

LAKE COUNTY



AA Newsletter

Summer 2017

SOBERFEST

28th Annual Lake County

Intergroup Convention

“It Works - It really does”

Friday, July 21

- 11:00 am 12:00 pm Set up 11am Lakeport Gathering
- 2:00 pm Registration opens
- 5:00 pm 6:00 pm: Welcome Meeting: Mark H - Co-Chair
- 6:30 pm 7.:30 pm: Speaker Meeting: Todd - Windsor
- 9:00 pm ??? pm: Fireside Meeting (Pick-Up)

Saturday, July 22

- 7:00 am 8:00 am: Early Risers Meeting
- 7:00 am Coffee & Donuts
- 10:30 am 11:30 am: Secretary Workshop District 13
- 12 noon 1:00 pm: Lunch Provided by District 13
- 1:30 pm 2:30 pm: Al-Anon Speaker Meeting: DeAnn
- 3:00 pm 4:00 pm: Birthday Meeting
- 5:00 pm 7:00 pm: Dinner and Drawing for Prizes
- 7:00 pm 8:00 pm: Speaker Meeting: Jon J. - East Bay
- 9:00 pm ??? pm: Fireside Meeting (Pick-Up)

Sunday, July 23

- 7:00 am 8:00 am: Early Risers Meeting (Pick-Up)
- 7:00 am Coffee & Donuts
- 9:00 am 10:00 am: Closing Speaker Meeting: Tom - Kelseyville
- 10:00 am Clean up and Pack up

Calendar of Events:

2017 Soberfest, July 21-23,
Clearlake State Park, Lake County,
www.lakecountyaa.org

Summer Assembly, Aug 5,
Petaluma Community Center

ICYPAA, Aug 17-20, Chicago

Unity Day, Sept 9

Recovery Happens, Sept 16, Library Park,
Lakeport (AA participating)

2017 National AA Technology Workshop, Sept 8-10,
Sacramento, CA, www.NAATW.org

NCCAA, 70th Anniversary Fall Conference, Oct 13-15,
Lodi sss.norcalaa.org

Heroes for Health and Safety Fair, Oct 14,
Lake County Fairgrounds (AA participating)

Fall Inventory Assembly, Nov 4,
Petaluma Veterans Hall

PRAASA 2018, Mar 2-4, Reno/Sparks, NV, Nugget Hotel
800-648-1177, mention group code G-PRAASA



Mind of a Newcomer & The Gift of Desperation

I've recently celebrated my eight year sobriety birthday and have been reminiscing a little. I remember when I first started coming to meetings and was so anxious for the meeting time to come. I would "white knuckle" it all day and often arrive very early for the meeting. Sitting outside on a bench waiting for the secretary to open the building, I

knew that once I got inside I would be safe.... I was desperate to not take a drink but did not have any tools to help me at that point except for the power of the fellowship.

The power of the group and my desperation were the only things that kept me sober during those first few weeks. Day by day my head started to clear and I really started to get an idea of how AA worked. Go to meetings, Get a sponsor, Work the steps, and most importantly Don't drink no matter what. The sayings on the walls like "One Day at a Time", "Live and let Live", "Easy Does It", and "Let Go and Let God" started to make sense and as I incorporated them into my life, not taking a drink, just for today, became easier and easier.

I have always been an "I can do it myself" kind of a guy, but after I swallowed my pride and asked another man to be my sponsor I really felt that I was becoming a member of Alcoholics Anonymous. As my sponsor and I started reading the Big Book and going through the steps my excitement and enthusiasm for the program really started building. Step by step I was discovering things about myself and my life that I was blind to when

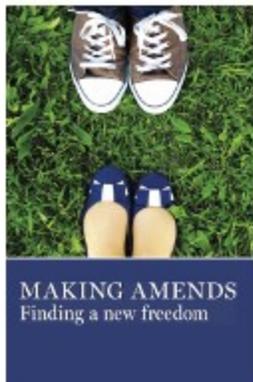
in the thick of my disease. By the ninth step, the Promises were becoming a reality. My "Whole attitude and outlook upon life" was changing and I was beginning to "comprehend the word serenity" and to know peace. I realized that peace and serenity were what I was searching for in a bottle all those years.

Watching and listening to newcomers renews my excitement for the program. As I see their minds get clear, and as they become more and more excited about the gift of sobriety, the memories of my early years come back to me.

I hope that I can maintain the mind of the newcomer and I pray that I will always have the gift of desperation.

Ron B.

Making Amends | Finding a New Freedom



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 coworkers. 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."

Lake County A.A. PI/CPC at work!

Coming soon there are two events in which our A.A. Public Information and Cooperation with the Professional Community function will be participating:

Recovery Happens – September 16, Library Park, Lakeport

Lake County A.A. PI/CPC has participated in this event since its inception. Recovery Happens is a celebration for people seeking recovery, and organizations that offer help and hope. It is sponsored by Lake County Behavior Health. The event will begin with a walk, a short out-and-back distance beginning at Library Park to Natural High School. Including our PI/CPC booth, participating organizations will include Adventist Health, Americorp, Tribal Health, of course Behavior Health, plus many others. A free hot dog lunch will be provided by A.A., and there will be speakers throughout the event. Mark your calendar and plan to stop by for some relaxation and fellowship! More info to come.

Heroes of Health and Safety Fair – October 14, Lake County Fairgrounds

Lake County A.A. PI/CPC has also had a booth at this event for several years. The event offers free flu shots, free health and dental screenings, free bike helmets and tune-ups for kids, and a guest speaker on the healing power of humor!! But there is so much more, and many organizations who take part with their own booths.

If anyone wishes to volunteer to help A.A. during either one or both of these events, please contact Mary Ellen, merudee_104@yahoo.com, or John O, jodbod@netzero.com.

Alternate DCMC Introduction

My name is Sherrie Reed and I am delighted to introduce myself as our new Alternate DCMC for our District 13. I was elected at our General Service meeting this month. These meetings are held at the Galilee Lutheran Church, at 8860 Soda Bay Rd., Kelseyville, on the first Wednesday of each month at 7pm.

I came to AA a little over 6 years ago in Sonoma County. I got involved in General Service about 18 months into my sobriety as a GSR for a large Friday night Healdsburg meeting. During those 2 years I attended all the assemblies and went to PRASA in San Diego. This experience was amazing... I met people from all over the United States, listened to different challenges and ideas and learned about AA World Service.

After those 2 years, my service sponsor encouraged me to be available as a DCM for our area. This meant I assisted 6 GSR from several meetings. Helped them with group inventories and issues that can arise. Then my service sponsor, Jennifer B, then the Alternate DCMC for District 12, voluntold me to take on chairing the Summer Assembly. (Strongly encouraged)

Leaning on God for "good, orderly, direction", I pulled together a very diverse group of AA members to handle the various committees. Some of these individuals had no experience with General Service, but were willing to do what it took. Everyone did an amazing job and they all still talk with me. Blessed...I was willing and survived. I was always told to say yes, if possible!

We moved to Kelseyville right after that Assembly, 2 years ago. We got right into the rooms of Lake County AA... After a few months, I took on being a secretary at a Lakeport meeting. We volunteered for the AA Hotline. Then I took on Literature for the Lakeport fellowship and helped my hubby with maintenance.

I felt I was being of service, but something was missing. But what? Then recently God put a fantastic, beautiful woman in my life. She had just become a new GSR for the Lakeport Fellowship and was having some challenges getting familiar with it all. I offered to help and it was on! Right away I got excited sharing how assemblies work, how to do a group conscious and how to deal with an assortment of challenges. Her enthusiasm fueled my desire to get back involved in General Service.

I am pleased to be able to assist Mary Ellen, our DCMC with the responsibilities of representing Lake County in AA. I humbly look forward to helping in all areas and look forward to going to meetings all around the lake.

General Service really opened my eyes to the miracles of AA and how it works Worldwide. Try to come to our next meeting, August 2nd. There are plenty of opportunities to be of service. We don't do this alone, we need you!

Thanks for the opportunity to be of service.

Sherrie Reed

(New) Alternate DCMC. District 13, Email: Sherriereed@yahoo.com, PH: 707 477-7711

THE 2017 GENERAL SERVICE CONFERENCE – SOME AGENDA TOPIC OUTCOMES

The latest issue of *box 459*, a quarterly publication from the General Service Office in New York, addresses this year's General Service Conference. The week of April 23, 2017 – at the Hilton Westchester Hotel in Rye Brook, New York, ...133 voting members constituting the 67th General Service Conference assembled from all part of A.A.'s eight service regions across the United States and Canada, serving as "the actual voice and the effective conscience for our whole Society" (from Concept II, *The A.A. Service Manual/Twelve Concepts for World Service*).

The main focus of the Conference is the deliberations of each of its 13 Conference committees which review background information on their respective agenda topics, weigh and discuss issues, and develop recommendations which are taken to the Conference floor for consideration. The Conference works through the agenda items, which this year covered such issues as how and when to best utilize technology to help carry the A.A. message, questions of inclusion and acceptance within the Fellowship, and questions of how best to continue supporting the Fellowship, engaging all our Traditions. The Conference is a time when the collective conscience of A.A. in the U.S./Canada emerges to highlight a pathway forward that will help groups and members carry the A.A. message today and in the years to come. (The above was largely quoted from the Summer 2017 issue of *box 459*.)

Following is a summary of some of the Advisory Actions (recommendations) from the 2017 GSC:

FLOOR ACTION

- That the pamphlet "Too Young?" be revised to reflect more current collective experiences of young alcoholics and their welcome to A.A.

COOPERATION WITH THE PROFESSIONAL COMMUNITY

- That the pamphlet "Three Talks to Medical Societies by Bill W." be retired
- That a footnote with the following text be added to the pamphlet "Problems Other Than Alcohol" at the bottom of page one:

This pamphlet is derived from an article written by A.A. co-founder Bill W. in 1958. Therefore, some of the language may be dated, but the issues addressed are relevant today.

- That the title of the pamphlet "Is There an Alcoholic in the Workplace?" be changed to "Is There a Problem Drinker in the Workplace?"
- That text be developed for the pamphlets "If You Are a Professional," "Members of the Clergy Ask About Alcoholics Anonymous," "A.A. as a Resource for the Health Care Professional," to include information for professionals who come in contact with veterans and active members of the Armed Services.

FINANCE

- That the following text be added to the pamphlet: "Self-Support: Where Money and Spirituality Mix": "Question: Can an individual or group make a recurring online contribution? Answer: Yes, online at aa.org."

LITERATURE

- That the revised plan for the annual review of recovery literature be implemented.
- That question 10 in the pamphlet "The A.A. Group" in the section "A.A. Group Inventory" be revised to read:
Are we doing all we can to provide a safe, attractive and accessible meeting place?
- That the pamphlet "The A.A. Group" be revised to add the following text from "Safety and A.A.: Our Common Welfare" to the section "Principles Before Personalities":

General Service Agenda Topics (cont.)

Safety and A.A.: Suggestions to Consider

Safety is an important issue within A.A. – one that all groups and members can address to develop workable solutions and help keep our meetings safe based on the fundamental principles of the Fellowship.

'Each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward. (Tradition One, Long Form)'

A.A. groups are spiritual entities made up of alcoholics who gather for the sole purpose of staying sober and helping other alcoholics to achieve sobriety. Yet, we are not immune to the difficulties that affect the rest of humanity.

Alcoholics Anonymous is a microcosm of the larger society within which we exist. Problems found in the outside world can also make their way into the rooms of A.A. As we strive to share in a spirit of trust, both at meetings and individually with sponsors and friends, it is reasonable for each member to expect a meaningful level of safety. Those attending A.A. meetings derive a benefit by providing a safe environment in which alcoholics can focus on gaining and maintaining sobriety. The group can then fulfill its primary purpose – to carry the A.A. message to the alcoholic who still suffers. For this reason, groups and members discuss the topic of safety.

For more information see “Safety and A.A.: Our Common Welfare” (SMF-209)

www.aa.org.

- That the trustees' Literature Committee develop language regarding safety to be incorporated in current and new recovery literature, where appropriate, along with a plan for implementation.

POLICY/ADMISSIONS

- Starting with the 67th General Service Conference, that an anonymity-protected, digital Final Conference Report be published in addition to the current print version.
- That General Service Office management submit a report on the process, implementation and status on the site selection of the General Service Conference for review by the 2018 Conference Committee on Policy/Admissions.

PUBLIC INFORMATION

- That a new video public service announcement be developed for a cost not to exceed \$40,000.
- That the pamphlet “Understanding Anonymity” be rewritten to include material from G.S.O. literature covering Tradition Eleven, and to expand the discussion of humility in Tradition Twelve as it relates to anonymity.
- A.A. World Services, Inc. create a Google for Nonprofits account, with use of the account limited to the YouTube Nonprofit Program and with a guarantee that comments not be shown on A.A.W.S. YouTube pages.

General Service Agenda Topics (cont.)

REPORT AND CHARTER

- That the following text be added to Chapter Four of *The A.A. Service Manual*.

Area Websites

Many A.A. entities now use websites as a way to communicate meeting and service information within the Fellowship. An A.A. website can serve as a public information tool, providing information about A.A. to the public as well. As with newsletters, it has been found prudent for a committee (rather than one or two individuals) to be responsible for the format, planning, and content of the website.

As anonymity is the “spiritual foundation of all our Traditions,” we practice anonymity on A.A. websites at all times. An A.A. website is a public medium, which has the potential for reaching the broadest possible audience and, therefore, requires the same safeguards that we use at the level of press, radio and film. Some areas have included password protected sections of the website, which can limit access to members only, and where full names may be used. Not all A.A. websites contain the same information. For instance, in places where an active intergroup or central office provides meeting information, general service websites may not need to duplicate this effort, and may link to them instead.

A.A. websites may feature brief excerpts from A.A. literature using the same guidelines as newsletters. If a site wishes to include items that are currently available on the G.S.O. or Grapevine websites, they may link to the appropriate pages of those sites. Area websites may copy a thumbnail of a pamphlet, book or video from these sites and use it on the site as a link to the material on the G.S.O. or A.A. Grapevine site. Because public service announcements are intended to be widely shared, they may be posted directly on local A.A. sites. For more information, see the “FAQ on A.A. Websites” and the A.A. Guidelines on the Internet.

TREATMENT AND ACCESSIBILITIES:

- That the pamphlet “A.A. for the Alcoholic with Special Needs” be approved with suggested editorial changes and be retitled “Accessibility for All Alcoholics.”

Some recommendations that did not result in advisory actions:

POLICY/ADMISSIONS

- That the General Service Conference be held in New York City every other year. (Not approved.)

FINANCE

- That the Conference-approved maximum annual contribution to the General Service Board from an individual A.A. member of \$3,000 be increased to \$5,000. (Not approved)

General Service Agenda Topics (cont.)

PUBLIC INFORMATION

- That the 2017 A.A. Membership Survey be conducted by area on a random basis as was done in the 2014 A.A. Membership Survey and requested that the trustees' Committee on Public Information review the current A.A. Membership Survey methodology, possible methods for surveying the membership electronically and any reasonable hybrid of the two methods. (Not approved)
- That the draft 2017 A.A. Survey Questionnaire be changed as follows: Question 2 be changed from "Sex: ___ Male ___ Female" to "Gender Identity: ___ Male ___ Female ___ [language to include all gender nonconforming] ___ No Response". (Recommitted to trustees' Committee on Public Information)

Our CNCA 06 Delegate, Joann L., will be speaking about her experience at this year's General Service Conference during our Unity Day event, currently scheduled for September 9. She will be able to answer any of your questions on the Agenda Topics. Unity Day is still in the planning stages so watch for the flyer coming out soon.

On July 27, send \$7.27 to your General Service Office

This year, it will take \$7.27 per A.A. member for Alcoholics Anonymous General Service Office to meet the needs of the still-suffering alcoholic. Here are just some of the GSO services provided in 2016:

- Responded to more than 90,000 emails and letters
- Answered more than 6,400 Corrections letters from inmates in institutions
- Received more than 1,000 hits per day on AA.org's web page *Need Help with a Drinking Problem*
- Averaged 3,000 monthly online requests for Public Information for the media and press
- Received more than 13 million visits on AA.org

Checks may be written to *General Service Board* and mailed to: General Service Office, Grand Central Station, PO Box 459, New York, NY, 10163, or contribute online at <https://ctb.aaws.org/>.

Contact Us

Please submit future newsletter articles or announcements to:

bev.marshall@att.net

**Next deadline for Fall Newsletter,
September 30th.**

Visit us on the web at:
www.lakecountyaa.org