

MAY, 1975 Published Monthly in San Francisco, California By the Northern California Council of Alcoholics Anonymous

Vol. XIX No. 5

Sonoma Banquet

Saturday, May 3 marks the Third Annual Sonoma County Intergroup Banquet to be held at El Rancho Tropicana, Old Redwood Highway South, 2200 Santa Rosa Ave., Santa Rosa. Doors open at 7:00 and there will be arms-length until 7:30, a roast sirloin of beef dinner.

Speaker of the evening will be Ann S. of Redding. She is the secretary of the Northern California Council of AA. Dancing will last from 10:30 until 1:00 a.m.

Tables for ten may be reserved. The donation will be \$7.00, and advance reservations should be mailed (with check) to Jack C., P.O. Box 6852, Santa Rosa, CA 95406. For further information, telephone Jack at (days) 542-1000 and (evenings) 545-7254.

New Group For Teenagers

An open AA meeting for persons under 20 years of age has been started in West Sacramento.

This group meets Friday nights at 8:00 p.m. at 1040 West Capitol Ave., Suite C-1. There are no hard and fast rules concerning age restrictions, but it is hoped that those young people being referred to Alcoholics Anonymous for help by schools and probation departments will find this meeting helpful.

Sponsors are husband and wife AA members, Carl and Renee E. For more information write Box 19, Broderick CA, 95605.

Redding Group Silver Anniversary

The 25th Anniversary of the Redding Group will be celebrated this year on Saturday, May 17, with a roast beef dinner supplied by local AA's and Alanons. The time is 6:30 p.m., and the location is the Church Center, 2315 Placer Street, Redding.

The speaker for the evening will be George D., of Tiberon. George is the delegate from the Northern California Coastal Area of General Service to the New York Conference.

Good News Look Different?

After 19 years Good News has a new printer because of a proposed price increase of 47%. The cost of continuing with our original printer became prohibitive, we are trying a new resource.

Please let us know how you like our new look and do send us your news -- so that it is in the SF Central Office by the 15th.

Young People's 18th International ,

The 18th International Conference of Young People in Alcoholics will be held in Memphis, Tenn., August 29 - 31, at the Holiday Inn. Rivermont. Everyone is welcome to the gathering.

For those wishing to make their plans for the event, write YPG National Conference Committee, P. O. Box 38126, Memphis, Tenn, 38138.

What's Your Excuse?

<u>I owe everybody</u>. Sure you do. There is not a case on record of a man who drank himself out of debt. Figure out what and to whom you owe what and make up your mind to pay it off -- a little at a time -- and watch your self respect soar.

It's the only way I can relax. Or collapse. This is unavoidable in an alcoholic. No matter how long he's been sober, one drink is enough to start the cycle. He relaxed on the street in doorways, in gutters. Don't relax your resistance to suggestion.

It's all right if I stick to beer. You can kid yourself to death on beer.

Nobody understands me. The sorry part of this excuse is that you get to believe it yourself. It sounds very convincing. You don't need understanding, you need treatment. But settle down, most drunks wind up talking to themselves anyhow.

It's my nerves. You said it. There are no nerves so frayed as those of a bottle baby. When liquor is what you need to keep you normal, you in need of a doctor.

My job gets me down. Talk straight, mister. Did you say you're getting your job down? That's what you meant When you start drinking heavily you've changed jobs. The old man in the front office isn't your boss, alcohol is.

I'm a very sick man. The common cold is an alcoholic's best friend. continued page 8

GOOD NEWS

The Link

California Northern Coastal Area of General Service

This is that in-between month in the spring assembly line-up. Too soon to report on the results of the New York Conference which will be made known to us at the Post Conference Assembly at Konocti Harbor Inn at Clear Lake just about the time paper is being distributed.

Our delegate to the Conference, George D. of Tiburon, made excellent use of the time between the Pre-Conference Assembly and his trip to New York by appearing a various General Service District meetings and by being hosted by special meetings set up to enable him to learn the opinions of as many members as possible and there by supply him with a valid group conscience.

Although the agenda topics for this year seemed to be less than world shattering on the surface, when delved into they proved to be worthy of some heated debate. Surprisingly, at least to some of us who are still relatively new to the procedures involved, a discussion of some topics can lead into other topics which are not on the agenda. A case in point is the controversy which came up about the publication of the Big Book in paperback form. This came up at several meetings, including the Pre-Conference Assembly, as a tag-along to the agenda topic concerning our literature. Having the Big Book published in other than hard bound has come up before, and has always been voted down. Now that the prices of our publications are being increased to a more realistic level, a cheaper edition seems to be in order, and the work "cheaper" itself provides a clue to previous attitudes. It was once felt that a binding would degrade the book, an attitude which may have been cogent at one time, but not today when everything appears in paperback.

By next year this will probably be a hot issue, and will no doubt appear on the agenda; it is hoped that all of you will express an opinion.

Ralph L.

The Pitch

With our Pre-Conference Assembly behind us, the Northern Interior Area is launching into a project involving public information and cooperation with the professional community.

The Assembly, held on April 4 and 5 in West Sacramento, included a public information meeting at which 12 out of 18 DCMs were in attendance. Along with other interested members, including Jessie P. from H & I, Pearl M., from Central Office in Sacramento, persons attending spent two and a half hours of sharing ideas, under the chairmanship of Ed S., alternate delegate, from Redding.

DCMs are now asked to start forming subcommittees to prepare willing members of the fellowship to carry AA's message into schools, businesses and service clubs. This ambitious project will require diligent study of the AA guidelines and literature, to make sure our message is. in accordance with AA Traditions. DCMs, who have PI-CPC Manuals, are asked to make progress reports at the June conference in Oakland.

The Assembly expressed its thoughts, and hopefully an informed group conscience, to Jack B., who by the time you read this, will have taken our message to the General Service Conference in New York.

Other business included an announcement that subscription rates for <u>Good</u> <u>News</u> will be raised. Members present were urged to find reporters from their districts who will submit news items regularly. May, 1975

Letters

Dear Ralph--

It's been a long time since we met at the art festival. I have thought of you often as has Bill, and hoped for the right timing to have you for dinner. But need I tell you of the inconsistency of the alcoholic. But it will come to pass.

This is mainly to tell you again how much your time you spent with me at Headquarters meant to me. (Editor's note: Central Office) My new life began with that day. Al-Anon has changed my life and become my way of life. And, with God's help, will change Bill's. It has started already in subtle ways.

You will be autographing the Big Book, one day, for him.

My best to your mother. And, again, my thanks for a new beginning.

Virginia

Friday Central All Groups

Joe De B. of Panhandle Group will be the first speaker this month May 2, at San Francisco Intercounty Fellowship Friday Night All Groups, Unitarian Church, Franklin and Geary Streets, San Francisco. The host group will be Westlake Tuesday Night.

Other speakers and host groups for the month will be:

May 9 - June O'T., Stepping Stone; Daly City Wednesday Group.

May 16 - Mark H., Pacifica; San Francisco Alumni Group.

May 23 - LaVerne P., Courage Group; Mission Day Group.

May 30 - Hannibal W., Fillmore Fellowship; Stepping Stone.

These meetings begin at 8:30 p.m.; doors open at 7:30.

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

Peninsula All Groups

Vince H. of Redwood City will be the first speaker of the month at Peninsula All Groups, Saturday, May 3. The host group will be Redwood City. Peninsula All Groups meets Fridays at 8:30 p.m. Doors will open at 7:30 p.m. The place is St. Matthew's Episcopal Church Auditorium, El Camino Real and Baldwin Ave., San Mateo.

Other speakers and host groups for the month will be:

May 10--Larry R., San Francisco; Thursday, Palo Alto.

May 17--Bill S., Stockton; Mens' Dialogue, Daly City.

May 24-Sam K., New York; San Carlos Awareness.

May 31--Vic P., San Jose; Midway, South San Francisco.

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

Forgetting

When we have worked the first nine steps to the best of our abilities, we have prepared ourselves for the adventure of a new life. But many of us, even after we have made amends, tend to hang on to the old guilt and remorse. This will slow us down on our course of sobriety. In many areas we must practice forgetting.

To be able to forget is an asset to the fine art of living. Memory can be a good thing, but if it is used to dwell on the past, then its value is lost. St. Paul said, "Forgetting what lies behind I press on toward the goal for the prize. The "prize" for us is the sober way of life, which we hope includes happiness, health and emotional maturity.

Such a treasure of life becomes ours when we are able to forget the things that are behind us and prepare for the future by living in the present, one day at a time.

Silver Dollar, Fargo, ND

Four Letter Words

In recent years the expression "Four-letter word" has suffered because of a crude, salacious and suggestive connotation. As a result, every four-letter word, although still catalogued in the standard dictionary, will be a little bit ashamed, unless we rally to its defense. The good, beautiful and challenging four-letter words far out-number the small rubbish pile of unworthy ones. Let's start with an alphabet of noble four-letter words and see how many more we can easily add.

AGED--all hail! They have fought the good fight. BABY--God's mystery with man and man's love for his wife. COOL--The well-balanced man never loses his. DARE--genuine success is the result of this. EARN--How all earthly goals are attained. FAIR--Being this wins true respect. GIVE--Real happiness comes when we do this. HELP--True charity is bearing one another's burdens. IDEA--The beginning of anything worthwhile. JOIN--No man is an island. KIND--Life is too short for anything else. LOVE--It makes the world go 'round. MORE--Great things are achieved by doing this. NEWS--It lightens the heart when it's good. OPEN--When one's mind is--prejudice vanishes. PRAY--It keeps the lines open between God and us. QUIT--A wise man knows when to. READ--When selective it makes for a well-developed intellect. SING--It keeps the soul in harmony with life. TACT--It spares one the scars of soul and body. URGE--The magic which brings out the best in many. VOTE--Your privilege and duty in a free society. WILL--The marrow of a healthy back-bone. X-RAY--The savior of many a twentieth century life. YOKE--So light when we understand the purpose of life. ZEAL--The fire that burns up the league. So, here you are! It's just a start. Now see how many more you can

add for the glorification of the four-letter word to force the scrubby few to pick up their soiled skirts and shamefully rush off into oblivion.

--Cleveland Central Bulletin

I WILL DRINK NO MORE -FOREVER !! One day at 2 time.

Will We Squander Our Inheritance?

Alcoholics Anonymous is truly on its own. Years ago when the plan for direct access to our own affairs via the yearly conference of delegates was still in the talking stage, Bill wrote to Dr. Bob:

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"The groups will eventually take over, and maybe they will squander their inheritance when they get it. It is probable, however, that they won't. Anyhow they really have grown up; AA is theirs; let's give it to them."

If we squander our inheritance, it would begin with the groups. Watch for squandering when it's time to elect a new secretary. How many refuse to serve because they don't want the responsibility or haven't got the time; or push it off onto some poor guy who hasn't been sober long enough to get his own affairs in order, let alone take on the responsibility of a group?

We squander our inheritance when the new man or woman stands alone on the sidelines, while no one takes the time to see that he has literature (if there is literature) or to get his telephone number. Somebody tells him to "keep coming back," but will he want to? Are our meetings informative or merely showcases of sobriety? Maybe the new person wants what we have, but how is he going to know how to get it unless we tell him? Unless we pass on what was given to us; unless we care and share and take him by the hand over the hurdles of his first few meetings, we are squandering.

Does the speaker have a message of sobriety or is he merely relating his drinking experience? Anyone at his first AA meeting already know how to get drunk; he can sit on a bar stool and relate to other drunks. Do we explain the program to him or are we afraid we'll scare him away? 502's didn't scare him; jail didn't scare him; we claim you can't scare a drunk into quitting, yet were afraid to mention our Twelve Step program especially the "God bit," because it might scare him away.

Despite the fact that we are over 800,000 members in 18,000 groups, the key to AA's First Legacy of Recovery is still the Twelve Step program; the mutual give-and-take between one alcoholic and another. All our service machinery is geared to make this possible. As Bill said of his first meeting with Dr. Bob, "I realized that I needed this alcoholic as much as he needed me."

Listen to the squanderer who says, "AA should relax its traditions." Usually it's the person who doesn't even know the traditions. Or, "I've done my share," "I don't want the responsibility," and "I don't have time to get to meetings any more," etc., etc. Listen on the telephone while I make excuses to a sick woman calling for help because there are no sober women willing to make the call. One day I was turned down by six women in a row. "My hair is in curlers," "I was just on my way out the door," etc. (I can't remember ever making a Twelfth Step call that was convenient for me at the time.) Another sign of squandering is seen in the list for the answering service of only twelve people willing to accept calls after office hours.

(to be continued in June)

The 24 Hour Psalm

The Lord is my Sponsor; I shall not want. He maketh me go to many meetings. He leadeth me to sit back, relax, and listen with an open mind; He restoreth my soul, my sanity, and my health; He leadeth me in the paths of Sobriety, Serenity, and Fellowship for mine own sake. He teacheth me to think, to take it easy, to live and let live and to do first things first. He maketh me honest, humble, and[grateful; He teacheth me to accept

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the things I cannot change, to change the things I can and giveth me the wisdom to know the difference.

Yea, though I walk through the valley of despair, frustration, guilt, and remorse, I will fear no evil: for Thou art with me: Thy program, Thy way of life, Thy twelve steps . . . they comfort me. Thou preparest a table before me in the presence of mine enemies . . . rationalization, fear, anxiety, selfpity and resentment: Thou anointest my confused mind and jangled nerves with knowledge, understanding and hope. No longer am I alone, neither am I afraid, nor sick, nor helpless, nor hopeless; my cup runneth over.

Surely Sobriety and Serenity shall follow me every day of my life, twenty-four hours at a time; as I surrender my will to Thee and carry Thy message to others: and I will dwell in the house of my Higher Power, as I understand Him, daily, for ever and ever. Amen.

AA World Unity

Alcoholics Anonymous around the world differs around the world as to customs and the variety of its meetings. Each group is free to develop its own fornat, providing it guards' against harming AA as a whole. When any one group or several groups get "big headed" and feel they can make the policy for a given area, the fireworks start.

This Tradition helps us to remember that to the public, the actions of an individual AA or a particular group may portray a permanent idea of Alcoholics Anonymous. If it is harmful, the entire Fellowship is harmed as well as those who never make it back through our doors.

From the Fresno Pipeline

Although more and more doctors are becoming more knowledge-

able about alcoholism and AA,

there are still many medical per-

sonnel out there just waiting to be

procedure at a leading medical-

center hospital that is known

you are an alcoholic. How long

since you have been drinking?

Answer: About five years.

Question to patient from admitting clerk: Under diseases you say

Comment: Oh, well then we

won't put that on your records --

you've obviously got it licked, and

it couldn't affect what you're here

on the outside of my folder along

don't have to brand yourself as an

hope to be tomorrow, but I belong

to AA and this is strictly a one-day-

out: See, I told you you'd be fine.

alcoholic, you're obviously fine.

with allergy to penicillin.

Answer: Please, put it in caps

Comment: Are you sure--you

Answer: I'm fine today, and I

Same clerk as patient checked

Answer: Yes, one day at a time!

The following is a blow-by-blow description of a recent admitting

educated.

world - wide.

for.

GOOD NEWS

Santa Paula Bar-B-Que

On Sunday, June 8 at Steckel Park, Area 2, members of AA will hold a barbecue. Food will be served at 2:00 p.m. Lots of coffee and soft drinks are offered. \$4.50 donation per person for adults, no charge for children, so bring the family. ALL are welcome!

El Cerrito Speaker Meeting

Gil W. will be the speaker at the El Cerrito Fellowship meeting at 11231 San Pablo, on Saturday night, so everyone is invited to join the celebration with coffee, Brim and birthday cake.

Brisbane Breakfast Bunch Anniversary

Harvey E. of Woodland will speak at the fifth anniversary meeting of the Brisbane Breakfast Bunch to be held Sunday, May 18, at the 23 Club Dinning Room, 23 Visitacion Ave., Brisbane. The breakfast will be at 10:00 a.m.; the meeting at 11:30. Chairman will be Paul G. of Mill Valley. Come one; Come all!

Mountain Vista Farm Meetings

at-a-time program.

Spring weather and more daylight hours will make the drive to Mountain Vista Farm Friday AA meetings doubly attractive. The closed discussion meetings begin at 8:30 Fridays. The address is 3020 Warm Springs Road, about two miles out of Glen Ellen in the Valley of the Moon.

We are sure the many friends of Truman H. will be pleased to know he has regained his health and is sharp, witty, quick with a rebuttal and his thought-provoking self. He will chair a meeting in May.

San Luis Obispo Alano Club Social

On Saturday, May 10, there will will be a barbecue from 5 to 7 p.m. a Parking Lot Fund Barbeque. To be held at the Grange Hall, there will be a barbccue from 5 to 7 p.m. followed by 'sober and live music.' Donation is \$12. per couple, \$6. for singles and \$3. for children under 12. Tickets are available at the Alano Club, 1814 Osos Street, San Luis Obispo. Telephone is 543-9948. May, 1975

Petaluma Box Social

The Petaluma Alano Club, 150 Copeland St., will host a box social on Saturday May 31. Each member attending is asked to bring one box dinner, which will be served at 6:30 p.m.

The speaker at the 8:30 meeting will be Don H. of Petaluma.

Marin Rummage Sale

The Third Annual Rummage Sale will be held at the Alano Club, 1360 Lincoln Ave., San Rafael, Saturday and Sunday, May 17 and 18. Hours are from 10:00 arm. to 5:00 p.m. Donations will be gratefully accepted. A Plant Boutique will be featured at the rummage sale. Donors are urged to prepare the plants they can slip and grow in planters -- tin cans, or pots of all sizes.

Bring your unwanted and unneeded castaway items to the Club -- or call the Club -- (415) 454-9974 or (415) 454-9735 -- and leave word.

Santa Clara County News

The Santa Clara All-Groups meeting will be held Saturday, May 10, at 8:15 p.m. at the Alano Club, 1122 Fair Ave., San Jose. Hosted by the Big Book Group, several members will share the speakers' time. Following the meeting, there will be a dance with live music. There will be a small charge at the door.

Harold P., who recently retired as club manager, will be honored by a dinner-dance at the Club on May 3 at 6:30 p.m. The price is \$6.00 per person, for both dinner and dance.

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INDUSTRIAL CLUB. INC.

3198 - 16th Street, San Francisco, California 94103 Telephone (415) 861-3676

MAY, 1975 ENTERTAINMENT SCHEDULE

Chicken Dinner Dance (Taped Music) – May 3rd, 1975
Dinner: 8:00 p.m. to 9:00 p.m. Dancing: 9:00 p.m. to 12:00 p.m.
Donations: Club Members: \$2,50 – Guests: \$3.00

OPEN 24 HOURS DAILY - Dedicated to the Rehabilitation of Alcoholics



H & I Broadsides

The Northern California Coastal conference is just around the corner at Oakland. The open Hospital and Institution meeting on Saturday will feature two excellent speakers: the non-alcoholic guest speaker will be Alisa Willson of the California Women's Commission on Alcoholism, currently working on many programs for women alcoholics; and the AA guest speaker will be Jessie P. of Sacramento, well known in H & I circles for his active program of helping confined alcoholics.

The Sunday H & I panel will be moderated by Bob M. for Hercules, and panelists will be Connie N. of San Pablo; Les P. of San Francisco; Dennis C. of Richmond; and Jim S. of Napa. These panels always prove to be educational in helping the alcoholic who is confined. We hope you will attend. especially the H & I open meeting and panel.

By the time this is published, the Third Annual Hospital and Institutions conference of California will be history. I had the privilage of being the Northern California Host Chairman and take this opportunity to thank all committee members for their time in planning the conference.

The next Northern California General Meeting will be held in the Santa Rosa area, the exact location to be announced later, on Sunday, May 25, at 10 a.m. until 1:00 p.m. Everyone is invited and welcome. We especially encourage new people in AA to attend and become familiar with H & I work and its rewarding results. It helps keep those of us who carry the message to those who are confinded, sober, and that's what it's all about.

Jerry G.

May 1975

Promise Yourself

To be so strong that nothing can disturb your peace of mind.

To talk health, happiness and prosperity to every person you meet.

To look at the sunny side of everything and make your happiness come true.

To think only of the best, to work for the best and to expect only the best.

To forget the mistakes of the past and press on to the greater achievements of the future.

To wear a cheerful countenance at all times and give every living creature you meet a smile.

To give so much time to the improvement of yourself that you have no time to criticize others.

To be too large for worry, too noble for anger, too strong for fear and too happy to permit the presence of trouble.

From Beth T., San Francisco Fellowship.

Industrial Club Marathon Meeting

For the Memorial day weekend, starting Friday, May 23 at 8:00 p.m., a marathon AA meeting will be held at the Industrial Club, 3198 16th. St., San Francisco.

To meeting will run continuously until midnight, Sunday, May 25. Group sponsoring the marathon are Anonymous Group, Nite Owl Group, Participation Group, New Hope Group, Valencia Group, Valencia Beginners' Group.

Round - the - clock coffee, food and soft drinks will be available. Everybody is welcome.

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Good Nenis

Published Monthly in San Francisco By the Northern California Council of Alcoholics Anonymous Ed C., Editor-in-Chief and Business Manager Editorial and Production Board

Nancy C., Arthur K., Ralph L. Address all correspondence to GOOD NEWS

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Letter from an Al-Anon

Where is the dividing line? When is an Al-Anon entirely blameless for her husband's drinking? When she takes her husband to a party she feels obligated to go to instead of going to a meeting -- or when she makes excuses for him, saying he is too tired, that he has worked hard today -- or maybe lamenting, "I wish my husband would go to more meetings," while she is guzzling her own martini?

How far down does an Al-Anon have to go before it dawns on her what his program is all about?

They told me when I came here that this program was not easy, so I got off my fanny and began to work for the happiness and serenity this program offered, and if I didn't want it for myself, then I should do it for my husband.

Your Alcoholic "needs" more than one meeting a week -- or he is going to be a miserable s.o.b. to live with -- or he will eventually drink again. Even if he doesn't come, YOU COME, even if you have to come every night.

Take a look around you; ask some of the older members how many meetings they came to (with and without their Alcoholic) before they gained the serenity they have. Believe me, they worked for it and

GOOD NEWS

it didn't come easy to them, as it didn't come easy to me. I came to meetings, Al-Anon and AA meetings, when I was tired, when my husband was tired, when we were invited to go to dinner parties, and when I felt guilty leaving my children.

It was MY decision to take the the liquor out of my house. It was MY decision to say no when we were invited to those fun dinner parties; MY decision a lot of times. to come to a meeting instead of staying home in my nice comfortable house with my lovely family. It was MY decision to come to a meeting instead of going to the show on Saturday night.

So tell me, ladies, where is the dividing line? When are we NOT entirely to blame for our husbands' drinking?

> Chickie G. Stockton, CA

May, 1975 Dear Editor:

Yes! I can identify the Mystery Author (Good News, March 1975 p.6). It's from<u>Combat Liberalism</u>, and it's by Comrade M., who is chairman and secretary of Peking All-Groups.

Really cracked me up to see that in Good News. Thanks for the smile.

Dave G. Berkeley

Dear Dave:

Since you are the <u>only</u> reader who correctly identified Chairman M., we would like to send you a free subscription for a year to <u>Good News</u>. Please send us your full name and address. (We guarantee your anonymity.)

Also, we would welcome any contribution from you -- after all, it isn't often we find an AA member so erudite, with a sense humor, yet!

Sincerely,

The Staff

Good News Financial Statement First Quarter 1975

Last November, the Good News staff met with Northern California Council Secretary, Anne S. At this meeting, it was decided that Good News owes members of the fellowship, and particularly our subscribers, an accounting of how we spend our money. In line with this decision, here is our first accounting.

Beginning Balance (12/24/74) Subscription Revenue and Donations		\$ 253.27 <u>1113.55</u>	
		\$1366.82	
Printing	\$ 911.20		
Bulk Mail Permits	69.00		
Printing of Bulk Envelopes	132.88		
Envelopes & Postage	203.15		
	\$1316.23	\$1316.23	
Balance as of March 31, 1975		\$ 50.59	

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yes, he's a sick man, but not with a cold. No germ could last in a system saturated with alcohol. When you sober up, you'll feel so healthy, your old drinking friends will avoid you. What you need are some new friends.

I can take it or leave it alone. Famous last words. We went to a funeral recently for a guy who could do that. If you were clearminded enough to have any choice in the matter, you'd have no need even to make such a statement. Ever ask yourself why you always decide to take it? An honest answer to that question will shoot that excuse to bits and pieces.

To be successful, you have to entertain. So look at the most "entertaining" clown at your party. People will talk about you for months. An alcoholic is a big success as an entertainer. The trouble is that he gradually runs out of people who can enjoy his efforts.

Remember -- "If you want to say dry, don't go where it's wet."

Silver Dollar, Fargo, ND

Humility

HUMILITY is perpetual quietness of heart. It is to have no trouble. It is never to be fretted or vexed, irritable or sore; to wonder at nothing that is done to me. To feel nothing done against me. It is to be at rest when nobody praises me, and when I am blamed or despised; it is to have a blessed home in myself where I can go in and shut the door and kneel to my Father in secret and be at peace, as in a deep sea of calmness, when all around is seeming trouble.

Silver Dollar, Fargo, ND

SAN FRANCISCO ALANO CLUB **Chinatown Gate**

414 GRANT AVENUE, near Bush Street

ENTERTAINMENT CALENDAR SATURDAY, MAY 3, 17, 24 AND 31. Dance: 9 to 12 p.m. FREE

Free Birthday Dance is the last Saturday of the month.

SATURDAY, MAY 10

Young Peoples' Rock Dance: SOUND HOLE, 10 to 1:00 a.m.

"¿Lose the booze blues and do the sobriety boogie. " \$2.00 The Alano Club is open from 10:00 a.m. to 10:45 p.m., Sunday through Thursday. Closing time Friday and Saturday is 12:00 midnight. AA meeting everyday.

New Good News Subscription Rates

Effective with the May issue of Good News individual subscriptions will cost \$3.00 per year.

Group subscriptions for five or more copies will cost \$2.00 each. or \$10.00 per year for five copies. \$20.00 per year for ten copies per month.

Renew your subscription, or subscribe NOW!

Deadline the 15th

A deadline means just that! The Good News deadline is the 15th of every month. Any mail received in the Centrial 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.

Guard your tongue in a crowd, your temper at home and your mind when alone.

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