



JULY 2017



Thought to Ponder . . .

The Twelve Steps -- a manuscript for rational living.

**Central Office will be Closed
July 3rd & 4th for Independence Day**

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The 7th Step

"Humbly asked Him to remove our shortcomings."

(aka the Goldilocks Step)

For the longest time (at least while I was working on my 1st through 4th steps) I didn't get Step 7, or how it is different from Step 6. With the clarity that comes so easily with hindsight, I now see that they teach us related, but quite different lessons.

I call Step 7 the *Goldilocks Step* because it's about becoming "right-sized." That happens to be one of my favorite AA sayings. Like Goldilocks running amok in the Three Bears' cottage, I was always over or under, too much or too little. When you think like an alcoholic, there simply is no "just right."

We may not all experience our greater-thans/less-thans in the same way. Some of us skew consistently toward the greater than. We fill our empty selves up with power, prestige, money, and all the trappings money buys. Many of us feel constantly unworthy. We judge ourselves by others' successes and come up short. We engage in activities to make ourselves feel bigger and better. But of course, neither approach to life leads us anywhere but to our alcoholic bottom.

One of the most amazing things about recovery is relearning my life. By this I mean that in sobriety I have come to realize that everything I thought I knew, or thought I was, was not what I really experienced, or who I really was – or wanted so desperately to be.

A big part of that was valuing my most glaring character defects as strengths. The personality traits that get us through life as drunks don't serve us well – if at all – in sobriety. Like many of you, I prided myself on being tough, stubborn, self-sufficient and above the rules. Yessir, I was a stellar example of contempt prior to investigation and self-will run riot!

Needless to say, the word "humility" was not in my vocabulary. Funny thing, that. In AA, words that used to have no meaning for me are suddenly guideposts. Humility, the essence of Step 7, is a perfect example of that. As active drinkers, we are all about self-aggrandizement. Even in our less-than posture, we're really still only concerned with ourselves and how we are perceived and treated (like victims, of course!).

In Step 7 we "humbly" ask God to remove our shortcomings. This requires us to actually sit down and make an inventory of our defects. I sure liked it better when the inventory focused on resentments, didn't you? But this is a necessary bridge we must cross. If we don't, we can't get through the rest of the steps and live in serenity.

Continued on page 6

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

MONTH	FLYERS DEADLINE	BY THE WAY DEADLINE
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
December	Sunday 10th	Wednesday November 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
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
December	Monday 11th	Friday December 29th

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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, July 15, 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, July 11th 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.

July 14th	August 4th
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

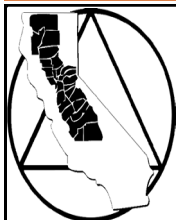
"I can't explain why I didn't hang up. I just sat there on the floor, with the receiver to my ear. The next thing I heard was "Good afternoon. Alcoholics Anonymous. May we help you?"
"Came to Believe" PG 23



SERVICE OPPORTUNITIES @ CCFAA!

We need volunteers to help with the assembly of the flyer mailing on **Tuesday, July 11th** at 9:30 a.m. and the **By The Way** mailing on **Monday, July 31st** 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.



NCCAA

October 13,14 & 15, 2017
Lodi Grape Festival Grounds
413 E. Lockeford St., Lodi, CA 95240



In service during the month of JUNE:

TeleDesk Volunteers & Subs: Cindy F. - Dlorah B. - Lynn S. - Cheryl G. - John F. - Marie G. - Peter G. - Dale M. - Lorrie D. Dennis O. - Mary Mc.—Russ H.

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. - Mike J. - Mike K.—

Bulk Mailing: - Jason S. **Webmaster:** Pete B.

BTW : Layout & Design - Karina K.

Celebrating July Birthdays:

Joyce H. 29 yrs



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.

Friends

Let your friends know they are not to change their habits on your account.

At a proper time and place explain to all your friends why alcohol disagrees with you. If you do this thoroughly, few people will ask you to drink.

- Alcoholics Anonymous, p. 102



Teleservice Activity Report

May 2017

Teleservice	May	YTD
12 Step	52	247
Meetings/Info	293	1,282
Total Calls	345	1,529

Teledesk Activity Report

May 2017

Teledesk	May	YTD
12 Step	10	62
Meetings/Info	359	1915
Total Calls	369	1977

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. 7/1-John D.
 of Carmichael, 7/8- Betty H. of Sacramento, 7/15 Cara B. of North
 Highlands, 7/22- Ivy of Rocklin, 7/29 Charlie S. of Folsom.

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: Third Saturday, each
 Month from 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. **July-** Joey of Citrus Heights, **Aug-** David B.
 of Wilson, **Sept-** Don of Lincoln. Group supplies main course. Join us!
 Bring a side dish or just yourself and some friends. **WHERE:** 521 C St,
 Galt (Corner of 5th and C St.)

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 AUBURN GROUP POTLUCK/SPEAKER MEETING ~ WHEN:
 First Saturday of the month, 6:00PM-8:00PM. **WHERE:** 4076 HWY 49
 E., Auburn. Doors open at 5pm, Potluck at 6pm, Speaker at 7pm.
 August Speaker: Lawrence S., of Richmond

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.

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 ~ 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:
 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

WACYPA ~ WHEN/WHERE: Please go to wacypaaxx.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 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. July Speaker: Ron D. of Lincoln

**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)

GROUP UPDATES & CHANGES cont'd

GOLDEN GIRL'S GROUP ~ Discontinued~ WHEN: Monday, 10:00am-11:30am. **WHERE:** Sunset No-Al Club, 5809 Gibbons Dr, Carmichael.

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

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

ROCKET TO THE 4TH DIMENSION ~ Update ~ WHEN: Monday, 7:00pm-8:00pm **WHERE:** 6851 Mount Aukum Rd, Somerset

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

SHARING AND CARING ~ Update ~ WHEN: Sundays, 8:00pm. This meeting is now a *12 Steps & 12 Traditions, 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

ALHAMBRA GROUP ~ New Meeting ~ WHEN: Friday 6:00pm **WHERE:** 2550 Alhambra Boulevard, Sacramento. This is an *Hour, Open, Beginner* meeting that is *Wheel Chair Accessible*.

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.

HIGH FLYERS ~ New Meeting ~ WHEN: Wednesday 8:30pm, *One Hour*. **WHERE:** 3077AlhambraDr. Ste D., Cameron Park

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



NEW GROUPS AND MEETINGS cont'd

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*

O'MALLEY'S ALLEY GROUP ~ New Meeting~ WHEN: Saturday 9:00am-9:45am. **WHERE:** 1111 2nd St., Downtown. This is an open meeting

PRIMARY PURPOSEBIG BOOK STUDY-DIAMOND SPRINGS ~ New Meeting~ WHEN: Tuesday 6:30pm-8:00pm. **WHERE:** Orthodox Church; 4255 Fowler Ln, Diamond Springs. This is an open, non-smoking big book study meeting

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.

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*

FAIR OAKS VILLAGE GROUP ~ Needs Support! ~ WHEN: Monday and Friday 12:00 noon. **WHERE:** 4200 Temescal St., Fair Oaks. This is an Open, Daily Reflection Discussion Meeting. Come join us for some afternoon recovery.

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.

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

JULY

60 MINUTE SOLUTION'S ANNUAL POTLUCK BARBEQUE ~ WHEN: Sunday July 9th 5:30pm-8:00pm. **WHERE:** St. Francis Episcopal Church; 11430 Fair Oaks Blvd, Fair Oaks. Hotdogs, hamburgers and limited soft drinks and water will be served.

CCFAA TELESERVICE WORKSHOP ~ WHEN: July 22nd 2:30pm-4:30pm **WHERE:** Traditional, Group, 2625Alta Arden Expressway. 2:30pm Orientation, 3:00pm-4:30pm Workshop

SPECIAL EVENTS Cont'd**JULY**

GROUP THREE'S 4TH OF JULY ALKATHON ~ WHEN: July 3rd-4th.
WHERE: 9940 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 AUBURN GROUP 4TH OF JULY BBQ/SPEAKER MEETING ~ WHEN: July 4th, 12 Noon-4:00pm. **WHERE:** Auburn Regional Park, 3770 Richardson Dr., Auburn. Starts at 12 noon, BBQ at 1, featured speaker David B. of Rocklin at 2pm.

H & I SEMINAR hosted by ELK GROVE FELLOWSHIP ~ WHEN: July 22nd 2:00pm **WHERE:** Native Sons Hall, 9151 Grove St., Elk Grove

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

RED ROAD RECOVERY TACO FEED~ WHEN: July 29TH, 2pm-6pm. **WHERE:** 2330 Fairfield St, Sacramento. Food from 2pm to 5pm, Meeting at 5pm

AUGUST

2nd ANNUAL UNITY & SERVICE CONFERENCE ~ WHEN: August 18th-20th **WHERE:** Concord Hilton, 1970 Diamond Blvd., Concord. \$35 Event registration

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.

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

NORTH SACRAMENTO GROUP ICE CREAM SOCIAL/SPEAKER MEETING~ WHEN: August 5th, 5:30pm-8:00pm. **WHERE:** 2330 Fairfield St, Sacramento. Ice cream at 5:30pm, Meeting at 7:00pm

NORTH SACRAMENTO GROUP GAME NIGHT~ WHEN: August 12th, 7:00pm-10:00pm **WHERE:** 2330 Fairfield St, Sacramento. Meeting at 7:00pm, Games from 8:00pm-10:00pm

SATURDAY NIGHT LIVE MEETING AND DANCE ~ WHEN: Aug 5th. **WHERE:** Sunset No-Al Alano Club, 5809 Gibbons Drive, Carmichael. Meeting 8:00pm-9:30pm, Dance 9:30pm-Midnight. \$5 **Entrance Fee for the Dance**

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

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:** Vinewood Community Church 1900 West Vine St., Lodi

OCTOBER

31st ANNUAL GOLD COUNTRY ROUNDUP ~ WHEN: October 13th-15th **WHERE:** St. Save Mission and Retreat Center, 600 Mission Blvd, Jackson

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

The 7th Step (aka the Goldilocks Step) Cont'd from pg 1

The “ah-ha” of Step 7 for me was not so much seeing my character defects, but allowing someone other than myself to judge which ones had to go and which ones should remain. Imagine that! Some of my defects might actually help me be of service to others!

Removal of shortcomings is yet another instance of giving up control. There is no clinging to select defects just because we're comfortable with them. It's no longer up to us whether a character defect is a strength or a liability. In Step 7, like in Step 3, we turn over a huge part of ourselves – once again – to a power greater than ourselves. Another slap-upside-the-head reminder that we are not in charge here!

When Goldilocks awakens from Baby Bear's “just right” bed, she finds the owners of the cottage staring down at her. At that point it doesn't matter what she likes or doesn't like about their chairs, porridge or mattresses. Those things belong to the Three Bears, not to her.

In Step 7 we turn our character defects over to their rightful owner – God. We ask God to make us useful to others. Step 7 doesn't make us perfect, stain-free, defect-free people. It doesn't absolve us of anything. What it does – very simply, and very powerfully, is teach us to be humble.

Now that I think about it, right-sized is the perfect mindset to approach our 8th and 9th steps. Once we're brought into humility, we approach others not as greater-than, not as less-than, but just right ... with God and our fellows.

Sally B.

Balance

As the day goes on, we can pause where situations must be met and decisions made, and renew the simple request: “Thy will, not mine, be done.” If at these points our emotional disturbance happens to be great, we will more surely keep our balance, provided we remember, and repeat to ourselves, a particular prayer or phrase that has appealed to us in our reading or meditation.

- 12 Steps & 12 Traditions, pp. 102 - 103



ALL TRIBES

Tony, 3 yrs Valarie G., 2 yrs

BABES IN RECOVERY

Debralee D., 30 yrs Lisa M., 2 yrs

CITRUS HEIGHTS GROUP

Don S., 32 yrs Mike F., 23 yrs
 Heather H., 18 yrs Shirley L., 7 yrs
 Kalena, 5 yrs Tony B., 5 yrs
 Valerie R., 4 yrs Judah, 2 yrs
 Mike S., 2 yrs Sherry Z., 2 yrs
 David L., 1 yr

COURAGE TO CHANGE

Frank S., 37 yrs Dee W., 35 yrs
 Trish B., 19 yrs Christina S., 5 yrs
 Emily Z., 5 yrs Amanda K., 4 yrs
 Kathy, 4 yrs Pattie, 1 yr
 Nancy D., 1 yr Derek G., 1 yr

DAILY ATTITUDE ADJUSTMENTS

Ann, 31 yrs AnneMarie S. 25 yrs.
 Heather C., 14 yrs Patricia C., 25 yrs
 Gene C., 6 yrs Mary I., 11 yrs
 Joseph, 4 yrs Yelena, 4 yrs
 Elliot, 3 yrs Fred, 4 yrs
 Thomas, 1 yr James L., 3 yrs

DAVIS FRIDAY NOON GROUP

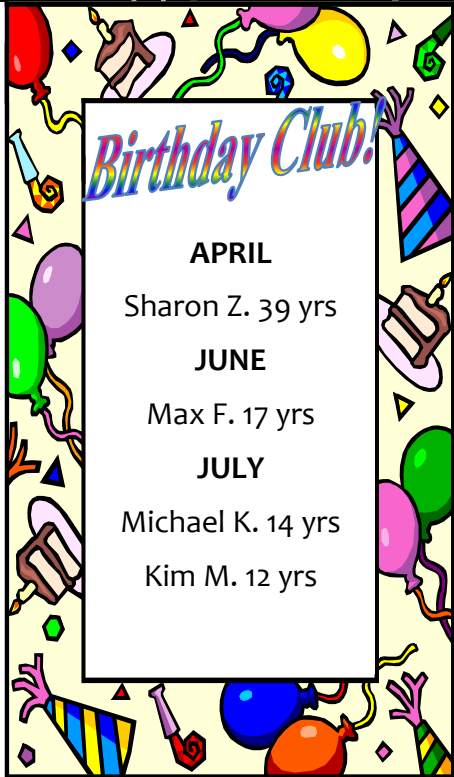
Brenda C., 35 yrs Sheryl F., 35 yrs
 Sharon B., 25 yrs Jean H., 29 yrs
 Valerie D., 27 yrs Janelle W., 19 yrs
 Rachel W., 14 yrs Brenda W., 9 yrs
 Sharon C., 8 yrs Alena, 7 yrs
 David L., 6 yrs Andrew D., 5 yrs
 Marsha A., 5 yrs Leslie, 4 yrs
 Nan, 3 yrs

DAVIS HOPE GROUP

Richard, 36 yrs Nick Mc, 33 yrs
 Greg H., 29 yrs Jim B., 27 yrs
 Sharon B., 25 yrs Kim P., 20 yrs
 Nicki O., 18 yrs Mike S., 18 yrs
 Kyle W., 15 yrs Robert R., 15 yrs
 Billy J., 15 yrs Tim D., 14 yrs
 Taylor P., 14 yrs Randy N., 13 yrs
 Charles C., 13 yrs Richard R., 13 yrs
 Theresa L., 10 yrs Jonathon B., 10 yrs
 Judy D., 10 yrs Stewart B., 9 yrs
 Brenda W., 9 yrs David L., 8 yrs
 Sharon C., 8 yrs Molly G., 8 yrs
 Alena, 7 yrs Marilyn M., 6 yrs
 John O., 6 yrs Leslie, 4 yrs
 Tom, 4 yrs Anne H., ? yrs
 Betty F., 3 yrs Alex B., 2 yrs
 Jerry L., 1 yr Lindsay G., 1 yr

EAST YOLO FELLOWSHIP

Lucy H., 46 yrs Tim L., 32 yrs
 Sally L., 32 yrs John A., 29 yrs
 Kimberly H., 24 yrs Robert C., 23 yrs
 Fernando M., 23 yrs Derek C., 19 yrs
 Patrick B., 12 yrs Steve M., 10 yrs
 Marcia M., 9 yrs Mike G., 7 yrs
 Michael M., 6 yrs Alex V., 6 yrs
 Joey Z., 6 yrs Andrea D., 5 yrs
 Debbie R., 5 yrs Dan P., 5 yrs
 Robert H., 4 yrs Nikki C., 3 yrs



ELK GROVE FELLOWSHIP

Mark B., 18 yrs Shane B., 16 yrs
 Matthew G., 11 yrs Doug B., 7 yrs
 Linda A., 3 yrs Teri B., 3 yrs
 Christy E., 2 yrs Dave P., 2 yrs
 Sandy K., 1 yr

FAIR OAKS BEGINNERS

Sandra, 20 yrs David S., 15 yrs
 Margie, 10 yrs Shauna P., 8 yrs
 Tammy, 7 yrs Tony B., 5 yrs
 Sandy R., 3 yrs Judah C., 2 yrs

GIBBONS NOON

Jill M., 36 yrs Dan W., 27 yrs
 Brian B., 26 yrs Vern H., 26 yrs
 Dan W., 6 yrs
 Mike S., 2 yrs
 Tricia A., 1 yr
 Johanna M., 1 yr

GROUP ONE

Janelle S., 25 yrs Jasen B., 12 yrs
 Joseph R., 12 yrs Michael C., 11 yrs
 Roberta R., 10 yrs Carlos R., 5 yrs
 Isaac M., 5 yrs Annie C., 4 yrs
 Bud W., 2 yrs Tyler G., 1 yr
 Ronnie M., 1 yr Sean R., 1 yr

GROUP THREE

Kathy A., 46 yrs Bob P., 40 yrs
 Jill M., 36 yrs Dennis B., 33 yrs
 Michael H., 31 yrs James Y., 31 yrs
 Gary G., 30 yrs Sandra L., 30 yrs

GROUP THREE Con't

Judy R., 30 yrs Cindy F., 29 yrs
 Martin W., 29 yrs Lovie A., 27 yrs
 James P., 26 yrs Dave S., 25 yrs
 Chris B., 24 yrs Angela M., 24 yrs
 Amelia M., 24 yrs Deanna C., 22 yrs
 Jeannie H., 20 yrs Greg C., 15 yrs
 Zack R., 12 yrs France D., 11 yrs
 Joe W., 10 yrs Danny B., 10 yrs
 Blair M., 9 yrs Mary S., 8 yrs
 Elizabeth O., 8 yrs Nancy C., 8 yrs
 Brian G., 8 yrs Dana H., 8 yrs
 Nathalie H., 8 yrs Nicolas L., 8 yrs
 Michele M., 8 yrs Ann A., 7 yrs
 Damien B., 7 yrs Susan C., 7 yrs
 Deneal C., 7 yrs Christopher D., 7 yrs
 Julie E., 7 yrs Kevin K., 7 yrs
 David L., 7 yrs John M., 7 yrs
 Marie M., 7 yrs Ed P., 7 yrs
 Tom S., 7 yrs Whisper, 7 yrs
 Sandra C., 6 yrs Leah E., 6 yrs
 Ethan F., 6 yrs Leila I., 6 yrs
 David J., 6 yrs Jackie, 6 yrs
 Brian D., 5 yrs Mistie S., 5 yrs
 Mike S., 5 yrs Bud W., 5 yrs
 Jennifer C., 4 yrs Cici R., 4 yrs
 Dean B., 3 yrs Linda H., 3 yrs
 Brian H., 3 yrs Nick M., 3 yrs
 Nat P., 3 yrs Caitlyn S., 3 yrs
 David S., 3 yrs John A., 2 yrs
 Mark H., 2 yrs William H., 2 yrs
 Larry K., 2 yrs Greg K., 2 yrs
 Emilio L., 2 yrs Kelly V., 2 yrs
 Phred S., 1 yr

HAPPY DESTINY

Stephen B., 38 yrs Annie C., 24 yrs
 Marsha T., 30 yrs Margie J., 10 yrs
 Jeannie K., 8 yrs Patty H., 4 yrs

INTO ACTION

Bill B., 40 yrs Michael R., 12 yrs

TAMMY J.

ORANGEVALE OPEN GROUP

Wally R., 25 yrs
RIO LINDA
 Jene B., 20 yrs Tim P., 6 yrs
 Mike R., 5 yrs Holly P., 5 yrs
 Leah O., 4 yrs Ailene C., 3 yrs
 Larry Y., 3 yrs Joey, 3 yrs
 Levi H., 1 yr Tamara M., 1 yr
 Mark B., 1 yr Kathy S., 1 yr
 Kimberly J., 1 yr

ROCKLIN RACETRACK

Tony O., 36 yrs Tony D., 20 yrs
 Robyn H., 13 yrs Dave W., 13 yrs
 Katie F., 11 yrs Sean G., 5 yrs
 Marcella W., 3 yrs Tracey R., 2 yrs
 Leslie G., 2 yrs John T., 1 yr
 Stacy, 1 yr Ken L., 1 yr

ROSEVILLE EASTSIDE GROUP

Bruce A., 36 yrs Amber S., 22 yrs
 Theresa W., 14 yrs Debra E., 9 yrs
 Sam P., 7 yrs

ROSEVILLE FIFTH STREET

Jeanine C., 37 yrs Mike F., 23 yrs
 Will H., 20 yrs Jack S., 15 yrs
 Adriana G., 13 yrs Julia D., 10 yrs
 John M., 9 yrs Claude K., 7 yrs
 Shirley L., 7 yrs Mark T., 7 yrs
 Stacy B., 6 yrs Lynda B., 5 yrs
 Alan L., 4 yrs Ted H., 4 yrs
 Nicole L., 4 yrs Jimmy S., 4 yrs
 Diane L., 2 yrs Cheri G., 2 yrs
 Tyler B., 2 yrs Rick C., 2 yrs
 Franky A., 2 yrs Josh A., 2 yrs
 Tracey R., 2 yrs Justin B., 2 yrs
 Kevin G., 2 yrs Ken K., 1 yr
 Tiffany T., 1 yr Tim F., 1 yr
 Ramon M., 1 yr Janie S., 1 yr
 Gary M., 1 yr Michelle H., 1 yr

ROSEVILLE TUESDAY NIGHT GROUP

Carol L., 34 yrs Doreun, 32 yrs
 Susan J., 32 yrs Tim J., 31 yrs
 Karl D., 28 yrs Karoline F., 27 yrs
 Rodney S., 25 yrs Will H., 20 yrs
 Joseph, 17 yrs Alice, 16 yrs
 Dave W., 13 yrs David L., 13 yrs
 Adriana G., 13 yrs Mark D., 12 yrs
 Deana D., 10 yrs Debra E., 9 yrs
 Jeff S., 8 yrs Patrick T., 6 yrs
 Gail, 6 yrs Holly P., 4 yrs
 Jillian, 4 yrs Donna, 4 yrs
 Marilyn C., 4 yrs Carlos M., 3 yrs
 Cornelia, 3 yrs Sherry Z., 2 yrs
 Karen R., 1 yr Ken K., 1 yr
 Matt, 1 yr Tiffany T., 1 yr
 Rob F., 1 yr Lenzi F., 1 yr
 Brenda, 1 yr Saira K., 1 yr
 Bobbie G., 1 yr Glen K., 1 yr

SERENITY BOOK STUDY

Jill MC., 36 yrs Jessica, 29 yrs
 Vanessa, 7 yrs Alane, 5 yrs

SERENITY SEEKERS

Deanna C., 22 yrs



SHARING AND CARING

Tom T., 35 yrs Charise, 30 yrs
 Rita L., 23 yrs Richard J., 20 yrs
 Kimberlee S., 14 yrs Henry S., 9 yrs
 Michael R., 9 yrs Dale C., 7 yrs
 David L., 6 yrs Augie F., 4 yrs
 Michelle O., 4 yrs Lexi J., 3 yrs
 Diane O., 1 yr Nicole S., 1 yr

SUNRISE SUNSET

Dan W., 27 yrs Brian B., 26 yrs
 Tracy T., 14 yrs Elizabeth T., 10 yrs

TAHOE PARK

Donald W., 1 yr



TRADITIONAL

Mary G., 46 yrs Laura R., 36 yrs
 Jim H., 33 yrs Tom H., 29 yrs
 Jessica P., 29 yrs Sharon S., 28 yrs
 Greg B., 25 yrs Raymond V., 25 yrs
 Janelle S., 25 yrs Reggie N., 23 yrs
 Richard B., 21 yrs Mary McC., 21 yrs
 Dan B., 20 yrs Tamera K., 19 yrs
 Tina G., 17 yrs Wally G., 17 yrs
 Billy J., 15 yrs Jack S., 15 yrs
 Dan B., 13 yrs David L., 13 yrs
 Dave W., 13 yrs Michael B., 12 yrs
 Gene C., 6 yrs Robert M., 6 yrs
 Bev K., 4 yrs Sally R., 3 yrs
 John H., 2 yrs Sandra B., 2 yrs
 Jenelle D., 2 yrs Bruce C., 1 yr
 Danny B., 1 yr Don G., 1 yr



WHAT A WAY TO START A WEEKEND

Margaret R., 30 yrs Susan K., 18 yrs
 Elaine F., 7 yrs Elizabeth, 6 yrs
 Anne M., 3 yrs Lenzi F., 1 yr

WINTERS KITCHEN TABLE GROUP

Mike R., 9 yrs

WOODLAND GROUP

David C., 12 yrs Brenda M., 8 yrs
 Sue R., 2 yrs Jenna J., 2 yrs
 Chris M., 1 yr Dan G., 1 yr
 Sarah, 1 yr James D., 1 yr
 Janet T., 1 yr Stefanie, 1 yr
 Sue S., 1 yr

WOODLAND TRADITIONAL GROUP

Ken K., 14 yrs Donnie S., 11 yrs
 Mike H., 8 yrs Brenda M., 8 yrs
 Becky M., 8 yrs Joe G., 6 yrs
 Gerald J., 6 yrs Tom J., 4 yrs
 Zack C., 4 yrs Ted Z., 4 yrs
 Sue R., 2 yrs Rose K., 1 yr
 Genelle, 1 yr Stafanie K., 1 yr
 Karina C., 1 yr Michelle B., 1 yr
 Diana L., 1 yr

The Seventh Step

“Humbly asked him to remove our shortcomings”
 When ready we say something like this:
 “My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen.” We have then completed Step Seven.

-- Big Book pg 76

The Seventh Tradition

“Every A.A. group ought to be fully self-supporting, declining outside contributions.”

What about that intergroup or central office so many of us called to ask for help? Phone companies don't give free service. Beyond our own locality, we learn about the A.A. General Service Office and the work it does for groups everywhere. A.A. activity is self-supporting at all levels, and in every case the responsibility comes right back to us, the individual members, for we are A.A.

--The Twelve Traditions Illustrated

The Seventh Concept

“The Conference recognizes that the Charter and the Bylaws of the General Service Board are legal instruments: that the Trustees are thereby fully empowered to manage and conduct all of the world service affairs of Alcoholics Anonymous. It is further understood that the Conference Charter itself is not a legal document: that it relies instead upon the force of tradition and the power of the A.A. purse for its final effectiveness.”

--Twelve Concepts for World Service—by Bill W.

July Birthdays
Total years!!

4,279



Late Submissions

June

COURAGE TO CHANGE

Lynn M., 32 yrs Natasha L., 1 yr

SERENITY BOOK AND STEP STUDY

Kathy K., 24 yrs Dlorah, 8 yrs
 Pat B., 5 yrs Steve, 1 yr



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

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

- CHARACTER
- DECLINING
- HUMBLY
- OUTSIDE
- SELF
- CONTRIBUTIONS
- FULLY
- INSTINCTS
- PRIMARY
- SHORTCOMINGS
- CULTURE
- GROUP
- UGHT
- REMOVE
- SUPPORTING



WORDSMITHY

- sectarian -

**Sect like (see sect) /
 dissenting or separating from
 established church beliefs and
 practices.**

From the 12 N 12 dictionary – pg. 192

Grapevine Quotes

"Asking for help is not just a path to humility; it is a path to connection with my fellows and with God."

"Today, as I look back over 27-plus years of sobriety, I can simply thank Him for being wherever I am going before I even get there."

April 2011, AA Grapevine

5 Faithful Fivers 5

87 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

**TRUSTING GOD &
 CLEANING HOUSE**

AS THE DRUNK STAGGERED INTO THE MEETING HALL THE COMPASSIONS WAS THERE AS HE WAS ABOUT TO FALL. THE DRUNK WHO CAME TO THE MEETING, WAS CRYING OUT FOR, HELP IN DESPERATION. HE WAS SAYING, "I CAN'T DO IT BY MYSELF."

THE MOST BEAUTIFUL SIGHT, WAS TO SEE ANOTHER ALCOHOLIC REACHING OUT TO HIM AS HE WAS CRYING AND FULL TO THE BRIM HER COMPASSION TOUCHED ME DEEP IN MY SOUL. ONE ALCOHOLIC HELPING ANOTHER WAS HER GOAL. THAT'S HOW THE PROGRAM WORKS.

THERE IS NO DOUBT

TRUSTING GOD

CLEANING HOUSE

AND HELPING OTHERS OUT.

AN ALCOHOLIC HELPING ANOTHER DRUNK INSPIRED ME TO WRITE THESE FEW LINES. YES, EXPERIENCE, STRENGTH, AND HOPE

A REMINDER OF THESE HARD TIMES.

ROBERT P.

**FAITHFUL FIVERS ARE
 GRATEFUL GIVERS**

I. Opening

A. Call to order at 3:00 PM
D. CCFAA Preamble read by Pierre G
G. Birthdays – 50 years

B. Open with Serenity Prayer
E. 7th Tradition -

C. 12 Traditions read by Renee H
F. Delegate Check-in/Group Announcements

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

Total Delegates – 37

Quorum met: Yes

Group Name	Delegate	Last Attended	Group Name	Delegate	Last Attended
AA Unity Group	Absent	3/18/2017	Into Action Group Foresthill	Absent	10/15/2016
Alhambra Group	Kevin M	6/17/2017	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	Absent	5/20/2017
As Bill Sees It Men's Group	Absent	10/15/2016	MNNYPAA	Absent	5/20/2017
Auburn Fellowship	Absent	5/20/2017	Natomas Group	Absent	8/20/2016
Babes in Recovery	Absent	5/20/2017	New Hope Group	Dustin T	6/17/2017
Been There Done That	Absent	1/21/2017	North Hall Group	Bill S	6/17/2017
By The Grace	Yvonne	6/17/2017	North Sacramento Group	Frank D	6/17/2017
Capital City Men's Group	Absent	12/17/2016	Oak Park Fellowship	Absent	3/18/2017
Cathedral Group	Kim M	6/17/2017	Oak Tree Fellowship	Absent	8/20/2016
Cenacle Group	Absent	5/20/2017	O'Malley's Alley	Absent	5/20/2017
Center Parkway AA Book Study	Absent	2/18/2017	Orangevale Open Group	Richard D	6/17/2017
Citrus Heights Group	Steve R	6/17/2017	Primary Purpose Big Book Study	Absent	5/20/2017
Cordova Good Morning Group	Absent	12/17/2016	Rio Linda Fellowship	Absent	4/15/2017
Cordova Lunch Bunch	Steve S	6/17/2017	Rocklin Fellowship	Lindsay S	6/17/2017
Cordova Serenity Seekers	Jennifer Q	6/17/2017	Rocklin Racetrack Group	Dave W	6/17/2017
Cordova Thursday Night Group	Jimmy R	6/17/2017	Roseville Eastside	Absent	1/21/2017
Creekside	Absent	12/17/2016	Roseville 5 th Street Fellowship	Absent	5/20/2017
Daily Attitude Adjustment – Fair Oaks	Wendy S	6/17/2017	Roseville Tuesday Night Group	Absent	5/20/2017
Davis Hope Group	Absent	3/18/2017	SACYPAA	Terren G	6/17/2017
Davis Young People's	Absent	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	Carlos A	6/17/2017	Serenity Book and Study Group	Dlorah B	6/17/2017
Dubious Luxury	Absent	2/18/2017	Sharing and Caring	Absent	4/15/2017
East Yolo Fellowship	Ron B	6/17/2017	Sixty Minute Solution	Adam S	6/17/2017
Elk Grove Fellowship	Absent	5/20/2017	Southport Serenity	KathrynM	5/20/2017
Fair Oaks Beginners	Al E	6/17/2017	Sunday Morning Serenity	Roger M	5/20/2017
Folsom Big Book	Bill McC	6/17/2017	Sunrise Sunset Gibbons	Absent	10/15/2016
Folsom Saturday Morning Group	Jill J	6/17/2017	Thursday Night Men's Group	David B	6/17/2017
Fourth Dimension Group	Absent	5/20/2017	Too Young Group	Rich M	6/17/2017
Freedom Group	Paul	6/17/2017	Traditional Group	Michael C	5/20/2017
Friday Night Free Thinkers	Absent	1/21/2017	Triangle Group	Absent	2/18/2017
Galt Fellowship	Julie C	6/17/2017	Tuesday Cordova KISS Group	Absent	5/20/2017
Gibbons Noon	Absent	5/20/2017	Tuesday Night Beginners	Absent	2/18/2017
Girls Night Out	Absent	2/18/2017	We Care Group	Absent	4/15/2017
Good For Nothing	Sam C	6/17/2017	We Surrender Men's Group	HowardH	6/17/2017
Greenhaven Group	Pierre G	6/17/2017	Welcome Group	Dreigh P	6/17/2017
Group One	Absent	5/20/2017	What a Way to Start a Weekend Women	Sharon H	6/17/2017
Group Three	Matt	6/17/2017	White Flag Men's Group	Erik	6/17/2017
Happy Hour Group of AA	Absent	5/20/2017	Willing Women	Renee H	6/17/2017
Into Action – Citrus Heights	Absent	5/20/2017	Woodland Group	Absent	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	Present
Treasurer	John G	Present	OOB Chair	Carlos A	Present
Recording Secretary	Karen Y	Present	OOB Member	Dreigh P	Present
TeleService Chair	Al E	Present	OOB Member	Dlorah B	Present
By Laws & Procedures Chair	Kim M	Present	OOB Member	David B	Present
PI/CPC Chair	Joan T	Present	Picnic Chair	Betty K	Present
H&I Liaison	Terri N	Absent	Special Events Chair	Vacant	
Special Needs Chair	Erik C	Present			

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

Alhambra Group, 2550 Alhambra Blvd, Sacramento 95817, meets Friday @ 6:00 pm, open, one hour, no smoking, wheelchair access.

New Delegates

Too Young

Rich M

Alhambra Group

Kevin M

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

Motion to accept May minutes was made and passed with correction: Kathryn was tardy not absent 5/20/2017.

IV. Trusted Servant Reports**A. Chairperson Report – Kathryn C**

Welcome to the June 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! (That's Sunday July 9 at 9:00 am).

I was reminded this week of how important volunteers are to the Central Office. Please remember that the phones are answered and the store is run by volunteers! The reason we can pick up our books and pamphlets on Saturday is because of volunteers! There is a need for volunteers in the Central Office right now. Volunteering in an office setting is a great way to develop job skills! Please consider helping out yourself and/or spread the word about this great service opportunity. I have personally seen the dramatic effect volunteering has had in helping a newly sober person begin to live a sober life.

Thank you all for your dedication and service.

Today is a great day to be sober!

Kathryn C.

CCF Chairperson, 2016

"...principles before personalities."

B. Assistant Chair/CNIA Liaison – Amy T

I attended the CNIA meeting today.

C. Office Operations Committee –

OOO Meeting: 6/13/2017

Delegate's Meeting: 6/17-2017

Present: Kathryn C., John G., Dlorah B., Kim M., Dreigh P., David B. and Rae W. (Staff). Quorum met.

The Meeting was called to order at 6:10pm

Office Manager's Report—Rae W. (See handout for full report)

- Website security software is being renewed.
- Office workstations have annual security updates installed; however our in-house server is too old (MS Server 2003) for current version of Norton security software.
- The OM has asked IT professional and OOC member, David B. to review the server setup and develop a budget to make the necessary updates.
- There is a need for TeleDesk substitutes for the summer.

Treasurer's Report –John G.

- John will report to delegates

Bylaws & Ops -- Kim M.

- Nothing to report

Old Business

1. The semi-annual inventory will take place at the office on July 9th at 9AM.
2. The office has a ten year lease with a 5 year option. Now is the time to start to look at market rates and space availability to evaluate the best outcomes for the office.
 - The OOC will review the lease option position
 - Compare market rates
 - Look at other rates and locations
 - Discuss financial feasibility for all options
3. We are asking any members of the fellowship with any contacts for space rental to please contact Dreigh P. via the Central Office.

New Business

1. Kathryn C., CCFAA Chair, will attending Picnic Planning Committee Meetings until the August event.
2. IT Requirements—OOC Member, David B. has looked at the office server setup and software. David will work with the OM to present a budget for replacing the server and bring the network to current security protections.
3. In response to our low group contributions for May, a suggestion was made to make Birthday Club and Faithful Fiver flyers available at the Delegates' Meeting.

Meeting Adjourned with Responsibility Statement at 7:13PM.

A. Office Manager's Report – Rae W

1. Semi-annual inventory for the period ending June 30th will be Sunday, July 9th at 9A.M.
2. We are currently renewing our website security software. Our workstations have the annual Norton update installed, but our server operating system is too old to use the latest release of Symantec/Norton security. We did find another package for virus protection for the server which is only a temporary fix.
3. I have asked OOC Member, David B., who is an IT Professional to help us with our technology needs and network security. (Our website is not affected by the current issue. We have outside web host and great web security now.)
4. Many of our regular volunteers are taking vacation or having medical procedures. If you are available to answer the phones for a 4-hour shift any day, Monday-Friday, please call the office. We are in need of reliable substitutes for the summer months.
5. Thank you to the Sacramento NCCAA Planning Committee for a great conference.
6. Second Quarter Payroll and Sales tax returns, deposits and reports will be completed by the due date.

And all is well....Rae W.

B. Treasurer's Report –John G

April was a great month, May not so much, but we are still okay. April was over budget by \$5,000 and May was under by \$6,000. We are a non-profit and don't expect to make money. We had a bad check and hopefully it will be replaced; we rarely have bad debts. Help us out with the Faithful Fivers and Birthday Club; these are contributions that go directly to support our Inter-Group Service Center.

F. Special Needs Chairperson's Report – Erik C

June 10, 2017

1. Val R has stepped down as Interpreter Coordinator. Jon will contact Cathy directly and talk to her about doing the service commitment on NCAC. Val added Cathy to the email chain and she responded that she was willing to do it for the time being.
2. We have a table at Auburn Unity Day Saturday June 17 from 11-5.
3. Having a table at the Lodi NCCAA Conference on Saturday October 14 was discussed and the committee agreed to do it.
4. A member of District 24, asked the Chair for a speaker on accessibility of meetings at their June 14th District meeting. The group thought it would be good to have a "speaking guideline" of some kind in written form to train ourselves on speaking to Districts, Servicepalooza, NCCAA or the like. This will ensure continuity of the message being carried.
5. The committee will look for the pamphlet "AA Member: Medications and Other Drugs" and the parts of aa.org that are oriented towards professionals in order to learn about reaching out to mentally ill alcoholics.

In Gratitude,

Erik C.

G. TeleService Chairperson's Report – AI E

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

Shift Call Numbers: May 2017 (as of 6/13/17)

12 Step = 52 YTD 247

Info = 293 1,282

Total = 345 1,529

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 4 Shifts available & we have ~5 potential volunteers in queue
- **Looking forward to a Teleservice Workshop July 22, 2017**
- *And more fun for August Picnic*

Next CCFAA Holiday Closure:

Tuesday, July 4th - 2 (of 2) coverage in place

Monday, August 21 - 1 (of 2) coverage in place.

Regular Business:

Current Teleservice Potential Volunteer Count = 13

Current Teleservice Volunteer Count = 42

Break out (32) Shift + (7) Shift Coord + (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**

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

No Report

H. PI/CPC – Joan T

We discussed contacting the courts in Roseville and 2 requests for presentations for SACYPAA Servicepalooza. Mike and I tried to make contact with Laura Curry at a Mental Health Clinic in Citrus Heights but she is not returning our phone calls.

In Love and Service

Joan Terrell-Chairperson

J. Birthday Club/Faithful Fivers – Wendy S

Thank you for everyone talking about the Birthday Club and Faithful Fivers. Please give your groups' Birthday person some of these flyers so they can be distributed.

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

A. NCCAA Liaison – Roger

The Sacramento Conference was not as well attended as hoped, but we did well. The next conference will be in Lodi at the Lodi Gra pe Festival Grounds on October 13, 14 and 15, 2017.

B. Picnic Committee- Betty K

1. The USED BOOK flyer has an incorrect phone number. The correct number is Amy T. @916/675-2474.
2. AGAIN only three people showed up for the Picnic Committee Meeting on Friday 6/16/17. We need support!
3. No one has volunteered for the Raffle (during the Delegate Meeting North Hall volunteered).
4. The supplier of canopies is no longer available, so we considering buying the canopies and either selling/raffling at the picnic. We will be renting chairs and tables. Since the Children's Games were part of that previous supplier, we do have a group that has volunteered to make and operate the games.
5. Pull Tabs. There four open boxes of Pull Tabs from previous year picnics. We cannot guarantee any winners in those boxes. So we are going to dispose of those and buy 2 new boxes and not open the second until we have depleted the first.
6. Raffle tickets will be available at the next Delegate's Meeting, July 15, 2017. Cash prizes are \$200, \$100, and 4 \$25. We would like the groups to donate Baskets to be raffled, and the canopies.

C. Hospitals & Institutions – Teri N- Absent

- The H&I Committee Meeting is held the 3rd Thursday at Denny's (Howe Ave & Hwy 50) at 6:00 pm.
- 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 sixth month. If anyone is interested, please contact the CCF Chair.

VII. New Business –

No new business.

VIII. Closing – Meeting closed at 4:38 PM

Respectfully submitted, Karen Y, Recording Secretary

CCFAA INCOME EXPENSE
MAY, 2017

	May	YTD	Prorate Budget	Budget	YTD Variance fav / (unfav)	
1	Income					
3	4020 · AAWS Literature Sales	7,011	35,497	30,417	73,000	5,080
4	4025 · In-House Publication Sales	1,221	6,370	6,458	15,500	(88)
5	4035 · Medallion Sales	4,672	20,396	17,500	42,000	2,896
6	4100 · Group Contributions	1,886	42,635	40,833	98,000	1,802
7	4110 · Anonymous Contributions	0	38	125	300	(87)
8	4120 · Birthday Contributions	113	699	1,000	2,400	(301)
9	4125 · Office Services Revenue	741	6,299	6,000	8,600	299
10	4130 · Faithful Fivers	698	3,819	4,792	11,500	(973)
11	4440 · Interest Income	0	3	0	0	3
12	4460 · Picnic Revenue	15	43	0	9,300	43
13	4480 · Special Event Revenue	0	-	1,500	6,000	(1,500)
	4482 · Anniversary Event	0	628	0	0	628
14	Total Income	16,356	119,989	108,625	266,600	11,364
15	Cost of Goods Sold					
16	5000 - Literature Costs					
17	5010 · Cost of AAWS Literature Sold	5,158	26,649	21,667	52,000	
18	Literature Costs/Adjustment	0	(220)	125	300	
19	Total 5010 - AAWS Literature	5,158	26,429	21,792	52,300	(4,638)
20	Net Income AAWS Literature	1,853	9,068	8,625	20,700	443
	5015 · Other Literature	241	1,190	825	1,500	
21	5025 · In-House Publication					
22	5030 · Paper Stock & Staples	223	1,418	1,458	3,500	
23	5035 · Printing Equipment	894	5,264	5,000	12,000	
24	5040 · Copy costs	0	1,063	833	2,000	
25	Total 5025 · In-House Publication	1,118	7,745	7,292	17,500	(453)
26	Net Income In-House Publication	104	(1,375)	(833)	(2,000)	(541)
27	Cost of Medallions					
		1,627	7,161	5,208	12,500	1,953
	Net Income Medallion Sales	3,045	13,235	12,292	29,500	943
28	Total Cost Of Goods Sold	8,143	42,525	34,917	83,800	(7,608)
29	Gross Income (after cost of goods)	8,212	77,464	73,708	182,800	3,756
31	Expense					
32	Equipment Expense					
36	Total Equipment Expense	80	1,197	1,521	3,650	324
37	Insurance					
41	Total Insurance	308	1,801	2,274	5,457	473
42	Meetings/Conference Expense					
47	Total Meetings/Conference Expense	0	139	708	1,700	569
48	Office Expense					
56	Total Office Expense	2,563	12,668	12,250	29,400	(418)
57	Utilities - 5770					
63	Total 5770 Utilities	895	3,548	3,521	8,450	(27)
64	Other Committees - 6200					
	5900 · Special Events	0	-	0	3,000	
65	5990 - Picnic Committee	0	-	0	6,200	
66	6210 - PWCPC Expense	48	266	229	550	
67	6220 - Special Needs Committee	0	65	158	380	
68	6230 - Teleservice Committee	0	47	63	200	
69	Total Other Committees	48	378	471	10,330	92
70	Professional Fees					
76	Total Professional Fees	60	504	1,448	3,476	944
77	Payroll Expenses					
82	Salaries and wages	8,713	38,607	41,113	98,672	2,506
86	Taxes and Benefits	1,583	8,124	8,056	19,335	(68)
87	Total 5400 · Payroll Expenses	10,297	46,731	49,170	118,007	2,438
89	Bad Debt Expense - 5686	0	-	42	100	
90	Credit Card Fees - 5895	166	868	938	2,250	
91	Bank Charges - 5690	24	24	21	50	
	Other					
92	Total Expense	14,442	67,858	72,363	182,870	4,504
	Net Other Income / (Expense)	0	0	0	0	0
	Net Income	(6,229)	9,606	1,346	(70)	8,260

Prepared by Treasurer CCFAA

Meeting Makers Make it—Sort Of

(Relief is not Release)

After twenty-plus years of unsuccessfully “quitting drinking forever,” I was finally taken to my first AA meeting. I was coming off a three-day drinking binge, still pretty much in an incoherent daze. Although, I recall very little about that meeting, I do remember becoming very emotional during The Lord’s Prayer, and left with a very strong conviction that AA was really going to work for me. From then on, I became a full-speed-ahead meeting attendee, generally going to more than just one meeting a day for months on end.

As I began to share openly at meetings, as well feelings of anger, anxiety and depression slowly meetings feeling great! This blessed relief would meeting, then the happy cycle would start all *blowin’*” (p. 82). But hold the phone! Those a persistent vengeance.

This phenomenon is often tagged as an “AA a **“release.”** Someone quipped: “*Survival on the* after six months being happily sober, I had not was unknowingly living a life of “*untreated* periods grew shorter and shorter. My unpleasant grew stronger and stronger.

Finally, after a Hollywood parade, my a bar and almost order a drink—thank God, I periods of **relief** from my emotional problems a new sponsor had me living the AA program of action via the Twelve Steps. A few months later I experienced a **release**, and my obsession for whisky miraculously disappeared.

I have learned that although the AA fellowship may provide pleasant periods of **relief**, it is the Twelve Steps of AA in action that provide the necessary **release** for me to remain happy, joyous and free—and sober!

Bob S.



as before and after, those uncomfortable diminished. As a matter of fact, I would leave last for hours, often till I got to my next AA over again. “*Ain’t if great Ma, the wind stopped* obsessive whisky thoughts still nagged on with

honeymoon”—I was having a “**relief**,” but not *AA fellowship is untreated alcoholism.*” Even yet gone through the Twelve Step process and *alcoholism.*” Eventually, those honeymoon emotions returned and the whisky obsession

untreated alcoholism allowed me to march into didn’t, but I could easily see that alternating was not going to keep me sober. Within weeks

AA’s Founding Moments

Rowland Hazard was the first in the chain of events leading to the founding of the fellowship of Alcoholics Anonymous. In attempt to receive a psychological release from his chronic alcoholism, he boarded an ocean liner, in 1926, bound for Zurich, Switzerland hoping to find a method of release from the famous Dr. Carl Jung. But, surprisingly, the great doctor had no psychological advice for him—he was told that his problem was not treatable from a medical standpoint. The cost of transportation and lodging, plus the very expensive doctor’s fee, amounted to about \$50,000 in today’s money. What a bummer! However, Rowland received information much more important than money—an idea that now reins as the solution for all followers of the AA program of action—his only solution was to undergo a vital spiritual experience! (p. 27) Although Rowland did not remain continually sober, we AA’s are benefiting from it today. *First founding moment!*

Ebby Thacher was in deep chicken-fat trouble for drunkenly shooting pigeons in a very elegant neighborhood of Manchester, Vermont. This was his third arrest and he faced six months in Winsor Prison or Brattleboro Asylum, but the judge told him if he came to court sober the following Monday, he would be released to the guardianship of an Oxford Group member. Ebby was not a religious man, but he went home, gave his last several bottles of Ballantine Ale to his neighbor and prayed to God, “*as he had never prayed before.*” An amazing release took place immediately and he remained sober for over two years and seven months. *Second founding moment!*

Back to court the following Monday, Rowland Hazard became his Oxford Group mentor, teaching Ebby the Oxford Group’s spiritual program of action and suggesting that Ebby reside in Calvary Mission in lower Manhattan, so as to help other inebriates. This led Ebby to carry his newly found message to Bill Wilson (p. 9) resulting in Bill also having a spiritual experience which kept him sober the rest of his life. *Third founding moment.*

Five months later Bill carried the same message to Dr. Bob Smith, in Akron, Ohio, and eventually he had a personality change sufficient to bring about recovery—he never drank again. *Fourth founding moment!* Thank God for this overlapping sequence of events!

Bob S. Richmond IN

Concept Seven

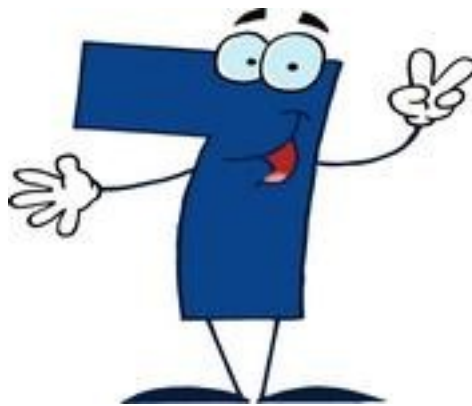
The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final effectiveness

In A.A. and in my personal life, Concept Seven shows the way to a spiritual democracy of equals by outlining two equally important roles in decision making and conducting business. Concept Seven upholds the basic traditional principle that ultimate authority resides in the group conscience and at the same time allows for the management of A.A. affairs by the Trustees. These two work hand in hand – each individual A.A. member is represented through traditional rights and each A.A. member is protected through legal rights.

The language of Concept Seven sets the Trustees of the General Service Board along side the General Service Conference. When this gets confusing, I use this little example to help me understand the difference between the Trustees and the Conference: In my work, I am an advisor to the people I work for. My clients pay me to help them achieve their goals and they are, in essence, my “boss.” However, when my clients want to do something that in my professional experience would harm them or cause them not to reach their goals, I advise them of the risks and request that they reconsider their decision. Sometimes, I have to make a decision for all of us because what they are proposing is illegal, or will harm our work group as a whole. So, I am the Trustees and my clients are the Conference. I am paid to advise my clients, who are an autonomous entity, however, sometimes it is my job to

When understanding the different responsibilities of the Trustees and the Conference in Concept Seven, it helps me to think about the difference between legal rights and traditional rights.

Legal rights can be said to be protected members of a group or society equally within that group. Traditional rights can be heard by way of a group voice or each have traditional rights in our A.A. group conscience, is our ultimate authority. Each member's rights are protected within the unity of the group. Even those who disagree with the majority are protected. Often, the most discussion is the minority voice – even if



say “no” to my boss. responsibilities of the Trustees and the me to think about the difference be-

tions under the law that apply to all and are rights that protect the individual be seen as the rights of each individual group conscience. As A.A. members, we group. God, as expressed through the ity. This assures that each member will group. Even those who disagree with the important voice in a group conscience the minority does not alter the group

decision.

If there is a decision that puts the group or A.A. as a whole in danger, leaders – old-timers, Trustees, trusted servants – can point this out to the group and suggest ideas for consideration by the group conscience. However, God as expressed in the group conscience is still the ultimate authority. If a member, leader or not, thinks the group decision is still wrong, that member can use the service structure to appeal for help. But this still cannot change a group’s decision. The group conscience does not change, the group conscience is still the ultimate authority.

We as individuals do not have legal authority in our A.A. group; our legal rights are protected by Concept Seven and legal authority resides with the Trustees. We are all responsible as individuals to respect the laws of our society. In our A.A. groups, we are not forced to respect anything or do anything. We participate in the spiritual democracy of A.A. by choice and through the service structure our rights are protected as members of the group. As a trusted servant within the group, for example, as group treasurer, I may have additional legal responsibilities such as saving for and paying insurance. A.A. service workers have the care and keeping of our individual legal responsibilities and the authority to exercise our legal rights within the traditional authority. Only in matters of legal rights does any individual member of a group need to assert authority over the group,

My life, as an A.A. member, at work or at home, is much more serene when I apply the principles and ideas of Concept Seven. I am much more effective and my group, whether an A.A. group or my family or work group, is a much happier and more successful place when I recognize each member as an equal partner with me and an important part of a spiritual democracy

Karlin M.

A QUIET HEART

For years I have been quoting an old friend and mentor of mine from my early days of sobriety in 1970 when he said, "All I want out of life is peace of mind and a quiet heart". The quiet heart part of that statement seemed to be what catches most people's attention since it adds a touch of tenderness to that statement; but what does it really mean? I understand the "peace of mind" part of the Quote to mean, in my own words, "absence of all unresolved mental issues". When he referred to "A quiet heart" he obviously was not speaking about that organ inside our chest that pumps blood through our bodies.

I was at a meeting recently, (August 6) and the topic was taken from an AA friendly publication and in it the, "Thought for the day", was explaining how *Psychologists are turning to religion* in order to add the element of, *a faith in something outside of ourselves*, to their message, because faith was an act of the mind and of the will. It also said that the clergy *and rabbis were turning to psychology* to enhance their message in order to reach a *more modern society*. To me, it was the best approach I believe I've heard to express the all inclusiveness of the AA program when it comes to understanding the concept of, a power greater than ourselves.

When I think of my old friend's mention of, *a quiet heart*, I can see how it might mean something different to each of us. To the romantic, it probably means the place inside where they feel emotions, and more than just that blood pump in our chest. On the other hand, to the person with a religious foundation, it is, most likely, referring to the *soul*. To the psychologist it is most likely referring to the *conscience*. Call it what we may, to me this implies that there is something inside of us all that cannot be dismissed. It seems to be keeping a *catalog of all of our behaviors; good and bad, then reintroduce them to us again each morning when we wake up* and we keep reliving them, over and over. It's Time to put them to rest. We used to drink to make them go away. We have the will to live by the dictates of our heart, our soul, or our conscience, and that is where we have ability to right all of those, *unresolved mental issues*.

The program of alcoholics Anonymous, from beginning to end, is designed to recognize, acknowledge and resolve all of these issues by bringing it all to the surface in the safety of the people that have been through this process and understand what the individual is faced with. The good news is that as you resolve each of these concerns you will be freeing up all of that mental space and energy that has been causing the tormenting regrets of the past. When we recognize the pain that our past thinking and behavior has caused and have put forth the effort to resolve it, it is unlikely that we will be willing to return to those old behaviors.

Our unbridled instincts caused our behavioral problems. Our heart/soul/conscience recorded these things, and our minds live with the mental torment as the result. A quiet heart/a clean soul/a clear conscience leads to peace of mind and when a person has peace of mind, a drink has no appeal to him/her and in the morning, they wake up with smiles on their faces.

Rick R.

Book Of The Month



One On One : AA Sponsorship in Action

In this collection, AA members write about their experience with sponsorship, including how to choose one, getting the courage to ask someone to be a sponsor, sharing their past and present with them, working with those having trouble staying sober, dealing with the loss of a beloved sponsor and more. From the early days of the program, this special one-on-one bond of sponsorship has been considered vital to getting sober, staying connected and living a full, happy life.
An AA Grapevine Publication

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.)

- _____ % to district
- _____ % to area committee
- _____ % to G.S.O.
- _____ % to intergroup or central office
- _____ % other A.A. service entities
- _____ % other A.A. service entities

- OR**
- 10%** to district
 - 10%** to area committee
 - 30%** to G.S.O.
 - 50%** to intergroup or central office

OR

If you have no intergroup/central office.

- 40%** to district
- 30%** to area
- 30%** to G.S.O.

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.

	Jun 17	Jan - Jun 17		Jun 17	Jan - Jun 17
11TH STEP MEDITATION MEETING	0.00	105.00	FOLSOM WAY OF LIFE GROUP	0.00	985.76
12 AND 12 BOOK STUDY (ROCKLIN)	0.00	240.00	FOLSOM WEDNESDAY NIGHT AA GROUP	0.00	111.56
12 AND 12 TOUCHSTONE GROUP	0.00	324.00	FOLSOM YOUNG PEOPLE'S GROUP	90.00	90.00
5TH TRADITION BIG BOOK STUDY	0.00	51.65	FOUNTAIN OF YOUTH GROUP	0.00	130.00
605 CHRISTIAN VALLEY GROUP	0.00	100.00	FOURTH DIMENSION GROUP	0.00	500.00
A WAY OUT	48.25	225.36	FREEDOM GROUP	0.00	162.28
AA NOONER	0.00	182.50	FRIDAY FELLOWSHIP OF DOUBLE A	0.00	160.60
AA UNITY GROUP	0.00	420.00	Friday Lunch Bunch	0.00	200.00
ALL TRIBES GROUP	462.00	797.00	FRIDAY NITE FAMILY GROUP OF AA	0.00	158.52
AMERICAN RIVER LITERATURE	0.00	165.00	FRUITVALE GROUP	92.00	92.00
ARDEN MORSE GROUP	0.00	100.00	GIBBONS NOON	0.00	600.00
ATTITUDE ADJUSTMENT GROUP OF DAVIS	384.00	439.00	GNO GIRLS NIGHT OUT	0.00	315.38
AUBURN FELLOWSHIP	0.00	750.00	GO TO ANY LENGTH GROUP	0.00	163.00
AUBURN WEDNESDAY NIGHT YOUNG PEOPLE	0.00	241.00	GOOD ORDERLY DIRECTION	14.92	14.92
AUBURN WOMEN'S STEP STUDY	0.00	60.00	GROUP ONE	0.00	20.00
BABES IN RECOVERY	90.80	146.73	GROUP THREE	148.67	826.39
BANGOR GROUP	0.00	60.42	HAND IN HAND WOMEN'S DAY OF UNITY	0.00	795.98
BEEN THERE DONE THAT	0.00	600.00	HANGTOWN AA GROUP	0.00	100.00
BROWNSVILLE SERENITY GROUP	0.00	40.00	HAPPY CAMPERS	0.00	180.00
BY THE GRACE	0.00	50.00	HAPPY DESTINY GROUP	0.00	115.25
BYO Book Study	0.00	48.00	HAPPY HOUR RANCHO GROUP	0.00	343.87
CAMERON PARK GROUP	0.00	50.00	HAPPY HOUR WOMEN	0.00	50.00
CAMERON PARK WOMEN'S GROUP	0.00	145.75	HELPING HANDS GROUP	0.00	466.44
CATHEDRAL GROUP	1,100.00	1,100.00	HIGH FLYERS GROUP	120.00	609.87
CENACLE GROUP	0.00	248.00	INTO ACTION GROUP	0.00	120.00
CENTRAL FOOTHILL WOMEN'S CONF.	0.00	300.00	LINCOLN THURSDAY NIGHT GROUP	0.00	345.00
CHAPTER THREE GROUP	0.00	100.00	Live Oak	0.00	25.00
CITRUS HEIGHTS AA @ NOON	0.00	510.00	LIVING SOBER WOMEN'S FRIDAY GROUP	0.00	135.15
CITRUS HEIGHTS GROUP	92.00	306.74	LOOMIS WEDNESDAY BIG BOOK	0.00	160.00
CORDOVA GOOD MORNING GROUP	0.00	65.00	LOOMIS WOMEN'S STEP STUDY	0.00	361.04
CORDOVA LUNCH BUNCH	443.02	1,160.53	MIDTOWN SOLUTIONS	0.00	392.52
COURAGE TO CHANGE GROUP	0.00	221.21	MONDAY WOMEN'S STEP STUDY	0.00	33.20
DAILY ATTITUDE ADJUSTMENT GROUP	0.00	2,132.00	NATOMAS GROUP	0.00	155.88
DAILY DIRECTION AA	0.00	475.00	NEW HOPE GROUP	0.00	825.00
DAVIS YOUNG PEOPLE GROUP	0.00	97.04	NORTH HALL GROUP	408.58	1,003.80
DESTINY GROUP	0.00	60.00	NORTH HIGHLANDS FIRESIDE GROUP	0.00	25.00
EAST YOLO FELLOWSHIP	16.00	96.00	NUMBER ONE OFFENDERS	0.00	280.45
EL DORADO HILLS GROUP	0.00	60.00	OAK PARK FELLOWSHIP	100.00	100.00
ELK GROVE FELLOWSHIP	450.00	960.00	OAK TREE GROUP	157.54	1,700.35
ELK GROVE GROUP	0.00	156.00	PATHWAY TO SPIRITUALITY GROUP	80.00	161.94
ESPEE FELLOWSHIP	0.00	150.00	PINE GROVE FELLOWSHIP	0.00	200.00
FAIR OAKS BEGINNERS GROUP	0.00	150.00	PLACERVILLE SUNRISE ATTITUDE ADJUSTMENT	0.00	200.00
FELLOWSHIP OF THE SPIRIT BIG BOOK STUDY	0.00	40.00	PROMISES GROUP - DIXON	0.00	80.00
FIRST THINGS FIRST GROUP	0.00	391.00	RANCHO MURIETA GROUP	0.00	1,031.08
FIT FOR LIFE GROUP	0.00	202.19	RIO LINDA FELLOWSHIP	100.00	300.00
FOLSOM BIG BOOK GROUP	0.00	2,230.61	RIVER PARK RECOVERY	0.00	232.00
FOLSOM FRIDAY NIGHT GROUP	0.00	50.00	ROAD TO FREEDOM	0.00	54.00
FOLSOM NOON NEW LIFE	0.00	200.00	ROCKLIN FELLOWSHIP	50.00	250.00
FOLSOM SATURDAY MORNING	0.00	441.00	ROCKLIN YOUNG PEOPLE	0.00	104.00
			ROSEVILLE EASTSIDE GROUP	0.00	211.35

	Jun 17	Jan - Jun 17		Jun 17	Jan - Jun 17
ROSEVILLE FIFTH STREET FELLOWSHIP	0.00	1,024.04	SUNSET SATURDAY	0.00	100.00
ROSEVILLE FRIDAY NIGHT WOMEN'S GROUP	0.00	22.50	TAHOE PARK GROUP	0.00	51.97
ROSEVILLE TUESDAY NIGHT GP	0.00	1,600.00	THANK YOU, THANK YOU, THANK YOU	0.00	110.00
SACRAMENTO DOWNTOWN MEN'S GROUP	0.00	200.00	THREE LEGACIES GROUP	0.00	90.00
SACYPAA	1,047.54	1,047.54	THURSDAY MORNING BOOK/STEP STUDY GROUP	0.00	50.00
SATURDAY MORNING MEN'S BIG BOOK STUDY	0.00	55.00	TIME TO START LIVING GROUP	0.00	74.00
SATURDAY MORNING REFLECTIONS GP	0.00	85.54	TOO YOUNG GROUP	0.00	106.91
SATURDAY NIGHT LIVE-Colfax	0.00	124.00	TRADITIONAL GROUP	0.00	1,919.44
SECOND CHANCE GROUP	100.00	100.00	TRIANGLE GROUP	0.00	17.02
SERENITY BOOK & STEP STUDY GP	82.62	610.55	TUESDAY CARMICHAEL GROUP	75.00	75.00
SERENITY SEEKERS	71.50	71.50	TUESDAY MIDTOWN GROUP	0.00	220.00
SIERRA STEP SISTERS GROUP	0.00	99.70	WE SURRENDER MEN'S GROUP	50.00	250.00
SIERRA WEDNESDAY AM GROUP	0.00	110.00	WELCOME GROUP	0.00	66.50
SISTERS OF SOBRIETY (PLACERVILLE)	0.00	25.20	WEST SLOPE FELLOWSHIP	0.00	90.00
SIXTY MINUTE SOLUTION GROUP	0.00	219.49	WHITE FLAG MEN'S GROUP	110.00	510.00
SO THIS IS IT	10.00	50.00	WILD WOMEN	0.00	326.89
SOBRIETY FIRST GROUP	0.00	71.99	WILLING WOMEN GROUP, THE	0.00	79.15
SOBRIETY SPEAKS GROUP	0.00	250.00	WINTERS KITCHEN TABLE GROUP	0.00	201.05
SOUTHPORT SERENITY	0.00	192.00	WOMEN FOR WOMEN FAIR OAKS GROUP	0.00	33.00
SPIRITUALLY SPEAKING GROUP	0.00	143.12	WOMEN IN RECOVERY, MARYSVILLE	0.00	216.90
SPIRITUALLY SPEAKING ORANGEVALE	0.00	102.30	WOMEN OF EXTRAVAGANT PROMISES	0.00	76.00
SPRING FLING GROUP	0.00	4,003.36	WOMEN UNDER CONSTRUCTION	0.00	306.91
STEP SISTERS-ANTELOPE	0.00	38.26	WOODLAND GROUP	0.00	60.16
STEPS TO SERENITY	0.00	32.00	WOODLAND TRADITIONAL GROUP	0.00	20.00
SUNRISE SPEAKER MEETING	0.00	373.14	TOTAL	5,994.44	48,624.44

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 to be of service at the CCFAA annual Picnic contact: 2017 Picnic Chair: Betty K. Central Office: (916) 454-1771



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2017 BTW JULY



Want to join the Birthday Club?

Send a dollar (+/-) per year of sobriety to:

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9960 Business Park Dr., Ste. 110,
Sacramento, CA 95827.



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