



Good News



November,
1974

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By the Northern California Council of Alcoholics Anonymous

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Utah Assembly

The Eighth Annual Pacific Region Assembly has been announced for February 28 and March 1, 2, 1975 in Salt Lake City, Utah. Bill T., Chairman, Pacific Region Assembly has extended an invitation to all, near and far, to attend the gala affair.

The Assembly has requested that groups commit themselves to early registration so that they may have time to prepare the panels and programs so that all may benefit.

One of the featured guests will be Margaret C., from Agawam, Mass., a Trustee of Alcoholics Anonymous.

The meeting will be held at the Salt Lake Hilton. Registration is \$7.50 per person, and the banquet is \$7.50 also. There will be no Alateen registration fee.

Please make checks payable to Pacific Region Assembly and mail the check to PRA-75, P.O. Box 7291, Murray, Utah 84107.

Wife: (to a happy AA member)
"You certainly made a fool of yourself at the party last night. I just hope that nobody realized you were sober."

New Year's Bash

The Arts and Crafts Building at the Sonoma County Fairgrounds, Santa Rosa, will be the scene of Sonoma County Inter-Group's New Year's Eve party.

A buffet supper, live music, hats and noisemakers, entertainment and good fellowship will be the order of business starting at about 8:00 p.m., December 31, 1974, and ending about 1:30 a.m., January 1, 1975.

The cost will not exceed \$4.00 per person and the tables will be set for eight. Group secretaries (in Marin County), will be receiving all the information in a special mailing.

Northern Nevada Schedules

An open meeting in a Medium Security Prison will be held November 7 (the first Thursday) in the Northern Nevada area. It is suggested that those from the Northern California Fellowship wishing to give their support contact Bob D., 882-6870, for clearance to attend. Women AA visitors are especially requested.

Other scheduled events are as follows: November 16, Driars Club Membership meeting and pot luck — 6:30 p.m.; November 20, 6th Anniversary, Carson Valley Group, Minden, 8:00 p.m.; November 28, Sparks Alano Club Thanksgiving Day Dinner, no charge; December 15, Veterans Hospital Christmas Party.

And In Idaho ...

Back in September, a couple of Northern California AA-ers had just moved to Boise, and the Boise AA Intergroup sponsored a special open Saturday meeting. The speakers were Harvie and Estella from Woodland. A letter received by Good News informed us that they received a standing ovation after carrying the message.

The letter went on to relate that Geri DeV. has moved to Boise, and it is felt that she will surely give a wonderufl "lift" to the Southern Idaho Area.

Hawaii Conference

The Ilikai Hotel, Honolulu, is the site for the 13th Annual Hawaii AA Conference. There are groups leaving San Francisco as well as Los Angeles for this event which runs from November 8 through 10. For further information, contact your Central Office.

From Santa Clara County

Two special meetings are scheduled for November in Santa Clara County.

The first is the All-Groups meeting, which takes place on Saturday, November 9, at 8:15 p.m., at the Alano Club, 1122 Fair Ave., San Jose, Ca. (All-Groups meets the second Saturday of each month.) Host group this month will be the Los Altos Group. As ever, as fine speaker has been invited to share at this meeting. Following the meeting, there will be a club-sponsored dance.

The second is the Bi-Monthly Speaker Meeting. This is now at St. Andrew's Church, 13601 Saratoga Ave., Saratoga, Ca. The next meeting will be Saturday, November 16, at 8:30 p.m. The speaker will be Norm A. from Southern California. He's billed as "the fastest talker in the west."

The late P.T. Barnum of Barnum and Bailey, credited with saying "There's one born every minuts," in later life became a noted temperance crusader.

New-Napa Meeting

There is a new open meeting in Napa. Originally, this group was a part of the Napa Valley group. The time is 8:00 p.m., Tuesdays, at 1455 Pueblo St., Napa, Ca.

During the first half of the meeting, the chairman picks people at random to speak from the podium for a maximum of five minutes each.

The second half of the meeting is devoted to a speaker selected by the chairman in advance of the meeting.

The group would particularly like to see AAs from outside the Napa area.

THE LINK

By RALPH L.,
District Committee Member
California Northern Coastal Area
of General Service

It's another one of those between months. For what seems like forever we have been looking forward to the election of officers to be held November 9 in Pleasanton, and now we are sitting practically on top of it. Elsewhere in the paper will be found details regarding the location of this meeting and the program, and it is hoped that everyone intends to go.

We've been telling you these past months what the election assembly is all about — like who's getting elected (area committee members), who is doing the electing (GSR's and DCM's) and what the day consists of (see program). Please note, however, that if your group still has failed to select a GSR at election time, you may still send a voting representative. The important point to remember is that every group is entitled to one elector and one elector only. Later on those groups which remain without GSR's can select one and have him or her properly registered in time for the next election. There is more to it than an election, though. Once we have selected an area committee, including the delegate to the New York conference to be held next April, it is through your GSR that you have a voice in that conference. It seems we've nagged you before on this.

The election assembly is something that each of us should experience whether or not we are there in an official capacity. As stated before, this and all other assemblies, are open to all AA members, and attendance at these affords a far greater prospect of the fellowship than can be otherwise perceived, but now we're getting didactic. Just come, enjoy, learn.

A couple of months ago we ran an item regarding the election of our newest Pacific Region alcoholic trustee, Stan W. of Fairfax. Stan is now recuperating from surgery at Ross General Hospital.

After Sobriety, What?

After the drunk, or more clinically, the alcoholic, achieves sobriety, there is still another mountain to climb.

This is the struggle back through Self-Respect Pass, on up the face of Indebtedness Cliff, the slow pull around Trust Overhang and finally the arrival on the summit of Respectability Peak.

It was about this phase of alcoholism that I sought words and recently sat with six members of Alcoholics Anonymous and listened.

There are several climates of alcoholism — those who "bottom out" to lose their jobs, families and become bums and jailbirds; those who manage to keep their jobs; pick up a 502 or two and maintain a vague family life; and those, mostly women, who are "closet drinkers" and successfully hide their disease from the outside world.

One man, sober for many years now and with a good job and community respect, spoke up.

"You know, there are two parts to sobering up. The physical part deals with not drinking, but once an alcoholic always an alcoholic, and so the mental involvement is with you for the rest of your life.

"Problems I had that caused me to drink haven't necessarily disappeared, but the difference is that I can now ride or handle them and stay sober at the same time."

Another man put it this way: "If you're a lousy plumber when you are drinking, chances are you're still a lousy plumber when you're sober — only when you're sober you can do something about it."

This is basic, but the guys or women who have really messed up their lives — they've got some coming back to do.

"I did the whole bottoming out bit — beating up on people, had checks, 502s, job loss, family gone, everything," he said. "It has taken years to pay off debts and make amends."

As others nodded in agreement, a middle-aged, crew cut man said that the act of not drinking instills a new sense of responsibility.

Interjected another: "Just being sober I began to recognize who I was. I think first of all we get back our self-respect."

"You stop being physically ill and then you begin to forgive yourself. It's a new experience to look someone in the eye again. But there's those outside yourself to convince.

"You still get that look when you announce that you've stopped drinking. It's the same as telling someone you are going to stop smoking for the 50th time."

— — —
In AA, the recognition of a higher power helps gain self respect for most.

"I thought God was a bunch of crap," said a man on the panel. "So they told me, 'Okay, pretend you believe in a higher power.' I've done some changing. This is part of the returning process."

The women, some of whom are often protected by their husbands and families, have the same redeeming to do within their circles.

"I was an awful liar about my drinking," said one. "I stole money from my husband to buy booze, made an ass of myself at several parties. It took a lot of sober work on my part to finally reach a point where my son came to me and said, 'Mom, you're a heck of a lot more fun to be around now.'"

—From Wally Trabing's
"Mostly About People"

Santa Cruz Sentinel,
Santa Cruz, Ca., Oct. 2, 1974.

Not Allied With...

*The following appeared in the
S.F. Chronicle on October 16*

Without dissent and with only a few members on the floor, the Senate sent to the White House yesterday a package of eight tax bills carrying special benefits for such firms as (an aircraft firm, two chemical companies, and the makers of cheap California wines.

Do you think members of the Fellowship of Alcoholics Anonymous could take tax discounts for similar reasoning?

Arthur K.

AREA PROGRESS

On Saturday, October 5, our current alternate delegate, George D. of Tiburon, presided at an Area Public Information Committee meeting held at the Oakland Central Office. Approximately 25 members attended, representing many counties of the Northern Coastal Area.

Although there have been from time to time desultory attempts to launch a unified public information program in the area, this is the first meeting of its kind to be held here and, as such, is a manifestation of a growing interest in what is becoming a very important function of Alcoholics Anonymous.

The members present, all of whom are involved in some way with community relations, discussed the problems they have so far encountered in their endeavors to advance understanding of AA's approach to recovery from alcoholism. As is true with most such discussions, what is currently a problem in one area has already been effectively dealt with in another. Among the subjects brought up were how to deal with "shotgun" AA ("thirty days or thirty AA meetings," says the Judge), establishing rapport with high school (and younger) students, and dealing with the media.

About that "shotgun" problem, George reminded members that probably most of us were directed here by someone else — be it judge, clergyman, doctor, alcoholism agency, employer, or family member. Few of us got here under our own steam. It is because somewhere along the line someone other than ourselves knew something about AA that we got here, and it is just such friends and friends to be of AA that we want to keep informed, and that is where the Public Information Committee comes in.

When AA was still new, the need for any organized method of answering public inquiries was minimal at best, primarily because so few people had heard of the program. As the years rolled by and AA's success in the area of recovery became well known, it became necessary to mount a

means of dealing with these inquiries. To accomplish this, the General Service Conference of 1956 unanimously adopted the following statement of policy:

"In all public relations, AA's sole objective is to help the still-suffering alcoholic. Always mindful of the importance of personal anonymity, we believe this can be done by making known to him, and to those who may be interested in his problem, our own experience as individuals and as a fellowship in learning to live without alcohol.

"We believe that our experience should be made available freely to all who express sincere interest. We believe further that all our efforts in this field should always reflect our gratitude for the gift of sobriety and our awareness that many outside AA are equally concerned with the serious problem of alcoholism."

Note that this statement was made in 1956, illustrating that the concept of public information is not new. Our office in New York makes available pamphlets and guidelines for dealing with the public, including suggestions on speaking at non AA meetings.

The next Area Public Information Committee meeting will be held early in December, place and date to be announced.

Industrial Club Dances

Two dinner dances are scheduled to be held at the Industrial Club, 3198 - 16th Street, San Francisco, in the month of November. The first dance will be held on November 2 and the second on November 16.

Dinner will begin at 8:00 p.m., and dancing will occur from 9:00 until midnight.

OREGON NOTES

The Little Assembly and State General Service Committee meeting of Alcoholics Anonymous is meeting November 16 and 17 for its annual get-together. Seaside, Oregon, is the site, and meetings will be held at the Civic Convention Center.

Recommended motels in the area are the City Center and Seashore. For reservations, call, toll free, 1-800-452-6740.

Stockton Alano Club

About two years ago, talk about an Alano Club in Stockton was heard, and organizational meetings began to be held in August of 1972. Dues were first collected and then things seemed to die.

Trying to find a suitable building in a good location that the Club could afford was going on from the very start. Finally, a location was found and then the real work began. May and June of this year saw a collection of hammers, saws, scrapers, nails and paint with people attached to them and on June 9, the place was open. From the opening meeting, everything has been going along just fine and a welcome mat is extended for all AA's throughout the state as well as from anywhere else.

The club houses seven autonomous AA groups for their meetings. Doors are open from 7:00 a.m. to 11:00 p.m., daily. The address is 535 West Fremont, Stockton.

Oakland Meetings

The Dimond-Link Group, which meets on Monday at 8:30 p.m., is pleased to announce its November schedule. The discussion group will feature Jane O'T. (S.F.) on November 4; George D. (Marin) on November 11; Harriett T. (Martinez) November 18; and Miz (Danville) November 25.

The Dimond-Link Group is located at 13th Avenue & Park Blvd., St. Stephens Methodist Church, Oakland.

Contra Costa News

The Contra Costa Service Center Intergroup speaker meeting is held on the 3rd Saturday, at the Willow Creek School, 1029 Mohr Lane, Concord at 8:30. The Al-Anon Service Committee sponsors a speaker meeting on the first Saturday also with speakers from both AA and Al-Anon at the Williams Elementary School, 2895 East St., Concord.

Still another speaker meeting is held on the first Saturday sponsored by the Diablo Group.

Carrying the Message

By NANCY C.

Indian Valley Community College in Ignacio (Marin County) asked for AA speakers for a three-credit Psychology Course offered for the first time this semester, called "The Drug Scene." Margaret and Ross O. of the Marin Public Information Committee and Nancy and Ed C., of San Francisco, attended the evening two-hour class and presented a little AA background information, some of our personal stories, and then answered questions for about an hour.

The class, in this new community college, has some young, pre-nursing students, many middle-aged men and women returning to college, and two (anonymous) members of the Marin Sheriff's Department who were paying their own way to try to become better informed on drug and alcohol abuse.

The teacher, who is also a professor at U.C., had already covered many of the socio-economic problems caused by alcoholism and had asked for AA members to describe why the fellowship has the highest recovery rate of any form of treatment discovered to date.

Although the questions were often skeptical, a very lively discussion followed, and we left with a request to repeat the same kind of program when the course is offered again.

This kind of speaking to outside groups, where the students have been exposed to a variety of psychological concepts and many of whom have misconceptions about AA from brief encounters with the program is particularly challenging and rewarding.

The other P.I. news in the past month is that the San Francisco Progress ran one release on the Speakers' Bureau for San Francisco, San Mateo and Marin Counties, and will print the same release in four editions before the month is out.

Bi-Annual Election

Calling all GSR's, and General Service Area Committee Members to the bi-annual Election Assembly of the Northern Coastal Area of California. This event is for the election of a Delegate from this area to Panel 25 of the General Service Conference, and also Alternate Delegate, Area Chairman, Secretary, and Treasurer for the term 1975-1976.

This Election Assembly will be held this year on Saturday, November 9, 1974 at the Cafeteria, Alameda County Fairgrounds, Pleasanton, Ca. (southern Alameda County). At 11:00 a.m. registration will commence. This will entail two registrations: (1) to vote, with the District Chairman of each county; and (2) for Group contributions, with the Area Treasurer. At 1:00 p.m. Area Officers, District Chairmen and DCM's will make their annual reports. At 2:00 p.m. the Area Secretary will call the roll of all voting members, in order to segregate from guests, for balloting; followed immediately by election of Delegate and Area officers. From 5:30 to 7:00 p.m. a

buffet will be served, allowing free time and a hospitality hour for "arm's length".

The Assembly will be concluded with the Public AA meeting at 7:30 p.m., chaired by Homer D., San Leandro, with Reader, Phyllis McG., Alameda. A special feature of this meeting will be brief expressions of gratitude for the 12 Steps by GSR's from 12 of Northern Coastal Area's 15 Districts. The featured speaker of the evening is Eric B., former Pacific Region Trustee to the General Service Board, from Seattle, Washington.

Tables will be available throughout the day and evening for Good News subscriptions and Grapevine subscriptions. Free and purchase literature will be in ample quantity.

For easy access take the Bernal offramp from Highway 680 (East Bay), thence to Pleasanton Ave., and into the Fairgrounds.

It is urgently requested that each group be represented at this all-important event, as the Committee Officers selected are to serve as the Groups' connecting link with GSO for the years 1975-1976.

PROGRAM

Saturday, November 9, 1974 **Cafeteria** Alameda County Fairgrounds
Pleasanton, California

11:00 a.m.-1:00 p.m. — Registration of all General Service Representatives, Committee Members, and Officers.

Also: Contribution of Group funds with Area Treasurer.

Coffee, Sandwiches, Cake available.

1:00 p.m.-2:00 p.m. — Reports by Area Officers, DCM Chairmen, and District Committee Members.
Treasurer's Report.

2:00 p.m.-4:30 p.m. — Roll Call of all voting members and segregation from guests for balloting.

Election of Delegate for 1975-1976 Term.

Election of, Alternate Delegate, Chairman, Secretary, Treasurer for 1975-1976 Term.

5:30 p.m.-7:00 p.m. — Buffet

Free time and Hospitality Hour. Arms Length.

7:30 p.m.-9:30 p.m. — Public AA Meeting.

Chairman: Homer D., San Leandro

The 12 Traditions: Phyllis McG., Alameda
In Gratitude for the 12 Steps: By General Service Representatives of the Fifteen Districts of this Area.

AA Speaker: Eric B., Seattle, WN
Lord's Prayer.

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Oldest SF Group

On October 21, the Monday Nite Mission Group celebrated its 29th Anniversary. The meeting, held at 1364 Valencia St., in San Francisco, featured Bob G., as speaker with 24 years sobriety.

G.S.O. Directory Deadline

Completed Group Information Cards must be received by General Serviced Organization, P.O. Box 459, New York, N.Y. 10016 by these dates:

Canada ... November 14, 1974
Eastern U.S.
December 15, 1974
Western U.S.
February 15, 1975

Petaluma Potluck

The monthly Speaker Meeting will be held at the Alano Club in Petaluma, Ca. on Saturday, November 30.

Dinner will be at 6:30 p.m., and will be a potluck of leftover Thanksgiving turkey. The meeting will be at 8:30 p.m., and will feature Merle F. of Petaluma.

If you cannot find the club, call 762-9868, and somebody will guide you.

News From Marin Alano

The new Marin Alano Club's first rummage sale netted \$518 for the club, thanks to the efforts of many members in sorting, hauling, pricing and selling the numerous donations.

There are now meetings at the club every noon and every evening at 8:30 p.m., Monday through Friday. There are no regular meetings on Saturday, but Sunday has a brunch meeting at 11:00 a.m. and a regular meeting at 8:30 p.m.

Saturdays there is Bingo three weeks out of the month and generally a pot luck dinner or a dance on the fourth Saturday.

HARRISON HOUSE

Over 75 AA members and friends met for the third anniversary meeting of the New Horizons Group at Harrison House, a Salvation Army Recovery Facility in San Francisco, Oct. 7.

Both Captain Davey, house director, and Corps Sgt. Major Nick told a little of the beginnings and history of the group. Paul G., of San Francisco Central Office, was the speaker.

Captain Davey revealed that Harrison House plans on accepting women as residents, and the date will soon be announced for this new addition to their AA oriented recovery program.

Cal Northern Interior

The Northern Interior Area General Service Assembly will take place on Saturday, November 23, at the El Rancho Motel, 1029 West Capitol Ave., West Sacramento, Ca.

Registration will begin in the Sutter Room at 10 a.m. This will be followed by the business meeting.

In the evening, there will be a banquet at 6 p.m. Then a meeting at 7:30 p.m., with guest speaker Hal C. of Chula Vista, Ca. There will also be a dance, featuring Hal Wiley and "The Awards".

For reservations, contact Central Office, 1412 - 20th St., Sacramento, Ca 95814.

Alcoholism's Annual Cost

The following is part of an article reprinted from the New York Times:

Alcoholism and related problems cost the nation more than \$25 billion a year and drinking among American youth has risen to the point of being nearly universal, according to a major report on alcohol and health made public yesterday.

"We have previously underestimated the economic costs of alcohol-related problems to our nation's economy," said Dr. Morris E. Chafetz, director of the National Institute on Alcohol Abuse and Alcoholism, in discussing the report.

An estimate from his institute three years ago put the total cost at about \$15 billion a year.

Most of the economic cost of alcohol abuse results from lost work, medical expenses and motor vehicle accidents, the report said.

Fillmore Fellowship Fourth

Fillmore Fellowship will celebrate its fourth anniversary, Saturday, November 9. The place is Jones Methodist Church, 1975 Post St., San Francisco.

Speaker for the meeting, from 7:30 to 8:30 p.m., will be Charles S. of Redwood City. Robbie D. of San Francisco will chair the meeting.

There will be a lavish buffet from 8:30 to 9:30 p.m.

The group hopes you will come and share with them their gratitude.

Moss Beach Anniversary

The third anniversary of the Moss Beach Group will be celebrated on December 3 at 8:00 p.m. The scheduled speaker will be Alex F. of that group. The location of the meeting is the Moss Beach Hospital, Marine Blvd. and Etheldore. AA-ers are urged to attend and help celebrate.

Where Are All The Twelfth Step Workers?

The following is a factual account of one incident that took place during the 2:00 to 6:00 p.m. teleservice shift on Sunday, October 13, in San Francisco.

Oliver, who used to have a regular teleservice shift several years ago, and now is a substitute, was answering calls when Nancy G., a very sick, frightened, 38-year-old divorcee, called in from the Mission District. She was alternately screaming, threatening suicide and seeing things. She was alone with her grandfather, who was scared to death. Oliver told her to hang on. Some one would call her back.

He then made about 40 calls, first trying to reach women in the Mission District, then calling everyone on the 12th Step list. Either people were not at home, or they were unwilling even to telephone Nancy G.

Meanwhile, she had called AA five more times, as the hour wore on. Mission Emergency had given her a vitamin B-12 shot the day before and sent her home, telling her to stop drinking. She had tried to quit cold. She had been drinking over a month. Half a gallon to a gallon of white port a day. Mission Emergency's staff didn't think she was sick enough to admit. She has Med-i-Cal.

Finally, Oliver started calling all the teleservice people, and was well down the substitute list when he found me at home.

The reason I was at home, and not on his 12th Step list, is that I am recovering from a heart attack. However, I was able to come up with two friends, who have cars, who might be able to help. They were not on his list.

Meanwhile I called Garden Hospital, and they had a possibility of a bed Sunday night if "one of their regulars didn't return for her 7th Med-i-Cal paid for detox." They definitely would take Nancy G. on Monday, but some one would have to take her in.

One of the gals I suggested to

Oliver planned to go to a meeting, following a barbecue with friends. She made the call, and agreed to scrap her plans and help Nancy. This twelfth step worker has about fifteen years of sobriety — and didn't hesitate for a moment to reach out and help.

Where are all the other members of AA who claim they never get calls for help? What happened to the idea of a single group being responsible for a shift of teleservice once a month, with workers ready to go? How can we prevent this sort of thing happening again? There must be some answers! Please, write Good News, and tell how you handle this in your communities. San Francisco can't be alone with this problem.

Is everyone in our fair city too busy to help the suffering alcoholic on a pretty Sunday afternoon?

ONE DAY

CALIFORNIA NORTHERN COASTAL AREA

QUARTERLY TREASURER'S REPORT 31 DECEMBER 1973 to 30 SEPTEMBER 1974

CASH BALANCE AS OF 31 DECEMBER 1973	\$1822.59
INCOME	
Group Donations	\$1805.78
Sale of Manuals, Concepts, World Dir., etc.	225.35
Area Meeting Collection	156.30
Collection at NCC Conf. (Gen. Serv. Mtgs.)	234.05
Return of Post Conference Advance	448.07
Income from Pre-Conference Assembly	91.00
TOTAL INCOME	\$2960.55
EXPENSES	
Donation to 1974 General Service Conference	\$150.00
Delegates Expense to 1974 Gen. Serv. Conf.	171.00
Delegates Expense to 1974 Pacific Reg. Assem.	189.82
Pre-Conference Expenses	167.32
Advance for Area Post-Conf. Assembly	450.00
Literature, Manuals, Concepts, etc. ordered	643.05
Area Meeting Hall Donation	90.00
Area Backdrop Banner	185.31
Stationery, Duplicating services, Postage	521.01
Area Committee Officers phone & Mileage Allow.	428.78
Post Conf. Assembly Expense (name tags, tape)	21.84
Donation to "Good News"	100.00
Donation to San Francisco P.L. Committee	80.00
1974 Election Assembly Expenses	84.15
Speakers Expenses NCC Conf. (Gen. Serv. Mtgs.)	51.22
Deposit for 1975 Post Conf. Assembly (Konocti)	50.00
TOTAL EXPENSES	\$3383.50
CASH BALANCE AS OF 30 SEPTEMBER 1974	\$1399.64

Daly City Family Al-Anon

The Al-Anon Family Groups will sponsor a pot luck supper, Saturday, November 16, at Hope Lutheran Church, 55 San Fernando Way, Daly City.

Dinner will be at 7:00 p.m. Please, bring a dessert, salad or casserole.

The meeting will be at 8:00 p.m., with AA and Al-Anon couple Estella and Harvey E. from Woodland, Ca., as speakers. There will also be an Al-Ateen speaker from Woodland.

EASY DOES IT

Peninsula All Groups

John M. of Redwood City will be the first speaker of the month on November 2, at Peninsula All Groups. The host group will be Redwood City, Thursday. The place is St. Matthew's Episcopal Church Auditorium, El Camino Real and Baldwin Ave., San Mateo. The time is 8:30 p.m.; doors open at 7:30 p.m.

Other speakers and host groups for the month will be:

November 9 — Arnold R., Park Presidio; San Carlos Awareness.

November 16 — Jean B., Belmont Hills; Belmont Hills.

November 23 — Earl C., Serenity, Burlingame; Serenity, Burlingame.

November 30 — Patty D., Emerald Lake; Emerald Lake.

Coffee and Arms Length AA before and after the meeting.

Al-Anon At The Cathedral

The Reverend Joseph L. Kellerman, author of *Alcoholism — A Merry-Go-Round Named Denial*, will be the featured speaker at an open Al-Anon meeting on Saturday, December 14. This meeting will be at St. Mary's Cathedral, Geary and Gough Sts. in San Francisco. The time will be 8:00 p.m. Coffee and refreshments will be served.

Friday Central All Groups

Ed K. of South San Francisco will be the first speaker of the month, November 1.

Other speakers for the month are:

November 8, Roger O'D. of Surf Group.

November 15, Ray Mc D. of Country Club.

November 22, Juan M. of Burlingame Serenity.

November 29, Nadine F. of Pacifica Coastside.

Coffee will be served before and after the meeting. Everyone is welcome.

H & I BROADSIDES

By JERRY G., General Chairman
Hospital & Institution Committee

A couple of months ago, Bob H. of Hercules, Ca. was kind enough to write this column for me. He chose a topic very close to his heart, that being "strong functional sponsorship." I thought Bob did a super job.

The article actually opened other doors. While Bob was writing his story, he realized that many of the general membership of AA do not understand that the primary purpose of H & I Committee is to carry AA's message to the alcoholic who is confined. Inmate sponsorship is not the Committee's purpose. However, members of the general body of AA and individual Committee members do act as sponsors of inmate members of the fellowship.

The suggestion that local groups of the fellowship write to groups in prisons, offering sponsorship, was made by a parolee, who knew the dangers of living for a long period in a controlled environment. This seemed like a simple means of opening lines of communications, enabling the general membership to participate more fully in the Third Legacy — Responsibility.

A letter to an institutional group might read like this:

Gentlemen:

In keeping with the spirit of AA's Declaration of Responsibility, the members of our group wish it known that sponsorship for inside members of AA paroling to our

area is available.

We recognize that while in theory the transition from inside AA to outside AA should be simple and natural, many men are hesitant about approaching a new group in a locale where they have no previous AA contact.

If any member of your fellowship wishes to avail himself of AA sponsorship in our area, please advise him to address his request to the Group secretary at: (Group Address).

Traditionally, sponsorship consists of helping an inside member make a smooth and comfortable transition from AA on the inside to AA on the outside. This consists of introducing him to various AA groups in our area and the activities of these groups. This also involves answering any questions he may have concerning the AA program.

AA sponsorship does not involve financing, feeding, clothing or housing the parolee. Nor does it involve providing a job or social or medical services for him. We leave these matters to those more competent to handle them. Individual members may offer assistance in these areas. AA, as a whole does not.

The Hospital and Institution Committee hope you will ask your group secretary to write an institution offering the hand of sponsorship.

Sebastopol at Christmas

Ann and Alan T., from Spain and Hawaii will headline the Azure Acres Annual Christmas Party and buffet, 3:30, Sunday, December 15. The facility is located at 2264 Greenhill Road.

All interested AA-ers are also invited to hear John F. of San Carlos, guest speaker for the regular speaker meeting held on the first Sunday of the month of December. The meeting will be preceded by a buffet dinner.

Napa News

Napa Downtown Group celebrated its first anniversary last month.

This group meets Wednesdays at 8:30 p.m. in Centennial Hall of the First United Methodist Church, 4th and Franklin Sts. in Napa.

The fourth Wednesday of each month is set aside for a speaker meeting. Last month's speaker meeting was October 23, and featured Ted S. of Novato. This meeting was followed by a buffet and birthday cake for three members of the group.

The AA Group

The group is the basic unit in AA. That is where the new member finds what it's all about. That is where the member finds his roots. All services of AA are geared to support the group and to help the group function so that more alcoholics can recover.

Within the group, the secretary is the most important person in helping the group function efficiently. Other group servants are important, also. The Intergroup Representative and the GSR are important in the bigger picture as the groups relate to working with other groups. All group servants need the support of the group, and they also need proper indoctrination, or a period of learning how the job can be best done. No one is chosen because it will do him or her good. People are chosen on the basis of their willingness to give the job their best efforts.

The group is autonomous, but its leaders are not. Changes in the way things are done in the group are decided at business meetings of the group. When groups hold business meetings every month and members share the knowledge of what is going on in the world of AA, then the group conscience becomes meaningful.

When the new person comes to

the group, it is important that he get a good impression so that he wants to come back. A Group Greeter can help by welcoming the newcomer enthusiastically and introducing him around. Help the newcomer to identify with the illness and the recovery. We only have one chance to make a good first impression.

There should be a natural transition into service for all members. "Service begins on the end of a

SAN FRANCISCO ALANO CLUB Chinatown Gate

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ENTERTAINMENT CALENDAR
DANCES—PARTIES—GAMES—PRIZES—FRIVOLITY
FUN—FELLOWSHIP

NOVEMBER 2 (SATURDAY) —

Dance — Live Music — Donation \$1.50.

NOVEMBER 9 (SATURDAY) —

Rock Dance with Subconscious Power — Donation \$1.25.

NOVEMBER 16 (SATURDAY) —

Dance — Live Music — Donation \$1.50.

NOVEMBER 23 (SATURDAY) —

Discoteque — Donation \$1.00.

NOVEMBER 28 (THURSDAY) —

Thanksgiving Open House 2:15 - 5:15 p.m.; Special Meeting 12:30 - 1:30. Free Turkey, Ham and Trimmings.

NOVEMBER 30 (SATURDAY) —

Monthly AA Birthday Dance.

broom." Monthly business meetings make it possible for the newcomer to become aware of service opportunities and to learn how to become a part of service.

The 12th Step call is a natural transition into service as exemplified by our fifth tradition and our primary purpose. If the group secretary distributes the 12th Step calls to members of the group, it is the responsibility of the member to notify the secretary when the contact has been made and the alcoholic has been taken care of. Groups may want to consider appointing a 12th Step person (or leader or chairman) to handle the disbursement of all 12th Step calls, assist in helping a new member find a sponsor, and in general assist the secretary in the most important of all functions, carrying the message. We are responsible. We are not ding-a-lings and we should quit saying, "Well, I goofed, but after all I am just an alcoholic."

Possibly the group secretary should have a printed set of things to announce at each meeting.

—Synopsis of Tacoma Group Level Workshop, Sunday, June 9, 1974.

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