive and paranoid folks, the deeper the neurosis the better we'd like it. It stood to reason that if alcoholism could be licked, so could any problem.

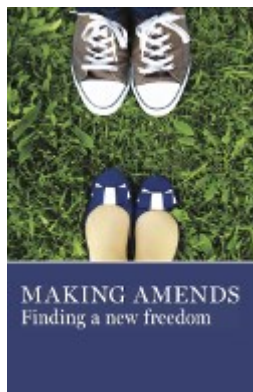
It occurred to us that we could take what we had into the factories and cause laborers and capitalists to love each other. Our uncompromising honesty might soon clean up politics. With one arm around the shoulder of religion and the other around the shoulder of medicine, we'd resolve their differences. Having learned to live so happily, we'd show everybody else how. Why, we thought, our society of Alcoholics Anonymous might prove to be the spearhead of a new spiritual advance! We might transform the world.

Yes, we of AA did dream those dreams. How natural that was, since most alcoholics are bankrupt idealists. Nearly every one of us had wished to do great good, perform great deeds, and embody great Ideals. We are all perfectionists who, failing perfection, have gone to the other extreme and settled for the bottle and the blackout. Providence, through AA, had brought us within reach of our highest expectations. So why shouldn't we share our way of life with everyone?

Whereupon we tried AA hospitals. . .they all bogged down because you cannot put an AA group into business; too many busybody cooks spoil the broth. AA groups had their fling at education, and when they began to publicly whoop up the merits of this or that brand, people became confused. Did AA fix drunks or was it an educational project? Was AA spiritual or was it medical? Was it a reform movement? In consternation, we saw ourselves getting married to all kinds of enterprise, some good and some not so good. Watching alcoholics committed willy-nilly to prisons or asylums, we began to cry, "There oughtta be a law!" AAs commenced to thump tables in legislative committee-rooms and agitated for legal reform. That made good newspaper copy, but little else. We saw we'd soon be mired in politics. Even inside AA we found it imperative to remove the AA name from clubs and Twelfth Step Houses.

These adventures implanted a deep-rooted conviction that in no circumstances could we endorse any related enterprise, no matter how good. We of Alcoholics Anonymous could not be all things to all men, nor should we try. Bill W.

Book Of The Month

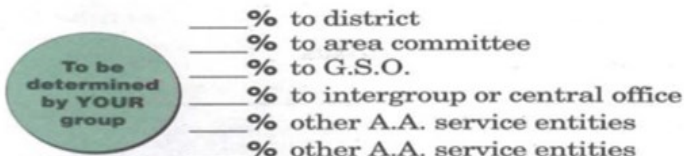


Making Amends features 55 candid, firsthand stories from AA Grapevine magazine of members' experiences with Step Nine of the AA program. The book includes chapters on making amends to parents, children, family members, exes, financial institutions, friends and co-workers. These powerful stories illustrate how practicing Step Nine can help us, as AA's co-founder Bill W. wrote, "know a new freedom and a new happiness."

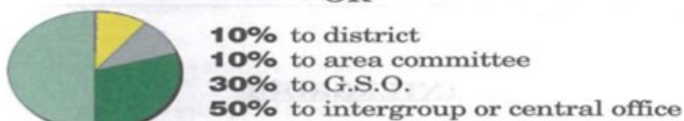
Samples of Group Contributions to A.A. Service Entities

Distribution Plan of _____
(YOUR GROUP NAME)

Your Group Service # _____
(Be sure to write group name and service # on all contributions.)



OR



OR

If you have no intergroup/central office.



Online Intergroup of Alcoholics Anonymous

The Online Intergroup

<<http://www.aa-intergroup.org/>> is a service entity established pursuant to Tradition Nine of Alcoholics Anonymous (AA) to operate on behalf of the participating online AA groups in accordance with AA's Twelve Traditions and Twelve Concepts since 1996. The Intergroup exists to aid the online groups in their common purpose of carrying the AA message to the alcoholic who still suffers.

CCFAA ANNUAL PICNIC @ ELK GROVE PARK

IT'S PICNIC TIME!

Sunday, August 20th 9am to 4pm

Elk Grove Park-9950 Elk Grove-Florin Rd

Elk Grove, CA 95624

AA Speakers, Polish Sausages, Hot Dogs and Hamburgers

Back by Popular Demand! Softball, Children's Games, Face Painting, Bingo and Raffle Drawing (cash prizes)

This year's Picnic is going to be BETTER THAN EVER!!

Now is the time to get involved and join us by being of service and helping to make this the best picnic ever. There is plenty to do for all who want to help out – AA groups and individual AA members – so if you want a rewarding opportunity be of service at the CCFAA annual Picnic



Don't Skip Over Six

My sponsor has been sober, quite contentedly, for eleven years and I respect his experience. So when he talks, I listen.

"Work the Steps," he told me, "They're the essence of Alcoholics Anonymous. That's why people in isolated places can successfully get sober and stay sober. They work the Steps."

Totally convinced, I went ahead on the Steps and actually did some minor Twelfth Step work before I had reached my second anniversary in AA. I made amends to some people who had every reason to never forgive me. Two people did not and probably never will. But I felt better having taken the action.

Not too long ago, feeling depressed and discouraged, I phoned my sponsor to see if he could have dinner with me and listen to my whining. We met and I skated all around the subject. We talked about football until dessert when he asked, "Don't you think that it's about time you get down to the reason for this meeting--over and above how the Giants are doing this season?" There was no way to delay my complaints although the depression had lifted to some degree. I blurted out, "You damn near promised me a 'new and better life' if I did the Steps and so far my life isn't all that much improved."

He gave me a look of slight annoyance and said, "You're misquoting me. I never said a word about 'doing' the Steps. I particularly stressed the need to work the Steps. That doesn't mean tap dancing around the tough things. It means being realistic. It means making serious structural changes in the way you act and the way you think. And you missed one Step completely. At least it hasn't registered on you." "What the hell do you mean? Which Step have I ignored?" His answer rang in my head: "The Sixth." A swift rebuttal was forthcoming. "Of course I'm willing to change. What makes you conclude that I'm not?" My sponsor said, "How about your constant procrastination? You told me you'd return a book I lent you five months ago and you still have the book. So think about procrastination, a lingering fault." And he continued, "What about your tendency to project? To envision the worst? The way you holler long before you're hurt? Remember how you sweated out a dental appointment to get root canal work? You lived in misery for two weeks before you had it done. Afterwards, remember, you boasted that it was 'a piece of cake.'" Nor was the man through with me. He said, "What about the so-called 'harmless white lies'? You still telling those? The answer to that is yes. Do you want a specific example? I overheard you saying, 'The last time I was in Paris.' You know and I know you've been there only once. But the way you phrased it, you wanted your audience to conclude you fly to Paris for weekends.

"So cut the bull and level with yourself. You haven't worked the Sixth Step. You know why? It looks so simple. It's so easy to skip lightly over it. But the Fourth and Fifth Steps--your personal inventory--are meaningless unless and until you get the guts and honesty to do something about the faults. Lecture concluded."

The no-holds-barred tone of my sponsor's critique hit me hard. I was stunned, but it was just what I needed. If you think the Sixth Step is a snap and that there's nothing to it, I suggest this: imagine yourself in my place at dinner with my sponsor. Imagine he spoke directly about your character defects. Would you be sanguine, smug, and self-satisfied?

	Apr 26 - May 24, 17	Jan 1 - May 24, 17		Apr 26 - May 24, 17	Jan 1 - May 24, 17
11TH STEP MEDITATION MEETING	20.00	105.00	INTO ACTION GROUP	120.00	120.00
12 AND 12 BOOK STUDY (ROCKLIN)	0.00	240.00	LINCOLN THURSDAY NIGHT GROUP	0.00	345.00
12 AND 12 TOUCHSTONE GROUP	0.00	324.00	Live Oak	0.00	25.00
5TH TRADITION BIG BOOK STUDY	16.00	51.65	LIVING SOBER WOMEN'S FRIDAY GROUP	0.00	135.15
605 CHRISTIAN VALLEY GROUP	0.00	100.00	LOOMIS WEDNESDAY BIG BOOK	0.00	160.00
A WAY OUT	79.61	177.11	LOOMIS WOMEN'S STEP STUDY	0.00	361.04
AA NOONER	0.00	182.50	MIDTOWN SOLUTIONS	0.00	392.52
AA UNITY GROUP	0.00	420.00	MONDAY WOMEN'S STEP STUDY	0.00	33.20
ALL TRIBES GROUP	0.00	335.00	NATOMAS GROUP	0.00	155.88
AMERICAN RIVER LITERATURE	0.00	165.00	NEW HOPE GROUP	0.00	825.00
ARDEN MORSE GROUP	0.00	100.00	NORTH HALL GROUP	0.00	595.22
ATTITUDE ADJUSTMENT GROUP OF DAVIS	0.00	55.00	NORTH HIGHLANDS FIRESIDE GROUP	0.00	25.00
AUBURN FELLOWSHIP	0.00	750.00	NUMBER ONE OFFENDERS	0.00	280.45
AUBURN WEDNESDAY NIGHT YOUNG PEOPLE	0.00	241.00	OAK TREE GROUP	166.24	1,542.81
AUBURN WOMEN'S STEP STUDY	0.00	60.00	PATHWAY TO SPIRITUALITY GROUP	0.00	81.94
BABES IN RECOVERY	0.00	55.93	PINE GROVE FELLOWSHIP	0.00	200.00
BANGOR GROUP	0.00	60.42	PLACERVILLE SUNRISE ATTITUDE ADJ.	100.00	200.00
BEEN THERE DONE THAT	300.00	600.00	PROMISES GROUP - DIXON	0.00	40.00
BROWNSVILLE SERENITY GROUP	0.00	40.00	RANCHO MURIETA GROUP	0.00	1,031.08
BY THE GRACE	0.00	50.00	RIO LINDA FELLOWSHIP	0.00	200.00
BYO Book Study	48.00	48.00	RIVER PARK RECOVERY	0.00	232.00
CAMERON PARK GROUP	50.00	50.00	ROAD TO FREEDOM	0.00	54.00
CAMERON PARK WOMEN'S GROUP	0.00	145.75	ROCKLIN FELLOWSHIP	50.00	200.00
CENACLE GROUP	105.50	248.00	ROCKLIN YOUNG PEOPLE	104.00	104.00
CENTRAL FOOTHILL WOMEN'S CONF.	0.00	300.00	ROSEVILLE EASTSIDE GROUP	0.00	211.35
CHAPTER THREE GROUP	0.00	100.00	ROSEVILLE FIFTH STREET FELLOWSHIP	295.98	1,024.04
CITRUS HEIGHTS AA @ NOON	0.00	510.00	ROSEVILLE FRIDAY NIGHT WOMEN'S GROUP	0.00	22.50
CITRUS HEIGHTS GROUP	0.00	214.74	ROSEVILLE TUESDAY NIGHT GP	600.00	1,600.00
CORDOVA GOOD MORNING GROUP	0.00	65.00	SACRAMENTO DOWNTOWN MEN'S GROUP	0.00	200.00
CORDOVA LUNCH BUNCH	0.00	717.51	SATURDAY MORNING MEN'S BOOK STUDY	55.00	55.00
COURAGE TO CHANGE GROUP	0.00	221.21	SATURDAY MORNING REFLECTIONS GP	0.00	85.54
DAILY ATTITUDE ADJUSTMENT GROUP	133.00	2,132.00	SATURDAY NIGHT LIVE-Colfax	124.00	124.00
DAILY DIRECTION AA	100.00	475.00	SERENITY BOOK & STEP STUDY GP	90.60	527.93
DAVIS YOUNG PEOPLE GROUP	0.00	97.04	SIERRA STEP SISTERS GROUP	0.00	99.70
DESTINY GROUP	0.00	60.00	SIERRA WEDNESDAY AM GROUP	50.00	110.00
EAST YOLO FELLOWSHIP	16.00	80.00	SISTERS OF SOBRIETY (PLACERVILLE)	0.00	25.20
EL DORADO HILLS GROUP	0.00	60.00	SIXTY MINUTE SOLUTION GROUP	0.00	219.49
ELK GROVE FELLOWSHIP	0.00	510.00	SO THIS IS IT	10.00	40.00
ELK GROVE GROUP	0.00	156.00	SOBRIETY FIRST GROUP	0.00	71.99
ESPEE FELLOWSHIP	0.00	150.00	SOBRIETY SPEAKS GROUP	0.00	250.00
FAIR OAKS BEGINNERS GROUP	150.00	150.00	SOUTHPORT SERENITY	0.00	192.00
FELLOWSHIP OF THE SPIRIT BIG BOOK STUDY	0.00	40.00	SPIRITUALLY SPEAKING GROUP	0.00	143.12
FIELDS, MARY C.	0.00	5.00	SPIRITUALLY SPEAKING ORANGEVALE	0.00	102.30
FIRST THINGS FIRST GROUP	155.00	391.00	SPRING FLING GROUP	0.00	4,003.36
FIT FOR LIFE GROUP	0.00	202.19	STEP SISTERS-ANTELOPE	0.00	38.26
FOLSOM BIG BOOK GROUP	0.00	2,230.61	STEPS TO SERENITY	0.00	32.00
FOLSOM FRIDAY NIGHT GROUP	0.00	50.00	SUNRISE SPEAKER MEETING	0.00	373.14
FOLSOM NOON NEW LIFE	200.00	200.00	SUNSET SATURDAY	0.00	100.00
FOLSOM SATURDAY MORNING	0.00	441.00	TAHOE PARK GROUP	0.00	51.97
FOLSOM WAY OF LIFE GROUP	0.00	2,481.89	THANK YOU, THANK YOU, THANK YOU	50.00	110.00
FOLSOM WEDNESDAY NIGHT AA GROUP	0.00	111.56	THREE LEGACIES GROUP	0.00	90.00
FOUNTAIN OF YOUTH GROUP	0.00	130.00	THURSDAY MORNING BOOK/STEP STUDY GP	0.00	50.00
FOURTH DIMENSION GROUP	0.00	500.00	TIME TO START LIVING GROUP	0.00	74.00
FREEDOM GROUP	66.96	162.28	TOO YOUNG GROUP	0.00	106.91
FRIDAY FELLOWSHIP OF DOUBLE A	0.00	160.60	TRADITIONAL GROUP	169.45	1,919.44
Friday Lunch Bunch	0.00	200.00	TRIANGLE GROUP	0.00	17.02
FRIDAY NITE FAMILY GROUP OF AA	158.52	158.52	TUESDAY MIDTOWN GROUP	0.00	220.00
GIBBONS NOON	300.00	600.00	WE SURRENDER MEN'S GROUP	0.00	200.00
GNO GIRLS NIGHT OUT	0.00	315.38	WELCOME GROUP	0.00	66.50
GO TO ANY LENGTH GROUP	0.00	163.00	WEST SLOPE FELLOWSHIP	0.00	90.00
GROUP ONE	0.00	20.00	WHITE FLAG MEN'S GROUP	100.00	400.00
GROUP THREE	77.72	677.72	WILD WOMEN	0.00	326.89
HAND IN HAND WOMEN'S DAY OF UNITY	0.00	795.98	WILLING WOMEN GROUP, THE	0.00	79.15
HANGTOWN AA GROUP	0.00	100.00	WINTERS KITCHEN TABLE GROUP	20.85	201.05
HAPPY CAMPERS	0.00	180.00	WOMEN FOR WOMEN FAIR OAKS GROUP	0.00	33.00
HAPPY DESTINY GROUP	0.00	115.25	WOMEN IN RECOVERY, MARYSVILLE	0.00	216.90
HAPPY HOUR RANCHO GROUP	0.00	343.87	WOMEN OF EXTRAVAGANT PROMISES	0.00	76.00
HAPPY HOUR WOMEN	0.00	50.00	WOMEN UNDER CONSTRUCTION	0.00	306.91
HELPING HANDS GROUP	0.00	466.44	WOODLAND GROUP	0.00	60.00
HIGH FLYERS GROUP	0.00	489.87	WOODLAND TRADITIONAL GROUP	0.00	20.00
				4,082.43	44,090.97

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