



# Good News



**MARCH,  
1975**

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By the Northern California Council of Alcoholics Anonymous

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## Santa Cruz NCC Conference Coming Up

The complete program for March 14, 15, and 16, Northern California Council of Alcoholics Anonymous Conference is included in this issue of Good News on pages 4 and 5.

Pre-conference registration indicates that a good turnout is expected. This conference, open to all AA members and their families, will feature two open speaker meetings, and complete Alanon and Alateen programs.

See you in Santa Cruz!

## The First Drink A Woman Remembers

I've just had three very desperate days I'd like to share with you in the hope that it will help someone else. I am an AA member with one year's sobriety and the following thoughts I wrote down only yesterday.

"If I take that first drink, I will be thrown into a world of despair that I might not return from!!!! Help me...God, Help me! I've thanked you so many times for releasing me from that terrible compulsion, and now it's here! Please, give me the strength to cope! I've told so many fellow alcoholics that you cannot do it alone. You need God and other people! Why do those very words evade me now?

"The phone is ringing and I don't want to answer it. Why? Is it because another human being might invade my privacy? ... my thoughts of wanting very desperately to have a drink? What can that first drink do to me? Make me unable to face the people I've become close to. Make me hide. Make me lie. Make me lonely. My family would be shattered. How can

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## SMRC Open Meetings

The Single Men's Rehabilitation Center in Redwood City welcomes outside AA members at their regular 90 minute Tuesday and Friday speaker meetings, the Phoenix Group of AA.

SMRC is located on Edgewood Road in Redwood City. For information on how to get there, call Charlie K., AA secretary, at 368-8931. He will gladly give you directions or mail you a mimeographed map.

## From The Secretary— Northern California Council

The following is an excerpt from a letter from Anne S., Secretary of the Northern California Council of Alcoholics Anonymous .....

"Without a doubt our membership is growing in numbers, and more groups are being formed. It would be wise to ask ourselves if we are encouraging new members to attend and participate in our conferences. Enthusiastic announcements of coming conferences and reports on past ones in glowing terms would most likely do much to encourage attendance by new members.

"Are we encouraging members and groups to support our own NCC newspaper, the GOOD NEWS, so that it will not only be timely and informative, but will be self-supporting, rather than being subsidized?

"The purpose of this letter is to encourage all Zone Chairmen, NCC Delegates and members of our Steering Committee, **plus any interested AA members**, to bring ideas and suggestions to Santa Cruz to be discussed at the NCC meetings."

## First Annual Marin County Unity Night

On Friday, April 4, 1975 at 8:00 p.m. —

Place — Methodist Church, Camino Alto & Sycamore, Mill Valley.

The General Service "know-it-alls" of Marin County will sponsor a get-together. The main speaker will be Al. M. from Hollywood. Al has been sober 34 years and has been active in AA affairs continuously.

George D., Delegate from the Northern Coastal Assembly Area, will be on hand to chat and answer any questions regarding the General Service Board conference which will take place in April in New York City.

Along with a short panel discussion, a film with our founder, Bill Wilson, will be shown.

Refreshments will be served — everyone is welcome.

For further information, contact Lois J. — 479-5186.

## You're Costing Us Money!

Each issue of the Good News that is returned to us because you've moved costs us 32¢! The Post Office will no longer forward anything. Please send us your change of address before you move, if possible. Help!

## Editor's Note .....

Because so much space in this issue is devoted to the NCC Spring Conference program, some regular features had to be omitted. All will be back next month. Do continue to send us all your group news so that it reaches the San Francisco Central Office before the fifteenth of the month. All contributions welcome!



## New SF Alano Club Thursday Meeting

Neil M. is secretary of the new speaker-discussion meeting held from 11:15 a.m. to 12:15 p.m. each Thursday.

The meeting, called "The 11:15 Group" started February 13. Everyone is welcome.

## Came to Believe

I came to this fellowship broken in mind, body and soul, looking for release from the tortured, nightmare world of alcoholism.

I wanted freedom from the fears that haunted me, relief from the despair, hopelessness and loneliness of the alcoholic.

Within this wonderful fellowship, I found all this I had been searching for.

It was not easy in the beginning, I found neither serenity nor peace, until I realized that the recovery so often spoken of, begins for us only when we try to learn, and apply, the 12 Suggested Steps.

Today I am happy, at peace with myself, my God and my world.

What wonderful teachers I have in AA who make all this possible for me.

One Day at a Time  
Roundabout, November 1974

## TWA AA Convention Special

Going to Denver for the International AA Convention? Save \$37 and go on the special AA flight, Thursday, July 3rd, returning Sunday, July 6th.

Round trip airfare, including tax and security charge on this special flight is \$141.73. To assure a place on the flight, mail a \$20 deposit ... non-refundable, to AA Convention Flight, 166 Geary St., Suite 804, San Francisco, CA 94108. The balance must be paid before Sunday, June 1, 1975. Additional information may be obtained by writing to the same address.

## Friday Central All Groups

Chuck G. of San Bruno Tuesday will be the first speaker of the month, March 7, at San Francisco Intercounty Fellowship Friday Central All Groups, Unitarian Church, Franklin and Gough Streets, San Francisco. Host group will be St. Martin's.

Other speakers and host groups for the month will be:

March 14 — Jane O'T., Stepping Stone; Menlo Monday Night.

March 21 — Randy C., 11th Hour; California Street.

March 28 — Nell H., Thursday Beginners; Surf.

The meetings are at 8:30 p.m.; doors open at 7:30 p.m.

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

## A Word Or Two To A New Member

When I first turned to AA as a possible way of finding some relief from the mess and torment my life had become through drinking, there were a number of questions in my mind about the fellowship which it took some time for me to find answers to. Maybe some of the same questions bother you. Here are the answers I found:

1. We in AA are not going to try to convert you to some kind of religion.

2. We don't want you in AA just to increase our numbers in the way that a political party might do.

3. We don't want to make any financial gain from you — material wealth is something that fellowship prefers to be without — it's a complication and an embarrassment. We just want to be sober and uncomplicated.

4. We don't care if you're a millionaire or penniless. Our interest is in you as a human being.

5. We do care about your drinking problem because we have all had the same problem. We know from personal experience the suffering it has caused you and those connected

with you.

6. We are not a Temperance Society. So far as we are concerned those who get enjoyment from a drink without creating problems for themselves or others are entitled to their enjoyment.

7. We have nearly all been heavy drinkers. Most of us have done things in drink that we are not proud of. We are not in any position to criticize your conduct and have no desire to.

8. At one time most of us thought we were unique. We thought that no one could really understand the problems we were facing.

9. We have learned we are not unique. We do understand each other...and you too... because of our experiences of what drink did to us and of how we behaved in drink are remarkably similar.

10. Because of our understanding of each other we can help each other to keep sober.

11. We have learned that there is a way of solving our drinking problem and in fact actually enjoying not drinking. You may have to stay with us for a while to learn how it is done but, believe me, it can be done.

12. We welcome you to AA not just because you can help us to stay sober but because knowing what you've been through and how miserable you feel right now we honestly want you to feel better and share the relief and contentment we have found.

Stay with us for a while, attend meetings and listen. If you don't eventually decide for yourself that AA has anything worthwhile to offer you, that's your business. You can leave at any time and no hard feelings. Give yourself a break! Give it a try!

John R., Roundabout,  
November 1974

## Stepping Stone Grads Meeting

A new group, for women only, has started a regular schedule of speaker-discussion meetings at the San Francisco Alano Club, on Thursday evenings from 8:30 to 9:30 p.m. Rosemary C. is the secretary.



## WHAT IS LONELINESS?

I was at an AA meeting last week at which we talked about loneliness. What is Loneliness?

Loneliness is not being understood. Loneliness is being in a party, but feeling if you left, nobody would miss you. Loneliness is sitting alone with your jug of wine as your only companion. Loneliness is being divorced. Loneliness is feeling you are on an island of despair with no way off. Loneliness is when you have come to a crossroad in life and not knowing which way to turn. Loneliness is getting old and discovering that you have lived an incomplete life. Loneliness is bottling up your feeling so no one will condemn you. Loneliness is a family who is always busy doing their "own

thing." Loneliness is losing a friendship. Loneliness is the death of a loved one. Loneliness is watching TV so you won't have to communicate with anyone. Loneliness is someone, when angry, slams the door in the faces of others. But, the greatest loneliness is our failures, our shortcomings — loss of hope and loss of faith in our abilities — loss of dignity and respect for ourselves. Feelings that we have failed ourselves and the significant others in our lives. . .

Is there a way out of this lonely, little world we alcoholics have made for ourselves? Of course there is! All we need do is but practice the AA philosophy in all of our affairs. It is a philosophy of living with faith, hope, and charity.

AA gives us the tools to escape from our lonely isolated worlds. These tools are the Twelve Steps to an involved and full life. Upon practicing these Twelve Steps, we will discover loneliness will leave, for we will come to believe a POWER greater than ourselves will restore our defeated selves. We will become to realize that when we truly turn our will and our life over to God, that miracles will begin to happen. He will give us strength to conquer life's tribulations for there are no complete failures with God, who will give us renewed strength to face life unashamed.

After the 4th, 5th and 6th Steps, we ask God to have all our shortcomings removed that keep us from accepting and loving ourselves. For steps, we first of all must forgive ourselves and then with a forgiving heart, go to others that we felt that we have disappointed or hurt. To swallow our pride, to be humble, is the beginning of a rewarding life with God as our partner.

Having done all these things, we have a spiritual awakening, which is to get involved with our brother,

who's life is lonely and isolated, and to carry the "good news" of AA to him. To have a life without loneliness is to have a spiritual awakening which is:

"To do good — to be honest —  
To hold to the hope of peace —  
good will to all men  
To love and not to hate — to build  
and not destroy  
To be true to one's self — And,  
To have faith and the will to  
believe and to trust God  
Thy will, not ours, be done."  
Billiette S. — Silver Dollar

## Carrying The Message

At the February Public Information meeting, Keith C. was unanimously elected chairman of the Public Information Committee, succeeding Nancy C., who resigned after fourteen months as chairman.

Keith C. has a wide work background, including public relations and handling conventions, and with the assistance of the other committee chairmen, who are continuing in office, and Nancy C., as advisor to the group, activities are expected to increase in 1975.

Already scheduled for March is an evening talk to 100 teenage members of the Holy Name Society, at their monthly meeting. Also planned is an evening at the San Francisco USO.

In connection with the NCC Santa Cruz Spring Conference, Channel 8, Salinas, is making a tape to be aired during the week of March 15, in the Salinas-Monterey area. It is hoped that we can obtain a print of this to be used elsewhere at a later date.

Bud O'K., gave a generous contribution of literature to the Public Information Committee, which will supply part of the already scheduled events. Because Area General Service has not resolved the budget, as of this writing, what the committee will do for literature, after March, is still in doubt. Meanwhile, if anyone else would like to help float the literature fund, contributions to Paul G. in the Central Office, marked PIC literature, will be appreciated.

Nancy C.

To learn something new, take the path that you took yesterday.

## Thanks To PIC From Sacred Heart

The following is a letter sent to Eileen A. and Dorothy G., after they had talked to students at Sacred Heart High School in San Francisco:

Dear Eileen and Dorothy:

I wanted to be sure you knew how much the students and I appreciated your participation in our Health Education Day. The students were asked to do written evaluations of the entire program stating which was their favorite session, and why. There were so many who chose your session, stating that they enjoyed the sincerity of your presentation. Let me quote from a freshman: "I liked the AA speech with two very open and sincere women who were members of the group. This was an excellent chance for me to learn about the truth of the dangers of alcoholism through the sharings of these women. I know that it touched several people who attended it, me being one."

Thank you for really touching the students. That's what the day was all about!

Sincerely,  
Terri Mehl  
Dean of Students

San Francisco needs people who are available day or night for 12 step calls. Please call Paul G. at the San Francisco Central Office 982-4473 if you can help.



## H & I Broadides

By LARRY O.

Since the Hospital and Institution Committee has played a large part in my sobriety, I consider it a privilege to be asked to write this column.

Since my stroke in September of 1973, I am no longer able to drive, and am not as active as I'd like to be. Writing this gives me another way of sharing my thoughts. Also, Ollie and I correspond with people in various institutions, which keeps me from forgetting from where I came.

H & I Committee has given me much, both as an inmate of a penal institution and as an AA member who is allowed "inside" to share my experience, strength and hope with those less fortunate than I. They also share with me.

Several years ago, I was first introduced to AA, when I was "inside". This was through the guys and gals who cared enough to carry the message to us. Like many others, I had reservations. This resulted in much misery for me.

While in Vacaville, I was secretary of the group there. It was there I met Ollie, who came to Vacaville as a member of H & I. We were married in 1961. In June, it will be fourteen years that I've been on the streets. I have a little over ten years sobriety. Whatever success I have, I owe to AA, and, especially, to getting active in H & I. I experience much gratitude in going back to where I was an inmate, and being able to walk out.

At present, I attend meetings at the Work Furlough Center in Oakland. Last year, I attended meetings twice at Folsom. For two and a half years, I was coordinator at San Quentin. I enjoyed this thoroughly, especially since I came to know the boys there. I also owe a debt of gratitude to those members I could count on to be there every week.

When it is at all possible, Ollie and I are happy to attend any institution meeting. Every time we attend, we come away with so much and with the prayer that we have given someone a little hope. This is truly Twelfth Step work. It is satisfying and rewarding. Many of

(continued on page 5, col. 3)

## ANNUAL SPRING CONFERENCE NORTHERN CALIFORNIA COUNCIL OF A.A. MARCH 14, 15, 16, 1975

### FRIDAY, MARCH 14, 1975

- 8:30 P.M.—Pre-Conference "Kick-off" Meeting  
Chairman: Hugh G., Santa Cruz  
Definition: Veda R., Santa Cruz  
5th Chapter: Rod S., Santa Cruz  
Traditions: Greta S., Santa Cruz  
Speaker: Marjory C., San Francisco

### SATURDAY, MARCH 15, 1975

- 9:00 A.M.—Registration, Auditorium Lobby  
10:00 A.M.—Open H & I Meeting  
Chairman: Mel B., Santa Cruz  
AA Speaker: Joe R., Salinas  
Guest Speaker: Jim Gardner, Correctional Counselor, San Quentin  
11:30 A.M.—NCC Steering Committee Meeting

### Lunch Break

- 1:00 P.M.—General Service Meeting  
Chairman: Dave W., Santa Rosa  
Reader: Charles E., Yuba City  
Speaker: Bill B., Oceanside  
2:30 P.M.—NCC Open Meeting  
4:00 P.M.—Young People's Meeting  
Chairman: Bart B., San Francisco  
5th Chapter: Nadine F., Pacifica  
Traditions: Lee S., Walnut Creek  
Speaker: Sandy F., Treasure Island  
8:30 P.M.—Open Speaker Meeting  
Chairman: Doc C., Redding  
Welcome Address: Mayor Bert Muhly  
Invocation: Rev. Thomas Carr, First Presbyterian Church  
Definition: Lois Y., Yreka  
5th Chapter: Nancy C., Vallejo  
Traditions: John C., Vallejo  
Speaker: John F., San Carlos  
10:30 P.M.—Dance  
10:30 P.M.—Discussion Meeting  
Chairman: Bob McL., Chico

### SUNDAY, MARCH 16, 1975

- 9:30 A.M.—Hospital & Institution Panel  
Moderator: Bill V., San Jose  
Panelists: Denny D., Salinas  
George R., Concord  
Bud G., Pinole  
10:30 A.M.—General Service Panel  
"Service — What It Has Meant To My Recovery"  
Moderator: Mary Pat A., Clovis



Panelists: Ethelyn R., Santa Clara  
Charles L., Yreka  
Neva W., Santa Rosa  
Charles G., Manteca  
Peggy P., Sunnyvale

1:30 P.M.—Open Speaker Meeting  
Chairman: John F., San Francisco  
Invocation: Father Francis L. Markey  
Definition: Bill W., San Pablo  
5th Chapter: Maxine B., Yuba City  
Traditions: Fred Z., San Jose  
Speaker: Johnny H., Lakewood, CA.

## ALANON PROGRAM

All Alanon Meetings will be held at the Holiday Inn

### SATURDAY, MARCH 15, 1975

9:00 A.M.—Registration, Holiday Inn  
9:30 A.M.—World Service Assembly Meeting  
Bonnie H., Delegate, San Jose  
12:00 Noon—Luncheon, Holiday Inn  
1:00 P.M.—Speaker Meeting  
Chairman: Karen B., Aptos  
Welcome and Preamble: Marge E., Watsonville  
12 Steps: Pauline M., Watsonville  
12 Traditions: Bonnie E., Watsonville  
Speaker: Romona B., Okmulgee, Okla.  
3:00 P.M.—Conference Planning Meeting  
3:00 P.M.—Workshop: "I Am Responsible As D.R.-G.R. Liaison"  
Chairman: Mary P., Aptos  
Traditions: Ruth G., Santa Cruz  
10:30 P.M.—Men's Stag Meeting  
Chairman: Herb A., Santa Cruz

### SUNDAY, MARCH 16, 1975

9:00 A.M.—Workshop — "My Responsibility As A Sponsor"  
Chairman: Marguerite K., Carmel  
12 Steps: Marie M., Monterey  
Traditions: Emily D., Monterey  
Obstacles: Jen F., Monterey  
Panel: Alice J., Monterey  
Lois D., Salinas  
10:30 A.M.—Spiritual Meeting  
Chairman: Mary Ellen, Aptos  
Welcome: Billie L., Aptos  
12 Steps: Dotty G., Santa Cruz  
Traditions: Lucretia H., Santa Cruz  
Speaker: Mary R., Carmel

### SATURDAY BUFFET LUNCHEON

The traditional Conference Luncheon will be held in the Calvary Episcopal Church, across from the Civic Center, following the NCC Steering meeting. Everyone is welcome, meet old friends and make new ones!

## H & I BroadSides

(continued from page 4)

the fellows on the inside promise to call us upon release. Some do and some don't; however, when you have shared the program, you have planted the seed. It is a wonderful feeling to know you have shared what has been given to you.

Thank God, I'm able to enjoy the experience I've had in H & I. This makes what I have to go through now easier to cope with.

Please don't throw away the opportunity to serve. We all owe much to AA. By "carrying the message" we may provide the only help someone may receive. We keep what we have by giving it away.

## ALATEEN PROGRAM

### March 1975 Conference

Holiday Inn — Santa Cruz, Calif.

Friday, March 14, 1975

Attend AA Kickoff Meeting

Saturday, March 15

9:00 a.m. Registration  
9:30 a.m. World Service — All Alateen GRs attend  
10:00 a.m. Discussion — "Who Can Carry the Message"  
Laura M., Los Altos  
11:15 a.m. Speaker Meeting  
Robert H., Rancho Cordova, Mike K., Citrus Heights, Bryce B., San Rafael, Melinda G., Los Altos.  
12:00 Lunch  
1:30 p.m. Workshop Alateen Participation at Conferences Deborah C., Mt. View  
3:00 p.m. Alateen-Al-Anon Workshop-Pre-Conference Young Peoples AA — Optional  
8:30 p.m. Open AA Speaker Meeting  
Dance to be announced  
Sunday, March 16  
10:00 a.m. Spiritual Meeting — "Serenity"  
Cheryl H., Los Altos — Participation  
11:30 a.m. Workshop "Traditions 11-12"  
Megan S., Los Altos  
12:15 p.m. Lunch  
1:00 p.m. Alcoholics Anonymous Meeting



## General Service Conference Topics Set

Agenda topics for the General Service Conference — (US and Canada) to be held April 21 to 26, 1975 at New York's Hotel Roosevelt have been announced. It is hoped that these topics will be discussed at the group level, for further discussions in depth at the Northern Coastal Area's Pre-Conference Assembly, to be held Saturday, March 22, at the Sun Valley Mall in Concord.

The Agenda Topics, as expanded by CNCA's officers to "trigger" discussion, are as follows:

### AGENDA TOPICS

1. Understanding and living AA Traditions. (a) Application to professional and community relations? Misconceptions? (b) Does disclosure as a "recovered alcoholic" (without mentioning AA membership) at public level violate spirit of 12th Tradition? (c) Other problems? (d) How should we react to violations? (e) Relation to 12 Concepts? (f) Historic origins (g) Other.

2. Group support for Group services (finance): (a) Contribution formulas; (b) Support for Intergroup (Central Office), GSO, Area General Service, H&I; (c) What does your Group service receive for its contribution? (d) Should Group have treasurer as well as secretary? (e) Is a financial report made to your Group? (f) Other.

3. AA's 12 Concepts for Service: (a) Should every AA member know 12 Concepts as they know 12 Steps and 12 Traditions? (b) Should Area try to increase knowledge of Concepts at Group Level? How? (c) What is intent of Concepts? Historic origin; (d) Relation to 12 Traditions; (e) Applicability at local level? (f) Other.

4. Understanding the AA member who wears "two hats": (a) Are Guidelines and other Service literature helpful? Sufficient? (b) Helpful experience of "two hatters"; problems; secrets of success? (c) How are roles kept distinct? (d) Problems of anonymity; fund raising? (e) Should "two hatters" participate in AA Service — at Intergroup

level; General Service; Delegate; Trustee? (f) Other.

5. Role of the District Committee Member: (a) Service Manual suggestions; (b) Who is qualified? (c) Duties; (d) Relationships to GSR's in Districts; to DCM Chairmen; to Area Committee; to GSO? (e) Training? (f) Other.

6. AA Literature: (a) Too much; too specialized? (b) Substitute for person-to-person contact? (c) Preference in Groups? (d) Your use of? (e) Recommendations? (f) Other.

7. Sponsorship: (a) Slipping — changing? (b) Personal experiences; (c) Group as sponsor; (d) Male vs. Female; (e) Results of sponsorship; (f) Differentiate from 12th Step; (g) Other.

8. AA Grapevine: (a) Group subscription? (b) Use at meetings? (c) Use in sobriety? (d) Other.

## Who Wrote This?

The following was written in 1937. Can any readers of GOOD NEWS identify the writer?

To let things slide for the sake of peace and friendship when a person has clearly gone wrong, and refrain from principled argument because he is an old acquaintance, a fellow townsman, a schoolmate, a close friend, a loved one, an old colleague or an old subordinate. Or to touch on the matter lightly instead of going into it thoroughly, so as to keep on good terms, the result is both the organization and the individual are harmed.

To indulge in irresponsible criticism in private instead of actively putting forward one's suggestions to the organization. To say nothing to people to their faces but to gossip behind their backs, or to say nothing at a meeting but to gossip afterwards. To show no regard at all for the principles, but to follow one's own inclination.

To let things drift if they do not affect one personally; to say as little as possible while knowing perfectly well what is wrong, to be worldly wise and play safe and seek only to avoid blame.

Not to obey orders but to give pride of place to one's own opinions. To demand special consideration from the organization but to reject its discipline.

To indulge in personal attacks, pick quarrels, vent personal spite or seek revenge instead of entering into an argument and struggling against incorrect views for the sake of unity or progress or getting the work done properly.

To work half-heartedly without a definite plan or direction; to work perfunctorily and muddle along — "So long as one remains a monk, one goes on tolling the bell."

To regard oneself as having rendered great service to, to pride oneself on being a veteran, to disdain minor assignments while being unequal to major tasks, to be slipshod in work and slack in study.

To be aware of one's own mistakes and yet make no attempt to correct them, taking a liberal attitude toward oneself.

## Bargain Denver AA Flight

\$219.00 per person, double occupancy, will buy three nights in the Capital Plaza Hotel, (4 blocks from the convention) a city tour of Denver, use of the Hospitality Room, midnight snacks, including transportation to and from San Francisco Airport and roundtrip on a scheduled airline to Denver. The \$15.00 registration fee for meetings and all taxes are included in the flat rate of \$219.00. Flight leaves July 3, returns July 6, or later return up to August 2. Call (707) 763-7177 for reservations or information.

## Santa Clara All Groups

Host group for the Santa Clara County All Groups will be Willowbrook Group on Saturday, March 8, at 8:15 p.m. The meeting will be at the Alano Club, 1122 Fair Ave., San Jose.

This month's guest speaker will be "Alabam" from Hollywood.

A dance, sponsored by the Club will follow the meeting.



## Good News

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Maury Sheehy of the San Francisco fellowship died suddenly on Sunday, February 9. He leaves his wife, Betty, and two children, all of San Francisco.

VIRGIL WILLIAMS (Jiggs) passed away in Eureka, California, on January 25, 1975, after a long illness. Jiggs was an active member of AA for fifteen years and had been secretary and GSR for the Sunday night closed group in Eureka until his illness.

### St. Patrick's Anniversary

The St. Patrick's Group will be celebrating their anniversary on Monday, March 17 at 8 p.m. The group meets in St. Patrick's Church, downstairs, at 756 Mission St. Anne W., secretary, especially urges women to attend this meeting. Transportation home will be available.

### San Mateo County Service Meeting

Everyone is invited to a panel discussion meeting on AA service at New Hope Lutheran Church, 600 West 42nd Ave., San Mateo, Saturday, April 5.

## General Service Pre-Conference Assembly

The Pre-Conference Assembly of the California Northern Coastal Area of General Service will be held Saturday, March 22, at the assembly hall, lower level, of the Sun Valley Mall, Concord, California. Kathy H., San Pablo, is Host Chairman for this event.

The Assembly gets underway at 11 a.m. with Registration followed by a light buffet. At 1 p.m. there will be a business meeting, with Area Officers and District Committee Members giving brief reports. The Agenda Topics come under discussion beginning at 2 p.m. These Topics are listed in detail elsewhere in this issue of GOOD NEWS.

Since there are numerous good and reasonable restaurants in the Mall, dinner will be at the members' discretion. At 7:30 p.m., the Assembly will close with an open speaker meeting, chaired by King H. of Richmond, and featuring as Speaker, Jack B., Modesto, Delegate from California, Northern Interior Area. The Assembly will conclude promptly at 9:45 p.m.

Although this Assembly is pointed primarily at General Service people, all AAs are welcome and urged to attend. It is hoped these Agenda Topics will be thoroughly explored at the group level before March 22.

Diplomatic husband to wife: "How do you expect me to remember your birthday when you never look any older?"

### Sacramento Central Fellowship Speaker Meetings

The second Saturday of each month, a speaker meeting is held in the Labor Center, 2525 Stockton Blvd., Sacramento, at 8:00 p.m.

Central Fellowship is presenting Clancy I. of Venice, California, and Gene Raycel, a non-AA speaker, this month on March 8th. Both are billed as "great speakers...not to be missed."

## Peninsula All Groups

Bruce Mac of San Jose will be the first speaker of the month at Peninsula All Groups, Saturday, March 1. The host group will be San Bruno Tuesday. 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:

March 8 — Joe R., Salinas; Miracle, Redwood City.

March 15 — Dick O., Belmont; Belmont Noon, Tuesday.

March 22 — Margaret W., Emerald Lake; Emerald Lake.

March 29 — Vick P., San Jose; Foster City.

Coffee and arms-length AA before and after the meeting.

## Petaluma White Elephant

March 29 will be the day for the big white elephant sale, potluck and AA speaker meeting at the Petaluma Alano Club. For information, or to make a donation, call (707) 762-5122 or (707) 544-7544.

## Tervetuloa Finlandia Tyhmaan

An open invitation is extended to all Finnish-speaking AA members to attend the Finlandia Fellowship meetings held every Tuesday at 8:00 p.m. The group meets at the El Cerrito Fellowship Hall at 11231 San Pablo Avenue, El Cerrito (1 block south of Portrero and San Pablo Aves.).

If your spouse or companion doesn't speak Finnish he or she can attend the regular AA meeting starting at 8:30 p.m. at the same address. Both groups are just great.

We hope the readers of GOOD NEWS will pass this information along to their Finnish-speaking acquaintances.

Virvokkeita? Tietysti!

—Olga W., Secretary



## The First Drink

(continued from page 1)

I be having these insane thoughts when I'm surrounded by those who love me?

"Today, I'm still a little shaky and depressed to think this can happen after having a reasonably comfortable sobriety. But it did! Let me tell you what helped. My daughter realized that I was not being honest. She called an AA member and before I knew it, I was confronted with half the members in our group. I was furious and felt trapped, but, thank God, I didn't have an escape....again I'm grateful and sober."

I'm sending this letter to the Al-Anon group tomorrow: **TO YOU IN AL-ANON** If you care, if you love us, **PLEASE** don't listen to us! On bad days we'll tell you some of our thoughts, but not the ones that count...not the ones that will save our lives. We'll tell you we don't need anyone...that we can handle things. Please, don't listen to us, because underneath we're fighting a terrible battle. You don't have to understand us, but for God's sake, call someone who does! Someone we can't fool, someone who knows what it's like. Please hear what we're not saying.

...an alcoholic who knows  
Silver Dollar, Fargo ND

## SAN FRANCISCO ALANO CLUB Chinatown Gate

414 GRANT AVENUE, near Bush Street

ENTERTAINMENT CALENDAR

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

### SATURDAY, MARCH 1 —

DANCE — 9 p.m. to 12 p.m. ... Free — Music to tapes — come and bring a friend — join in the fun.

### SATURDAY, MARCH 8 —

YOUNG PEOPLES' ROCK DANCE. ASKEWESQUE GROUP — 10 p.m. to 1 a.m. — Donation \$2.00.

### SUNDAY, MARCH 9 —

POOL TOURNAMENT — Trophies for first and second place. Come and join in the fun. Entry Fee \$1.00.

### SATURDAY, MARCH 15 —

DANCE — 9 p.m. to 12 p.m. ... Free — Music to tapes — come and bring a friend — join in the fun.

### SATURDAY, MARCH 22 —

DANCE — 9 p.m. to 12 p.m. ... Free — Music to tapes — come and bring a friend — Join in the fun.

### SATURDAY, MARCH 29 —

BIRTHDAY DANCE — 9 p.m. to 12 p.m. — Music to tapes. No donation. This is on the house. Have a birthday in March, or know someone who does? Come and share with us.

The Alano Club is open from 10:00 a.m. to 10:45 p.m. Sunday through Thursday. Closing time Friday and Saturday is 12 midnight. AA meetings every day of the week.

### H & I CALENDAR CORRECTION

For information on the Hospital and Institution State Conference, Convention Center, Fresno, to be held May 3 and 4, write H & I Conference, P.O. Box 4554, Downey, Ca 90241.

### Deadline the 15th

A deadline means just that! The Good News deadline is the 15th of every month. Any mail received in the Central Office after 5 p.m. on the 15th cannot be included in the next issue, nor can any news be telephoned in after that time.

### New Hours! New Food! At S.F. Alano Club

The kitchen of the San Francisco Alano Club, located at 414 Grant Ave., will be closed from February 28 to March 7, for repainting and complete refurbishing. According to club manager, Roger O'D., when the restaurant reopens, it will offer excellent food at the same reasonable prices.

Also announced are the new hours for the club. Beginning March 1, the club will be open from 10:00 a.m. until 10:45 p.m., Sunday through Thursday. Closing time on Friday and Saturday will be midnight.

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