



Good News



APRIL,
1974

Published Monthly in San Francisco, California
By the Northern California Council of Alcoholics Anonymous

Vol. XVIII
No. 4

Shortage or No — Record Crowd hits San Jose Meet

Despite the gas shortage, a record crowd estimated at more than 2500 AA, Alanon and Alateen members jammed the Santa Clara County Fairgrounds for the annual Spring Conference of the Northern California Council of AA, March 8 through 10.

Among the highlights of the event were speaker-meeting talks by Anne S, then acting NCC Secretary who kicked the conference off on Friday night; Bill C, former trustee from Boston, who spoke on Saturday evening; and Shorty H, former Washington delegate, who addressed the closing meeting Sunday.

Anne was elected to her first full two year term as Secretary at the NCC delegates meeting Saturday. Featured speaker at that gathering was Stan W, of Fairfax, who explained the functions and history of NCC in a talk entitled "NCC — What is it?". The address, which has been placed in the AA archives, traced the background of the group, linking its purpose and development with that of AA itself.

Among other highlights:

1 — Ted Speros, director of the Solano County Alcoholism Program described his program and fielded questions at a Hospitals and Institutions meeting Saturday. Curly F, of Mountain View delivered the AA talk. The Sunday H & I gathering featured a panel discussion in which five AA members talked of the facility which they service and the AA program there.

2 — Ken K, addressed the Saturday night General Service session. The Sunday GS meeting featured an "Ask-it Basket" panel which answered questions from delegates.

3 — Henrietta S, of New York, spoke at the Alanon open gathering, and Alanon and Alateen held a joint meeting.

The conference was originally scheduled for the San Jose Civic Auditorium, but had to be switched to the Fairgrounds when it was
(See Conference page 8)

Complete abstinence is easier than perfect moderation.

St. Augustine

AA IN EAST BAY TO HAVE 33rd BIRTHDAY

East Bay Inter-group will celebrate the 33rd anniversary of AA in that area with an All Groups day at Aahmes Mystic Temple, 3291 School Street, Oakland, Saturday, April 27.

"Unity" is the theme of the event, which will feature Ask-it-Basket panels, "buzz" groups, raffles, a buffet dinner and a speaker meeting.

The dinner will start at 5:45 and the meeting at 8:30. Three top local speakers have been lined up. There will also be Alanon and Alateen meetings.

Registration begins at noon. The first AA meeting in the East Bay area was held at the Shattuck Hotel, Berkeley, in April, 1941.

Gas Shortage Hurts Some H and I Work

The fuel shortage is curtailing some institutions activity. Some AA members inside are not able to go as far or as often to meetings outside. And some prison and hospital sponsors have had to limit or eliminate their trips to institutions. AA members who are located near institutions groups are very much needed to carry the message inside.

A Step meeting is one group's positive adjustment to restrictions inflicted by the fuel shortage. The secretary of the Nu-Life Group in Raiford, Florida, writes:

"Our group had a good year last year, and we are hoping that '74 will be even better, although I am afraid that the fuel situation is going to curtail some of our outside activities. During '73, every man in the group made at least one trip, to either another institutional group or an outside group. To my knowledge, this is the first time in the history of institutional AA in Florida that this has happened. We have also had some outside members volunteer to help us conduct a Step study class, and we are at this time trying to get everything worked out so that it can be presented to the superintendent for his approval. We feel that this would be of great benefit to our members, especially those who are new to the program."

April Is Busy Month For New Info Group

The newly established Public Information committee of the San Francisco Inter-county Fellowship is moving full speed ahead in its effort to AA informational activities and spread the AA message.

As of February 1, the committee will assume responsibility for the Wednesday Night radio meetings over KEST, it was announced recently. Scotty H, will continue as announcer for the broadcast. The committee will also assist in manning an information booth at the Ortho Psychiatrists' convention, to be held April 9 through 12.

Later in the month, members of the Radio-TV sub-committee will review film clips and tapes which they hope will be presented by local stations beginning in May.

Another sub-committee, the Speaker's Bureau, is also looking forward to a busy month. Members expect to be addressing school-

(See Info page 8)

The Link

By NANCY C.

Ralph L, the regular reporter for the "Link", is in the hospital, rapidly recovering from surgery. He will be back with us next month.

A major portion of the March General Service meeting of San Francisco's Districts 40 through 49 was devoted to discussion of the topics to be presented at the 24th General Service Conference. The conference theme will be: "Understanding and Cooperation ... Inside and Outside AA". This agenda was further discussed at a meeting of the Northern California Council, in El Cerrito, on March 23.

The Pre-Conference GS assembly will be held in Santa Clara, April 6. The Post-Conference assembly will be at Konocti Harbor Inn, Clear Lake, May 4 and 5.

For those who missed last year's Post-Conference assembly at Konocti, the two days are a happy combination of AA fellowship and relaxation at a delightful resort. And the price is right. Thirty dollars per person, double occupancy, which covers meals from Saturday's lunch through Sunday's lunch. There is a beautiful Olympic-size swimming pool and a miniature golf course. Registrations must be in no later than April 15. Send your checks to Konocti '74, POB 394, San Rafael, Ca 94902.

Car pools are being arranged. Konocti Harbor Inn has guaranteed us gas from their own filling station for the return trip.

SANTA CLARA COUNTY

By HELEN J.

Everyone down this way has a good hold on serenity today due to the excellent conference in San Jose earlier this month.

The All Groups meeting for April 1 will be Saturday night (the 13th) at 8:15 p.m., in Duncan Hall, at the San Jose Alano Club, 1122 Fair Avenue.

The host group will be the Candlelight (Friday night) group, and the speaker will be Benny. The dance will be at 9:30 p.m., to music provided by a good band. We're looking forward to seeing you there.

Let Your Doctor Know You're Alcoholic!

The day is fast approaching when the 'pure' alcoholic will be considered a novelty. Even now, we find about 80 percent of the people seeking treatment for alcoholism have — to some degree — become involved with other mind-changing drugs. Vigilance is one of the keys to continued sobriety and in order to practice vigilance there must be knowledge. Carelessness in the use of medication is dangerous for anyone. **FOR THE ALCOHOLIC IT IS DEADLY.** Sedative drugs have a common characteristic. They all temporarily depress function of the

central nervous system, or brain, called sedation. Alcohol is only one of the many drugs in this group. Others are chloral-hydrate, bromide, barbiturates, seconal, nembutal, tuinal, librium, valium, miltown, equanil, doriden, placidyl, etc. Any drug in this group, including alcohol, can be substituted for any other with very little change or effect. The alcoholic, free of alcohol, who continues to use barbiturates for sleep and tranquilizers for 'nerves' is still in the active stages of alcoholism. He has simply cross-addicted to other sedatives in the same group and the situation remains unaltered. For the alcoholic the safest approach to all these medications is to stay away from them all. So if you go to your doctor and plead for medication to help you sleep, or for 'nerves' don't blame him if you suffer a relapse. Physicians will continue to prescribe drugs for known alcoholics which inevitably lead to trouble. It is your responsibility to find a physician who understands alcoholism. **ALWAYS** include alcoholism when giving your medical history to a treating person. This includes your dentist. A relapse caused by the improper use of drugs can be avoided. The simple truth is that the alcoholic must learn other methods of relieving his emotional and physical discomforts. Attempting to solve problems through the use of drugs and alcohol is comparable to pouring gasoline on a fire to put it out. This is not just theory but fact based on long, bitter experience. The needlessly tragic person is the 'dry' alcoholic who continues to use relatively small amounts of tranquilizing, sedative or mood-changing drugs. He or she sits in an AA group unable to 'get the program'. They suffer relapse time and again and don't understand it. They are trying but it is not working. At best they remain merely 'dry' in a state of unresolved discontent. Their

(See Doctor page 8)

Alibies For The Unambitious

Here are a list of excuses that are guaranteed to 'stop you from getting ahead':

That's the way we've always done it.

I didn't know you were in a hurry.

That's not in my department.

No one told me to get ahead.

I'm waiting for an okay.

How did I know that was different?

That's his job, not mine.

Wait till the boss comes back and ask him.

I forgot.

I didn't think it was important.

I'm so busy I just couldn't get around to it.

I thought I told you.

I wasn't hired to do that.

Thanks to Rolin W.

Friday All Groups

Kathy S, of the San Francisco Fellowship group heads this month's list of speakers for the San Francisco Friday Central All Groups meetings. She will speak on April 5. The California Street group will host.

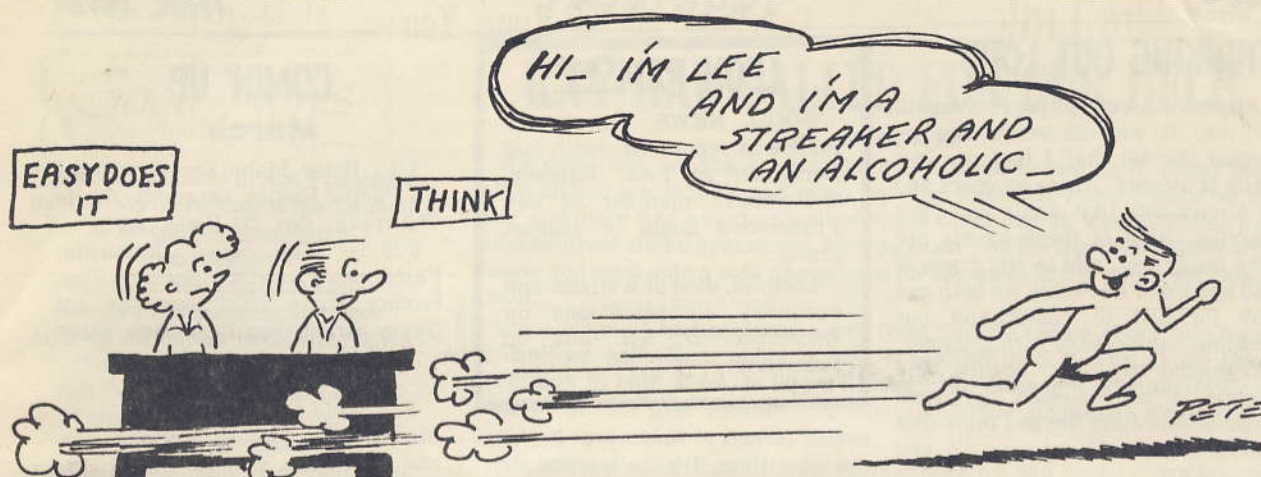
Other speakers and hosts for the month are:

April 12 — Dean P, Walnut Creek; Surf

April 19 — Roberta S, San Francisco Friendship; Forest Hills

April 26 — Joe S, Island Friendship (Alameda); Friendly Circle.

All meetings are at the Unitarian Church, Geary and Franklin Streets. Doors open at 7:30. The meeting starts at 8:30. Coffee and Arms Length before and after.



MAILBAG

Editor:

...I'd like to suggest that the articles in GOOD NEWS would reach more people — like women — if the words man, men, brothers, mankind, etc. were not used at all.

I know you'll say that those words include all of mankind, including women. But that is simply not true. And I'm tired of translating.

Try using woman, sisters, women and womankind, and try to tell the guys that of course they are included in that designation. The reaction is one of total disbelief, and rightly so! I don't believe the opposite either.

So, since identification is so critical in our beloved unorganized organization, please use "people" or "persons" or "human beings" or "humankind" or "they". Or at least include "hers" with "his", "she" with "he", and "her" with "him".

In a recent GOOD NEWS issue there were four jokes used as fillers. Every one of them was a put down of women.

Alcoholic women in particular have suffered such massive assaults on their dignity and self-esteem that anything you may be able to do to help restore these would be invaluable — to all the women in AA and especially to the newcomer.

Since I've found AA to be one of the most truly democratic groups extent, why not go all the way? That would really be good news!

Ony M.

Editor,

Recently, a number of AA's from several different groups have tried
(See Mail page 5)

COLLEGE COED TALKS TO AAs

My name is Ann and I am a student at Akron University. No, I am not an alcoholic but after working with Founder's Day, I almost wish I were. You see, I had never met an alcoholic before in my life, much less any members of Alcoholics Anonymous. Your Founder's Day weekend was such an important part of my life that I have asked Bacchus to allow me to speak to all of you through his column.

When I was asked to work with other college students on Founder's Day weekend, I'll admit I was curious. Oh sure, the money was important as it is to any college student but more than that, I was plain curious about you people. True, I had read about AA; had even studied your organization in one of my classes. But nowhere did I find any kind of description of you as people, much less any information about what you all were like inside. You were people from another planet to me and I wanted to study you. Don't misunderstand, please. I knew you didn't have two heads; I knew you didn't wear Army overcoats to AA meetings. However, I had no profile which would fit each one of you, except for your disease of alcoholism.

Well, the weekend is over and — know what? I still don't have a profile that will fit everyone of you because the first thing I discovered was, you are alcoholics yes, but you are also separate individuals. Each one of you is different except in your basic character defects, and never have I seen so many people smilingly admit, "Yes, I'm afraid at times. Yes, I have resentments plus bouts of self-pity. Through AA though I have learned to handle my emotions before they get out of hand and handle me."

(See Coed page 6)

JUST FOR THE BOOKS

Los Altos

New — Monday, 8:30 (c) MONDAY EVENING STAG, Christ Episcopal Church, 1040 Border Road.

Pacifica

New — Monday, 8 p.m. (c) PACIFICA WOMEN'S STEP, St. Peter's Church, 700 Oddstad Blvd.

Merced

New — Monday, Wednesday and Friday, 8 p.m. SERENITY FELLOWSHIP, 60 Hoffman Avenue.

Pittsburg

New — Nightly except Tuesdays, 2845 Willow Pass Road, contact Chas. K. for time.

NEWS COPY DEADLINE
15th OF THE MONTH

The deadline for GOOD NEWS copy has been set as the 15th of the month prior to publication, according to Jim A., New Business Manager.

Jim hopes that this will make it possible to produce the paper in time to get it into the hands of subscribers by the first of the month. He asks the cooperation of all offices and individuals.

Send in the news by the 15th!

THINKING OUT LOUD

August is a very important month for me. It was 29 years ago on August the 4th that I had my last drink of alcohol. It was 62 years ago on August 30th that Annie and I got married. Both of these events are very important, and by the grace of God and this Fellowship we both can look forward to celebrating our wedding anniversary with a dinner, surrounded by our family and friends. I also passed my 82nd milestone on June 7th, so I think that makes me an old-timer in AA and out of AA.

Hence on this important month, I think it's appropriate to express my sincere thanks to God and to all my AA friends throughout the world for taking me into this fellowship when all the other doors were closed to me, and for sharing your strength with my weakness. As a result of your help I was able to acquire a new lease on life which gives me a deep satisfaction and a philosophy of life with inner serenity that has kindled a zest for a full active life.

Through the long years of my association with you I have learned that it takes time to grow old, but you kept me busy and didn't give me time to grow old. No one grows old by living — only by losing interest in living. You have helped me to maintain an attitude of active appreciation for all of life's blessings. The greatest blessing is the simple fact of being alive — not yesterday, not tomorrow, but today.

you have taught me how to live one day at a time which made my load

LEON RAMSEY

GOOD NEWS regrets its failure to report the death last December of Leon Ramsey, well-known member of San Francisco's South of Market group.

Leon, 65, died of a stroke and coronary complications on December 27. He left no survivors.

easier to carry. And by living one day at a time, I have learned that life is not a succession of time-tight compartments. However time does flow into the present, bringing with it a wealth of memories, and if I capitalize on the experience of my yesterdays, I can enlarge the enjoyment of my todays, but in doing so I must be selective, taking over the assets of the past and leaving out the liabilities. I was told that if I follow the Steps that you took I will measure up to my best. And as a result of following the steps you took I am now able to treat myself with self-respect, discipline my anger and lust and liberate myself from false demands of perfection.

The older I get the more I realize that life is made up of many little things, and if I want to rise to higher usefulness I should share and cherish the seemingly trifles that I find in my daily living. I also know that my standing in this world and in this wonderful fellowship is measured by my donation, and not by my duration.

QUESTIONNAIRE

Our Thanks to those who responded to the drunk driving questionnaire in the February GOOD NEWS. We are waiting for a few more responses, though, before mentioning the results — so we hope those of you who have not answered will do so. Would you also circle the appropriate answers in this questionnaire and send it to GOOD NEWS. Thank you in advance.

GOOD NEWS should:

publish only AA news.....YES.....NO.....NO OPINION
publish important non-AA alcoholism items in addition to AA news.....YES.....NO.....NO OPINION

publish financial statements.....YES.....NO.....NO OPINION
have a cartoon in each issue.....YES.....NO.....NO OPINION
have cartoons only occasionally.....YES.....NO.....NO

OPINION

COMIN' UP March

1-3 — Boise, Idaho, Seventh annual AA Pacific Region Assembly. Write Chairman: Box 232 Boise, 83701

8-10 — San Jose, California, Fairgrounds, NCC Spring Conference. Write: NCC Secretary, 166 Geary Street, San Francisco, 94108

April

3 — Santa Clara, California — St. Marks Hall, 1957 Pruneridge Avenue. Northern Coastal Area Pre-Conference AA Assembly. Write: Area Chairman, 1231 No. Lawrence Expressway No. 633, Sunnyvale, California, 94806

27 — Oakland, California, Annual AA All Groups Day, Aahmes Shrine Temple, 329 School Street, East Oakland. Write: Oakland Central Office, 4010 Opal Street, Oakland, California.

May

4-5 — Konocti Harbor Inn, Clear Lake, California — Northern Coastal Area Post Conference AA assembly. Write: Area Secretary, 3800 Lyons Avenue, Oakland, California 94601

Abstaining is favorable both to the head and to the pocket. Greeley

Over the 29 years you have planted many plants of love and friendship in my garden of memories, and they are all in full bloom now. The sweet fragrance lingers on to remind me of your many kind acts and your warm friendship and now as I am in the December of my life the blooms are more beautiful. You made it possible for me to pick roses in December. The years may have slowed me down but my spirit has grown more serene and your friendship grows holier with each shared year. Memories are growing more hallowed. The harvest of your love and friendship which you so freely planted is now ripe for reaping. The prayer I never had time to say, the God I never had time to get acquainted with — all this is now mine because you took me in when I had no place else to go. And when my chapter ends, surely the best of all is yet to be.

—Edward B., Akron (O.) Intergroup
Via Central Bulletin

Good News

Published Monthly in San Francisco
By the Northern California Council
of Alcoholics Anonymous
Bob C., Editor
Jim A., Circulation Manager
Merilyn W., Business Manager
Address all letters to GOOD NEWS
166 Geary Street, Room 84
San Francisco, California 94108
Subscription Price—\$2.50 per year
Outside U.S. \$3.00 per year
Application to mail at second class
postage rates is pending in San
Francisco, Ca.



MAIL from page 3
to quit smoking, or have been told by
their doctors to avoid smoke-filled
rooms — which can be as harmful as
smoking themselves.

Since there apparently has never
been a successful "non-smoking"
meeting in San Francisco, how have
other groups in our area handled this
problem? (New York claims success
with non-smoking groups.)

What about smoking only before
and after meetings? Only during the
coffee break at participation
meetings? No smoking at all?

I would really appreciate any
comments from other groups as to
how they are handling this. Maybe,
someone has the answer a number of
us are seeking.

Thank you in advance,
A San Francisco Secretary

RAY HAD CALLED FOR OUR HELP

By ARTHUR K.

The room was not shabby, but the coffee table looked as if it had been
fallen on and a side table and lamp were in shambles. Papers were on the
floor and there was a vague smell of vomit when Ray R. weakly led us into
his side street studio apartment. He was shaky on his legs. He walked with
a cane and sank onto a sofa apologizing for the mess in the room. He looked
awful.

Vince F. and I had received a call from Central Office about two hours
before; we both have about a year's sobriety and it was about time,
according to both of us, to begin to carry the message. Our anxiety and
concern at this first venture into completing the suggested steps of the
program was about to begin.

Ray's story wasn't too different from others we had heard over the past
year. But Ray was different. He had "tried" the program two years
previously, but somehow let attendance at meetings vanish into the
background. True, he hadn't had a drink in more than two years; however,
one afternoon he received his welfare check in the mail and went out and
bought two bottles of gin. From then on, everything went sort of blank. He
called the Central Office of AA six days later.

Ray was lonely. Without the program, he had slipped into his old ways of
conning himself and letting himself be conned by "friends down the street."
He didn't know anyone in the fellowship any more, and the day he "slipped"
was just the end of a long series of mishaps and accidents, an impossible
marriage, the loss of his job, and a growing isolation and loneliness.

We sat with Ray for about two hours. We listened to his woes and
problems, reassuring him that we wouldn't go away immediately. As a
matter of fact, both of us continued to stress the need for his coming to a
meeting that evening.

That night, Vince picked him up at his apartment. Ray had shaved and got
himself into some clean clothing. We took him to a meeting and he followed
our advice: "put the cork in the bottle, keep your ears open and your mouth
shut." I stayed with him for about half an hour, even though he wanted me to
stay all night. I did, however, telephone him the next morning as early as I
could. The next day, I took Ray to the local Alano Club and parked him; his
loneliness and solitude had made him almost unapproachable, and he
needed the companionship that AA provides — just a lot of good talk
surrounded by sober people.

On the third day, I telephoned Ray, and he told me he had just cleaned his
kitchen floor and cabinets, and had found four more bottles. Pour them out, I
advised him; and he did.

Ray's on the mend now both in body and mind. He has found meetings
near-by to which he goes alone, and using his telephone to talk with Vince
and me, as well as with other people in the program. He has even had a job
offer — all this within about 10 days.

Vince and I both benefitted from this Twelfth-step call. As it says in the
Fifth Chapter of the Big Book, "The result was nil until we let go
absolutely." That includes letting go of our old ways of staying hooked to the
TV or a card game and making excuses of not having the time to go on a 12th
step call. I pray that when I am needed I will never have "something better
to do" than go out to "carry the message to the alcoholic who still suffers."
Why not offer your services for a 12 step call!

Editor's Note: We know there is a
new non-smoking meeting in Marin
County. Are there more in the area?
Many of us non-smokers would like
to go to a meeting where we did not
have to suffocate from smoke. If you
can help, please drop us a line at
GOOD NEWS.

A small boy rushed into a drug-
store. He said to the clerk: "My
father slipped from the ladder. He's
hanging by his pants from the roof."

"What can I do about it?" asked
the clerk.

"You can put a new roll of film in
my camers," the little boy said.

COED from page 3

We college students insist on, "Tell it like it is." Pardon my blushes when I admit that you have been doing this since your organization was founded in 1935, before many of us current collegiates were born. And you tell it like it is, not to get the facts on some issue, but to help another human being. When you tell it like it is, you are giving away humanity and love for the most unselfish reason in the world: to lift a still suffering alcoholic out of the hell of his alcoholism. Now I am not saying the social issues with which college students are concerned are not important. No way. They are vital to the good life we hope to make when it is our turn to run the world. And, yet, you AAs are directly saving lives through the most old-fashioned, the simplest method ever invented: by human contact and concern. You are making a better world and have been for years through the beautiful principles of your organization.

Not only are the principles beautiful (Yes, I sat down and read your Big Book all the way through). You are all such beautiful people. Your faces shine and your eyes are alive. You carry yourselves with confidence and pride, yet not with arrogance. Those of you who brought your families took such joy in each other.

I watched strangers meeting strangers. Yet, they were not strangers as they immediately started talking a mile a minute. And you AAs do talk — like, wow! The difference in your talk and much of the boring junk I have to listen to is that you have so much to say and it's all so worthwhile. (Oh, I eavesdropped shamelessly. Talk about an instant psychology course, that's what Founder's Day weekend was. I mean, you really laid it on me in the most interesting course I ever took. By accident, yet. And for free!)

Naturally, my fellow students and I talked about all of you. We dissected you. We put you under figurative microscopes and probed and punched. "What makes these AAs tick?" we kept asking. We came up with theories you wouldn't believe — and threw them all out! Because there is no single theory that suited Alcoholics Anonymous members. The one word we found which says it all is something (I'm

blushing again!) the younger generation thought it had invented and, again, we found you AAs beat us to it. It is the word which described what I felt all around me when I walked into Spanton Hall where you were registering. It was so obvious, I thought, "Unreal. These things happen only in books. Can't be."

FRESNO NOTES

George D., the new manager of the Halfway House at 1040 North Pleasant, Fresno, is pleading for all the help he can get in financing the enterprise. For that purpose, he has started the Buck A Month Club again for all AA members who can possibly help the needy residents of the house, some of whom have no means of support for paying their room and board. The attention of everyone is called to this urgent need. Pipeline.

It can be and it is. The feeling we thought members of my generation had invented is good old: love. I could reach out and touch it. It was palpable. And glorious.

You are truly the beautiful people, you wonderful AAs. Thank you for letting me and my friends get to know you.

DON'T WINK AT DRINK

Drinking in America has for too long been regarded with a wink, according to Mr. Kenneth L. Eaton, a researcher for the National Institute of Mental Health. The consequences of its by-product — alcoholism — cost the United States some seven billion dollars a year, he says.

Eaton states that there are approximately nine million alcoholics in the nation. But what the figure represents, Eaton continues, is what's important. Alcoholics, he says, cause about 25,000 fatal car accidents a year, cut their lifespan short by 10 to 12 years on the average, injure themselves and others fatally at the rate of some 35,000 a year, and account for about 25 percent of the welfare expenditures.

Also, crime and alcoholism have a definite relationship. Police costs, he says, total about \$100 million a year, and there is a "substantive relationship between alcoholism and other forms of crime." "Adding it up," Eaton continues, "There is a massive amount of human waste in terms of destroying lives...but the economic cost is becoming unbearable." The consequences of alcoholism, he estimates, costs the U.S. some \$7 billion a year. "Alcoholism is no joke," Eaton says.

(from LISTEN, 3-72)

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Peninsula All Groups

Belmont Hills will host the April 6 meeting of the Peninsula All Groups, with its own Dennis B. as speaker. Other speakers and host groups lined up for the month are:

April 13 — Barbara I, Redwood City; Redwood City Thursday

April 20 — Stan W, Daly City; Daly City Wednesday

April 27 — Dick L, San Mateo; San Mateo Fireside.

Meetings are at St. Mathew's Church Auditorium, Baldwin and El Camino, San Mateo. Doors open at 7:30 p.m. Coffee and Arms Length before and after the sessions.

NAPA GROUPS EXPAND TELESERVICE AIDE

The combined Napa AA groups recently expanded teleservice in the area in a way which allows more people to take part and more calls to be answered.

At a meeting on March 10, the Napa AAs formed a special "12 Step Group" to handle all calls for help. The new group consists of some 38 members and alternates who have committed themselves to be available for call on specified days, during specified hours, according to a recent announcement.

Previously, there were only three or four people available for 12 Step emergencies, the announcement explained.

Among the leaders in establishing the new group were Pat F, and Lorraine P, who were elected chairperson and secretary respectively, the announcement continued. It added that the group will hold monthly meetings for review and evaluation of its work.

ALANON POT LUCK

Alanon Intergroup will have a pot luck dinner and meeting at Hope Lutheran Church, 55 San Fernando Way, Daly City April, April 27. Dinner will start at 6:30 with the meeting following at 8 p.m.

Jim and Irma C, of Chico, will be the speakers. There will also be an Alateen speaker. Please bring a hot dish, salad or dessert.

Broadsides

By JERRY G., GENERAL CHAIRMAN
HOSPITALS AND INSTITUTIONS COMMITTEE

In February of this year, San Quentin held its annual open house to members of AA and their spouses. The event started at 6 p.m. and lasted until 10 p.m. It was a great success and enjoyed by all. The evening meal was preceded by a tour of the facilities, through the furniture and garment factories. The AA meeting which followed the meal was extremely interesting. It included five very fine talks by guests and inmates. This annual affair generally is held in February. If you are interested in attending, contact your local H & I representative and ask him or her to put you on the guest list.

Our weekly meeting at San Quentin has not yet resumed, but hopefully both the San Quentin and Soledad meetings will be going again soon.

Folsom H & I meetings, held on Sundays, started again last January. Both San Quentin and Soledad have been closed to outside groups since about December 1, 1973.

The NCC Spring conference was certainly a success. The speakers at the Saturday and Sunday meetings were exceptionally good. The Open H & I meeting on Saturday had a very interesting program. Tom Speros, the non-alcoholic speaker, talked for about 10 minutes and then answered questions. There were many, many questions and very informative answers. The AA Speaker — Curly F. of Mountain View did such a good job.

The Sunday H & I Program deviated slightly from the usual. We had a panel of five, who told of the facility they service, how it is run, and how the meetings are conducted, who goes, what they discuss, etc. All of which was very interesting. At our summer conference in Eureka we will try it again.

I am reminded occasionally when I am at an institutional meeting, how, at times, we seem to gloss over the basic fundamentals of AA and get carried away with stories about ourselves, when in reality we should be talking about the basics — a little background about how we got started and how we continue to function is of interest. People new to our program are interested in recovery, in what we have to offer. If what they get is just entertaining stories, I am afraid they will become disenchanted. Personally, I think we should give the basic fundamentals some consideration.

Before closing, I would like to remind you that the H & I Committee has a large tape library. If you or your group would like to use a tape you can contact John H, our tape librarian, at (916) 878-2697. He will send you a list of 65 taped talks from conferences dating back to 1953. The tapes are for your use, and we wish you would take advantage of them!

The next general Northern California Hospital and Institution meeting will be held at Stockton, 336 E. Market Street, April 20, 1974 at 10:00 a.m.

A PRAYER OF TOLERANCE

By A Third Century Scholar

May I be no one's enemy, and may I be a friend of that which is eternal and abides.

May I never quarrel with those nearest and if I do, may I be reconciled quickly.

May I seek, and attain only that which is good.

May I wish for all men's happiness and envy none.

May I never rejoice in the ill-fortune of one who has wronged me.

May I never fail a friend who is in danger.

When visiting those in grief, may I be able by gentle and healing words to soften their pain.

May I respect myself.

May I accustom myself to be gentle, and never be angry with people because of circumstances.

May I never discuss who is wicked and what wicked things they have done, but know good men and follow in their footsteps.

via Silver Dollar

CONFERENCE from page 2
found that the auditorium was unavailable due to a previous commitment.

Local civic groups joined to provide shuttle service from the downtown area to compensate for inconvenience caused by the change.

Jerry S. headed the conference committee.

INFO from page 1
classes and organizations in the immediate San Francisco area.

Since the organization of the bureau, its members have appeared before some 33 public and parochial school classes, talking to children ranging from 11 to 16 years of age. On March 23 a bureau member met with a church sponsored group of blacks, whites and chicanos who meet weekly to discuss "...religion and living problems."

The Public Information Committee was formed earlier this year.

At a February 19 meeting Ralph L. was named co-chairman, secretary and treasurer, replacing Jack M. who had resigned. Eileen A. was elected to head the Speaker's Bureau and June E. to chair the Radio-TV sub-committee.

EDNA'S STORY

My name is Edna, and I am an alcoholic. I am a very grateful member of AA for this wonderful way of life. I have found in the Fellowship. It is my AA birthday some day this month, so I wish to thank you all for each 24 hours of sobriety.

In my early days of drinking I found Mr. Booze a wonderful thing, especially because it removed my awful fears; it made me feel really great. I was introduced to drugs and finished, in my later stages of alcoholism, drugging and drinking together. I finished up a very ill gal.

I found AA and during my first two years in it I was just dry. You see, the drink and drugs were removed and there stood Edna, still full of self-pity, still resentful, still filled with hatred, still blaming other people for what I was and still with all my defects of character.

Slowly, I became a little better mentally and became able to think a little more clearly. And when my

SAN FRANCISCO ALANO CLUB

414 GRANT AVENUE, near Bush Street

ENTERTAINMENT CALENDAR
DANCES—PARTIES—GAMES—PRIZES—FRIVOLITY
FUN—FELLOWSHIP
Donation—\$1.25

SATURDAY, APRIL 6—

First of the Month Dance — to tunes by Bill Gryder's Velvet Four — per Pete: the band really sounds great now — Come and hear it for yourself and bring your friends.

SATURDAY, APRIL 20—

Mid-Month Dance — Come and enjoy dancing to music by Bill Gryder's Velvet Four — Fine prizes round out the evening — Top this off with AA Fellowship and what more can you ask!

SATURDAY, APRIL 27—

AA Birthday Dance — Share the excitement of AA Birthdays with your fellow AA friends — Fine records — and Cake and Coffee — No donation for the Birthday Night Event.

We'll be there to give you a warm welcome! Come and visit with old friends — and meet new friends — at our dances.

PLEASE — NO CHILDREN — THANK YOU!

What's news?

Visitors to the group,

The speakers remarks,

Births,

New members,

Deaths,

Birthdays (natal and AA),

Marriages,

Group members moving,

New group officers,

Changes in the meeting place
or time,

Anything of Importance to
Alcoholics,

Anything that's interesting
to you,

That's what's news.

And news is what we need.

GOOD NEWS.

thinking improved I started to try to do something about my defects. When I started to try to do something about my defects. When I started to help myself, God as I understand Him helped me.

Through AA I have received back the love of my loved ones. Through AA I can do an honest day's work. Through AA I have got my self respect back; so now I can live with Edna.

I have learned a lot about myself since I've been in AA.

DOCTOR from page 2

ability to learn a new way of life is not available to them; they are stuck behind a rock; unable to grow emotionally and are, in fact, drifting backwards. Saddest of all, they deny themselves one of life's most rewarding experiences and don't know it. The rich, satisfying life possible as a sober member of Alcoholics Anonymous can never be theirs until they let go not only the booze bottle but the pill bottle completely. Those who fool with drugs and use them as they used alcohol are doing nothing more than planning disaster.

Please be on the guard against this.

Beech Hill Farm (N.H.)
via S.F. Secretary's News Letter

I know what's good for me, What's bad for me. AA meetings are very good for me and I know that to keep my sobriety I have to give it away. I know that I can't have a dollar each way.

The doors of AA are always open, and anyone who walks through need not be afraid because it really works for anyone. It works for me and I can assure you that I was very poor material for God and AA to work on.

I am so very grateful to people in AA. This is what has kept me sober — people who understand me.

Edna