



Good News



September
1975

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Fall NCC Conference In Sacramento

The Northern California Council of AA will hold its Fall Conference the weekend of October 3rd, in Sacramento's new convention complex at 14th and K Sts.

Scheduled speakers are: Friday night, Burt K., Long Beach; Saturday night, Dr. Joe P., Niagara Falls; and Sunday afternoon, Barbara R., Burbank.

The Council says this conference is going to be "a real blockbuster." Watch for programs and flyers and start making plans now to be in Sacramento to enjoy the speakers as well as the workshops.

Calm in the Eye Of the Cyclone

We alcoholics who have found sobriety in AA could think of ourselves as living in the calm eye of a cyclone. But our cyclone is not moving inexorably on to expose us to the annihilating winds beyond the eye.

For us, the eye remains stationary. Within it, we can continue to live in peace and contentment, accepting thankfully all that life has to offer in such abundance, if we care to look for it. It is only if we step outside that eye, deliberately or carelessly, that we expose ourselves to the devastating forces of alcoholism.

And there is no guarantee that we will ever regain the sanctuary of the eye once we have left it.

Each of us will remember his or her own cyclone — that part of our life that preceded finding the shelter that is AA. We will recall, perhaps the balmy days when the barometer gave no indication of the storms ahead. Then, there were little puffs of cloud on the horizon that might have warned us, but we took no notice. Eventually the cyclone swept down on us, battering us this way and that until we became confused and lost,

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Did You Receive Your August Good News?

In an attempt to make the collating and mailing of Good News more streamlined, a new method of getting the paper ready for mailing was tried out on the August issue.

Some of you let us know in a hurry when your Good News did not arrive — but, perhaps, there are other subscribers who missed this issue.

Since part of the circulation went through faster than usual without a hitch, we have no way of knowing if you missed the August issue. If this did happen to you or your group, please let us know and we will give you credit for an extra month or send you copies of August Good News.

We're sorry about the confusion. Back to the old system, and let us hear from you.

Ed C., Editor
& Business Manager

Area Meeting On Public Information

Wednesday evening, August 13, was an important occasion for AA. That night, twenty-eight District Public Information Officers and representatives from Intergroups, as well as liaison P.I. committees met at East Bay Central Office in Oakland.

This was a comparatively large turnout for AA's Public Information Committee, which has long needed the kind of support and enthusiasm it received at this assemblage. The meeting was called by General Service Alternate Delegate Dean K., so that interested and active members could become familiar with what other districts are doing in this field, and could share problems and solutions.

On the national level, the function of the P.I. Committee is to provide useful contact with newspapers, radio and TV, giving them information about AA.

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Newcomers — Get Involved! How? When?

Some people "take" to AA almost immediately and are willing and able to help out with the tasks and responsibilities entailed to make groups run smoothly.

Others are, frankly, just too rocky both physically and emotionally to be expected to do much more than "get the body to the meetings." No matter how willing, this type deserves and needs both time to recuperate and the concerned attention of many new AA friends.

Yet another type arrives at AA with a cautious, "show-me" attitude. They seem willing to attend meetings and listen, but they're leery of getting too "involved." They, too, have a right to have their feelings respected. If they are pressured too soon or too often, they may leave. Left alone — and yet treated with friendly interest — they will probably begin to participate once their fears and suspicions have proved unfounded.

In general, nearly all newcomers are "confused" to some extent for a number of months. Not only is the newly sober body undergoing extreme changes, but also the mental and emotional processes are in a state of upheaval. Jumping from an alcohol oriented existence to one of sobriety is a tremendous change which is certain to give the newcomer a multitude of new feelings. At the same time there is the pressing need to cope with the realities of day-to-day living without the old crutch of booze.

AA "oldtimers" have a language all their own which may add to the newcomer's feelings of confusion. Witness "baby," "birthday," "pigeon," "two-hatter," "13th stepper," "taking a geographic" — to name just a few "strange" terms.

At the same time, most newcomers are filled with a sense of gratitude and desire to be accepted. So they're eager to

(Continued on page 6)

The Link

California Northern Coastal Area of General Service

Every now and then, because new members are constantly adding to the ranks of AA, we in General Service like to explain ourselves briefly, particularly because there is often some confusion about the Traditions which advise us that each group is autonomous and that AA should never be organized.

When quoted in full, Tradition Four tells us that each group should be autonomous EXCEPT IN MATTERS AFFECTING OTHER GROUPS OR AA AS A WHOLE. The other Tradition which is so often truncated to the point of confusion is Nine, which says the AA, as such, ought never be organized; BUT WE MAY CREATE SERVICE BOARDS OR COMMITTEES DIRECTLY RESPONSIBLE TO THOSE THEY SERVE.

If it were possible for AA to glide blithely into the future with no decisions to be made, no problems of any sort, there possibly would be no need for structure of any kind. But AA does have its problems — growth problems, money problems, policy problems (for starts), and a method for dealing with them has been necessary from the very beginning. Until the General Service Office (GSO) was established, these problems were dealt with by the two men who started it all — Dr. Bob and Bill W. Both saw a need for the construction of a structure which would support AA, yet guarantee that each member would have a chance to be heard. In any organization the danger of power always lurks. Awareness of this led to the establishment of the General Service Conference structure which has built into it the sort of safeguards against power politics that many governments might well envy. The analogy with "government" is misleading, however, in light of Tradition Two which tells us that our leaders are but trusted servants . . . they do not govern.

Taking the Traditions out of context or abbreviating them in this way, however, can be misleading, also. So we hope all members become fully acquainted with the Twelve Traditions, which are to AA as a whole what the Twelve Steps are to the individual member.

Having clarified the need for the GSO, now we come to the function of the General Service Representative (GSR), who relays the opinions of the group (group conscience) to fellow GSR's at the regular district meetings.

(Continued on page 8)

H & I Broadside

Nothing in Common

All too frequently AA members turn down opportunities to attend meetings inside institutions, state prisons in particular, on the grounds that they have never done any felony time and, therefore have nothing in common with inmates. They feel there will be some sort of identification problem.

It's true that former inmates who are working the program make effective speakers at inside meetings. This does not exclude garden-variety AA squares from carrying a forceful message to the confined alcoholic.

The primary purpose of the Hospital and Institution Committee is "... to carry the message to the alcoholic who is confined ..." no more, no less. Twelfth step calls are not ordinarily turned down because the life style of the member might be different from that of the prospect. Your responsibility at an outside meeting is to tell how you stopped drinking. You don't have to apologize for not being a convict.

Phrases like "there, but for the grace of God ..." and "stay sober and next time you won't be caught" may have a certain validity, but inmates usually consider them put downs.

The AA member who sticks to the time-honored "... what it used to be like, what happened and what it is like now ..." will have fulfilled his responsibility of carrying the message.

The convict is unique, however, in needing all the help he can get in making the transition from AA "in the joint" to AA "on the streets". This can be done by group sponsorship of paroled convicts. A workable approach to this type of sponsorship was outlined by Bob H. in this column some months ago. Groups would be doing a great AA service by studying this plan and acting on it.

Bud G., San Pablo

Truman Celebrates 26th Birthday

There will be a special meeting and dinner celebrating Truman's twenty-sixth birthday, Friday, Sept. 19, at Mountain Vista Farm, 3020 Warm Springs Rd., Glen Ellen.

Dinner will be served from 5 to 7 p.m.

Father Tom B. will be speaker at the 8:30 p.m. meeting.

The Pitch

It is none too soon to think about who will serve as trusted servants throughout the Interior Area beginning in January 1976. A new delegate, alternate delegate, chairman, treasurer and secretary will be elected at the November Assembly (Stockton Inn, November 15), and there is much to be done before then.

For instance, most GSR's (General Service Representatives) serve for a period of two years — one from each registered group. The GSR is usually elected in the fall and his election should precede the Assembly at which the above officers are elected. (It is a sound idea to elect an alternate GSR at this time, one who can learn the duties and perhaps become a GSR the next time around.)

The DCM (District Committee Member) should also be elected for a two-year term — and it is good to have an alternate DCM to help carry out the duties and responsibilities. DCM's are normally elected in the fall of the year before the officers are elected, but AFTER the GSR's are elected, for it is the GSR's who elect the DCM for their district. The GSR is normally chosen from among GSR's currently serving, or from past GSR's.

As AA grows larger, the work of the DCM becomes increasingly important. The DCM's duties stretch both ways — from the GSR (group) to the Area Committee and from the Area Committee back to the group. This is a most important area of service — vital in making the area service activities operate smoothly and effectively.

If your GSR hasn't shown you the little booklet called "Building a Service Structure," see that he does. And if you want one or more of them, drop a card to the Northern Interior Area General Service Office, 809 Kegele Dr., Broderick, CA 95605. You'll receive one by return mail.

Marge K.

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.

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On the district or area level, these same responsibilities are met, but to a lesser extent. Most of the local workload involves filling requests for speakers at schools, service clubs, law enforcement agencies, and other organizations concerned about alcohol abuse.

Since most invitations are for daytime meetings or classes, the big problem is getting qualified speakers. Although the requirements involve no expertise in the field of alcoholism, relating the experience of recovery to non-alcoholics involves a different approach. Orientation meetings and familiarity with the pamphlets "44 Questions" and "Speaking at Non-AA Meetings" are helpful in overcoming many problems which may arise.

Although many think "44 Questions" anticipates all questions, it was found to be short on answers posed by today's more drug and alcohol oriented students at all grade levels. Once, the benefit of speaking to students, especially the younger ones, was that it might be an entree to adult family alcoholics. Today, the alcoholic is often the student himself.

In his opening remarks, Dean K. informed members that within the California Northern Coastal Area there are nine Service Centers, many of which have traditionally filled the need for public liaison. He emphasized that the role of General Service P.I. Committees is to establish a cooperative body to augment these local services, and should not be thought of as a usurpation of responsibility.

The wholehearted spirit of the entire meeting was evidenced at the end, when the P.I. members voted to have regular monthly meetings in the future. These will be held at 8 p.m. the second Wednesday of each month, in the assembly room of East Bay Central Office, 370 - 40th St., Oakland.

Santa Clara Valley News

Alateen Mini Conference

On Saturday, 9 August, several Alateen groups in Santa Clara County sponsored the first Alateen Mini Conference in Northern California at St. Timothy's Church in Mountain View.

The purpose of the conference was twofold: first to acquaint the public with the Alateen program, and secondly, for the Alateens to learn more about

their program of recovery from the family disease of alcoholism.

The Alateens chose the phrase, "Good Orderly Direction" as their theme.

Eighty-two people registered for the four morning workshops which were, "Alateen Is," "Am I Responsible?," "Detachment, a Misunderstood Word," and "Acceptance - the Magic Word."

Following the workshops, a bring-your-own picnic lunch was held in the park behind the church. A good supply of lemonade and baked goods were available and there was plenty of time to get acquainted with visitors from Stockton, Livermore, Alameda and San Francisco.

At the afternoon speakers meeting, conference co-chairman, Andy R. of Santa Clara introduced the five speakers: Laura M., Al-Anon from Santa Clara, Alateens' Debbie C., Mountain View, Pat F., Alameda, and Mike T., San Francisco. Jack H., AA, from San Jose wrapped up the meeting.

Two more workshops, "Building Bridges, Not Walls," and "Passing on the Gifts We Have Become" completed the afternoon sessions.

Conference co-chairman Tim S. stated that everyone thought the conference was most informative, well organized, and the Alateens did a great job fulfilling the purpose of the conference. There was much enthusiasm for a similar conference next summer.

Bay Area Picnic

The central offices of Santa Clara and Alameda Counties have combined efforts for a Bay Area picnic Sunday, Sept. 28, at Hidden Valley Ranch in Warm Springs. The picnic grounds will be open 10 a.m. to dusk and there will be swimming, games and prizes. There will be a regular AA meeting at 1:30 p.m. with Lee G. (Alameda) as the speaker.

Charcoal, coffee and beans will be provided. Bring some extra food for those who can't. Cost - \$1.50 for adults, \$.75 - ages 6-15, and under six, free. Call Alameda County Central Office (408) 653-4300 or Santa Clara County Central Office (408) 297-3555 for further information. Picnic co-chairman can be reached at (408) 521-9228 or (408) 739-2819.

All Groups Meeting

On Saturday, Sept. 13, at 8:00 the All Groups Meeting will be hosted by the Women's 5 and 10 Group. The meeting will be held at the Alano Club, 1122 Fair Avenue in San Jose.

A.R.A.

20th Anniversary Dance

The Alcoholic Rehabilitation Association (A.R.A.) will celebrate its 20th Anniversary with a dinner-dance to be held in the Starr King Room of the First Unitarian Church, Franklin and Geary Streets, San Francisco. The gala event will take place Saturday, September 27th, from 7 P.M. to 1 A.M.

There will be a seated buffet dinner followed by dancing to a live orchestra. The first door prize will be \$100. (The winner need not be present to win.) Many other door prizes will be given away during the evening's festivities.

Before the dancing begins, there will be a short talk by Florette Pomeroy, the guest speaker.

Tickets cost \$5.00 each and are available at the A.R.A. House, 1035 Haight St., or from members of the Association. Or call (415) 863-3661 and ask for manager, Doris Connaty. In addition, tickets will be on sale at the door, the night of the dance. Make your plans now to join in the fun!

Tuesday Downtown

29th Anniversary

Gene D. of Calistoga will be the speaker and Paul G. of Mill Valley will be the chairman Sept. 29 at 8:30 p.m. when the Tuesday Downtown Group celebrates its twenty-ninth anniversary.

This group meets in St. Mary's Cathedral, Gough and Geary Streets, San Francisco. There is plenty of parking space.

Valencia Street

2nd Annual Marathon

For the second year, the Valencia St. groups will hold a Labor Day marathon discussion meeting. The event will begin at noon on Friday, August 29th and will continue until midnight, Monday, September 1st.

Come share your experience, strength and hope with us at 1364 Valencia (between 24th and 25th Sts.)

Never become too

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H A L T !

Newcomers — Get Involved!

(Continued from page 1)

help, and to prove to their new friends that they're responsible, trustworthy, and likeable. They'll gladly empty ashtrays, serve coffee, bake cookies, put away the chairs — and many cast an eager eye on the roles of more experienced members. To be a chairman, a speaker, or secretary of a group becomes a goal, a mark of acceptance and a badge of sobriety. Certainly these are worthwhile goals — but if such responsibilities are awarded lightly, too often and too soon, one bad effect may be that their desirability will be lessened.

Many oldtimers think "the babies" should be given group tasks as soon as possible, to encourage a feeling of belonging. This is valid reasoning — up to a point. Regrettably, there are some who tend to "pass off" the more demanding jobs to the new eager beavers, just because they don't want to bother doing it themselves.

Each group has its own customs, and situations often give rise to special needs. But, in general, these are some guide-lines followed by most AA members of long-standing:

- (1) In discussion groups, newcomers are asked to *listen only*, for the first 3 months, unless they feel a pressing need to ask advice. Even then, they are urged to seek specific counseling from others after the meeting.
- (2) Simple chores — such as emptying ashtrays, helping clean up, etc. — are assigned after a month of sobriety.
- (3) Regular steering committees, usually chosen by the incoming secretary, consist of members with four or more months of sobriety.
- (4) Speakers and secretaries have six months to a year of sobriety, preferably longer. Occasionally, a newcomer of less than 6 months may be asked to chair a single, small meeting if it seems appropriate.
- (5) Newcomers may be asked to read the Steps, the Traditions, or to lead a prayer — but again, such choices should be made with an eye to the individual's current capabilities. A newcomer with trembling hands and faltering voice this week may return next week with a new stability and lack of shyness.

- (6) There are specific requirements concerning more advanced kinds of AA work, such as GSO representatives, public speakers, convention and conference delegates, etc. For these, consult your handbooks, manuals, or contact Central Office.

When assigning tasks, a good rule of thumb is to examine your motives honestly. Are you making the choice because you think the person is ready for the job — or is it just that you don't have time to wait for the right person and don't want to do it yourself meanwhile? Next, make a concerned effort to estimate the prospect's present state of physical and emotional stability. What may seem to you a simple thing may be to the newcomer yet another "burden" to cope with right now — and failure at it may cause unnecessary guilt and loss of confidence.

Once the job is assigned, try to keep an eye on your helper's reactions. If it seems that he or she has taken on more than enough, offer a gentle, diplomatic way out. Or, assign a new and less demanding task.

Sponsors can be of invaluable aid in this area. They usually know their "babies" better than anyone else. Newcomers should check with their sponsors before taking on any responsibilities other than such obviously simple ones as cleaning up, etc. If a newcomer is asked to do something he or she instinctively knows full well is inappropriate, and yet is pressed to accept, a gracious answer may be, "Thank you, but my sponsor has advised me to wait before I take on that job." Of course, this shouldn't be used as a "cop-out," but rather should be a topic discussed early-on between newcomer and sponsor.

In the area of twelfth step work there seem to be two divergent opinions on when and how newcomers should become involved.

One group of oldtimers says "when a newcomer stops shaking" take him (or her) along to help a sick alcoholic.

Another group feels that this is a step to be taken only after a newcomer has acquired some "feel" of the program and a few weeks, or months of sobriety.

Whichever your opinion on twelfth-stepping, almost everyone agrees that no newcomer should ever make a twelfth step call alone. No woman should call on a man unless she is accompanied by a male AA. (And most people generally agree that it is better on a first

call for men to call on men and women to call on women.)

Often the newly sober AA can get through to the still suffering alcoholic better than the oldtimer — but — as in any AA service the newcomer should feel comfortable in what he or she is attempting, and check it out with his or her sponsor.

Editor's Note: The above article was written by the San Francisco staff. How do you handle situations involving newcomers in your community? Please write us your experience — and your opinions on the above article. Let's hear from lots of you!

General Service Meeting

General Service in the San Francisco Bay area will hold an information meeting on Friday, September 16, at St. Dunstan's School, 1150 Magnolia St. in Millbrae.

New San Jose

Mobile Home AA Group

A new meeting is thriving at a San Jose mobile home park. Their second meeting was held August 4, announced to everyone in five mobile home parks in the area.

The address is Country Fair Mobile Home Park, 270 Umbarger Road, small recreation room.

See their announcement below for complete details.

On Mondays, we are holding a new meeting in our mobile home park's recreation room to bring help and information about Alcoholics Anonymous. This may sound like a revival, or commitment, to some of you, but it is NOT! Possibly, you have a small problem with the bottle — that we of AA have had — or you know or love someone who has this problem. We of AA have had these problems too, and through our program we learned a better way of life — peace and serenity. We would like to share all this with you, and help in any way we can. Remember, Mondays, 8:00 p.m.

Approximately one hour. Free coffee and snacks.

You don't have to be ashamed to attend as we do believe in the alcoholic's anonymity. No one needs to know of your attendance, unless you choose to tell about it.

Thanks much for your interest Carrie S., Joan R. and Henry V.

For further information, call (408) 225-1410.

Peninsula All Groups

The first speaker for Peninsula All Groups in September will be Bud T., San Jose, on Saturday, September 6th. The host group will be San Bruno, Monday.

Peninsula All Groups meets each Saturday at St. Matthew's Episcopal Church Auditorium, El Camino Real and Baldwin Ave., San Mateo. Time is 8:30 p.m. Doors open at 7:30.

Other speakers and host groups for September will be:

Sept. 13 - Chuck H., Hayward; San Carlos Beginners

Sept. 20 - Jim S., Concord; Millbrae Discussion Tuesday

Sept. 27 - Al M., Hollywood; Phoenix

Coffee and arms-length before and after the meeting.

El Cerrito Fellowship Speaker Meeting

On Saturday, September 27th, Mary Lou of Alameda will be guest speaker at El Cerrito Fellowship, 11231 San Pablo Avenue.

In addition, you are invited to come and enjoy arms-length "aplenty," both before and after the meeting, as well as birthday celebrations complete with cake.

Redding Intergroup Fellowship News

Redding Intergroup Fellowship and Central Office is proud to announce a Newcomers group, now being held on Saturday nights at 8 p.m. The new group meets in the back room of the Central Office, 2115 Eureka Way, Redding.

This makes a total of 16 meetings a week in Redding, Central Valley and Anderson alone. At last count there were 23 groups in District 211.

Redding also has an Alano Club at 975 Locust St. which is open 10 a.m. to 10 p.m. daily. Visitors are always welcome both there and at the Central Office.

NCC Semi-Annual Financial Statement

The Northern California Council of AA has issued the following semi-annual financial statement, as of August 30, 1975:

Cash on Hand, 1/1/75	\$ 2,903.22
Income, 1/1 to 6/30/75	<u>7,639.68</u>
	\$10,542.90
Disbursements	<u>- 7,217.99</u>
Balance on Hand, 6/30/75	\$ 3,324.91

Dimond-Link 7th Anniversary

Dimond-Link Group, Oakland, celebrates its 7th Anniversary in the month of September, once again with a series of special meetings. All meetings are closed speaker-discussion, with the exception of the last Monday of the month, which is an open speaker meeting, combining the Dimond-Link Al-Anon.

Meetings will feature:

Monday, September 1-

"Recovery", led by Agnes L, San Lorenzo

September 8-

"Unity", led by Bob W., Castro Valley

September 15-

"Service", led by Homer D., San Leandro

September 22-

An ad lib meeting, led by Peggy K., Oakland

September 29-

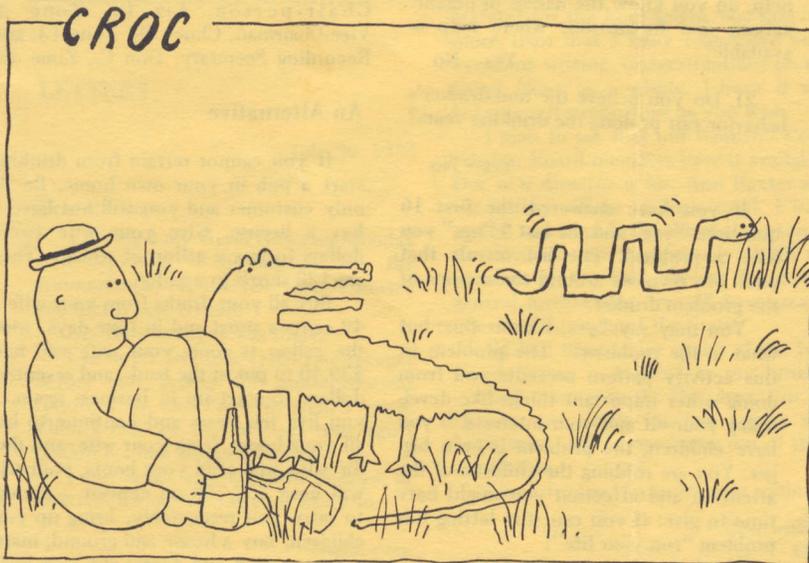
Speaker meeting - AA Speaker, Lois J., San Rafael. Al-Anon Speaker, to be announced

All meetings start promptly at 8 p.m. The Dimond-Link Group meets at St. Stephen's Methodist Church, 3755 - 13th Ave., East Oakland. Ample parking is available.

Concord Recovery Center Anniversary

The second anniversary of the Fred-eric Ozanam Women's Recovery Center was celebrated on Sunday, August 17th, from 2:00 to 5:00 p.m. at 2931 Prospect Street, Concord. The Particular Council of the Society of St. Vincent de Paul and Bi-Bett Corporation, a community non-profit alcoholism recovery program, co-sponsor this home for the recovery of alcoholic women.

The Center opened in the early part of June 1973 and, with the additional house, now has a capacity for ten women. A third house for sustained recovery will be opened next year. This facility serves alcoholic women who have a high expectation of returning to jobs and families. Priority is given to alcoholic wives and mothers, since preservation of family life is a major objective. In the homelike atmosphere, the women begin to gain more responsibility and a change of life style.



"He just got back from taking a 'geographical' in Egypt."

Who Needs Al-Anon

Al-Anon exists to help people who are disturbed by the drinking habits of a relative or friend.

Actions and attitudes reveal just how disturbed people are. Take the following test and see what your actions and attitudes reveal.

1. When you learn of a coming party, do you feel anxious?

Yes No

2. Do you sometimes avoid going to parties with the problem drinker?

Yes No

3. Because there is a problem drinker at home, do you avoid entertaining at home?

Yes No

4. When you go to a party with the problem drinker is your anxiety so great that your evening is ruined before it even starts?

Yes No

5. Do you argue with the problem drinker when he or she is drunk?

Yes No

6. Do you pour alcohol down the drain or throw it away?

Yes No

7. Do you check to see how much the problem drinker is drinking?

Yes No

8. Do you search for hidden liquor?

Yes No

9. Do you yell at the problem drinker on "the morning after"?

Yes No

10. Do you make threats that you don't carry out? Like, "I'm going to leave you!"

Yes No

11. Do you cover up for the drinker? Like calling a boss to say he or she is ill.

Yes No

12. Do you complain about the acts of the problem drinker to your friends and family?

Yes No

13. Do you plan activities for the drinker to "Keep him busy and out of trouble"?

Yes No

14. Have you (the wife) gone to work to help the drinker pay bills?

Yes No

15. Do you put off having dinner until the drinker is ready to join you?

Yes No

16. Do you loan money to a problem drinker?

Yes No

17. When you and the drinker have plans for an evening out and the drinker is in no condition to go, will you go without him or her?

Yes No

18. Do you believe that a drinking problem in the home is most easily recognized by the behavior of the non-drinker?

Yes No

19. Do you attempt to learn the facts about alcoholism?

Yes No

20. If the problem drinker wants help, do you know the names of organizations and institutions where help is available?

Yes No

21. Do you believe the non-drinker's behavior can prolong the drinking years?

Yes No

If you have answered the first 16 questions "yes" and the last 5 "no," you have a problem. The list reveals that your life revolves around the actions of the problem drinker.

You may say "yes, I know this; but what is the problem?" The problem is, this activity pattern prevents you from doing other important things like developing yourself and your interests. If you have children, the problem is even bigger. You are robbing the children of the attention and affection you might have time to give: if you can stop letting this problem "run your life"!

Most people come to Al-Anon because they are disturbed. Those who stay with Al-Anon learn to be happy.

Novato Group 20th Anniversary

On Friday, Sept. 19, the Novato Group will celebrate its twentieth anniversary.

Guest speaker will be Ed D. of Chicago, a pioneer member of AA.

Novato group meets at 8:00 p.m. at St. Francis of Assisi Episcopal Church at 5th St. and Grant Ave.

If you need more information, you can call Red R. at (415) 883-5642 or Myra M. (415) 897-5486.

It's Your Money

It takes fifteen seconds, once a month for your Group Secretary to announce: "This group took in \$ _____ last month. Here is where it went: Rent \$ _____, Coffee and \$ _____, Central Office \$ _____, General Service New York \$ _____, General Service State (Area) \$ _____. Our present balance is \$ _____. If your Secretary is a fast reader, this can be read in 10 seconds.

Oregon Intergroup News

SF Central Service Committee Election Results

On Wednesday, August 6th, the Central Service Committee delegates met at the San Francisco Alano Club. New officers elected to serve one year are: Chair-person, Liz C., Zone 2; Vice-Chairman, Chuck G., Zone 13; and Recording Secretary, Don C., Zone 13.

An Alternative

If you cannot refrain from drinking, start a pub in your own home. Be the only customer and you will not have to buy a license. Give your wife twelve dollars to buy a gallon of whisky. There are 128 snorts in a gallon.

Buy all your drinks from your wife at 40 cents a snort and in four days, when the gallon is gone, your wife will have \$39.40 to put in the bank, and seventeen dollars to start up in business again. In you live ten years and continue to buy all your booze from your wife, and she die with snakes in your boots, your wife will have \$37,750 on deposit - enough to bury you respectably, bring up your children, buy a house and ground, marry a decent man and forget she ever knew you!

The Roundabout (Scotland)

Good News

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Grace E. Coulthart, an active and beloved member of AA for a number of years, died on July 27, 1975, of cancer, in San Francisco. Grace was a native Californian. She is gratefully remembered for her work as housemother of Stepping Stone, Alcoholic Women's Rehabilitation Home.
 Funeral services were held July 30th at Cypress Lawn Memorial Park's Noble Chapel.

LETTERS

July 29, 1975

Dear Editor,

I received my Good News on Monday and opened it hoping to see the announcement about the Gay Women's and Men's Life Group.

Needless to say it was there.

I've never felt love from a newspaper before but seeing the announcement followed by the Proverb, well, I cried. Then I realized that a short time ago I couldn't. I had stopped feeling.

I can laugh and cry now because of love and caring from friends like you.

Thank you.

Gary R.
 (Santa Cruz County)

LETTERS

Ed

I took your suggestion at the conference in Oakland, picked up a receipt book and this is the result of just two meetings and the next day around the fellowship.

People seem to be the same everywhere; they won't do anything unless it's right there in front of them.

Seven out of ten signed up.

J.C.

(Thanks for the new subscriptions, J.C.! How about some more of you readers trying the same thing? It's a good way to get to know more AA's - and a subscription makes a nice gift for a newcomer or someone you're sponsoring! -Editor.)

San Jose, Ca.
 22 July 1975

Dear Pat:

The July issue of Good News was here when I returned from my fabulous vacation including one exciting day in Denver at the AA Convention. The rest of the time I was camping, rafting and visiting some of the beautiful parks in Utah, Arizona and Colorado.

Your report on your interview with me was beautiful! I am pleased and grateful for the kind things you said but more than that I truly appreciate your excellent writing. Congratulations on the Good News as a whole. I hope it will become self-supporting, as you wish.

I plan to see that our Women's Commission Board members have it available. Our new director is Ms. Ann Baxter and her office will be in Inglewood. I have agreed to accept being the chairperson of the Commission, temporarily. With expansion of the Commission Board and general membership we will have greater selection throughout the State.

I'd like some extra copies of the July Good News ... to send to my brother ... and women in the Bay area. I'm enclosing my check for ten copies and hope some orders may come out of their circulation.

I look forward to seeing you again.

Best wishes,
 Elise

(From Elise D. Willson, California Women's Commission on Alcoholism)

EDITORIAL

News About
 Good News

In the period between July 20 and this issue's deadline, August 15, Good News gained thirty-six new subscribers.

That's very good. Everybody knows nobody is interested in anything but vacations in July and August!

Although this is a fine gain in our biggest source of revenue, subscriptions, we are still a long way from being a solvent venture. We still have some sizeable past due bills.

Please help us make this a going concern!

Ed C., Editor.

Good News is Growing -
 Help Wanted!

Would you believe that our paper now carries about 260 printed inches of AA news each month? We hope you like the new look - but to keep it coming we need more volunteers to share in the work of putting the paper together.

Especially needed are several volunteer typists to work several hours each month. Speed isn't necessary - accuracy is a must. Call the Central Office (415) 982-4473 or write us a note if you can spare some time for your newspaper.

Think -- and You Don't Drink!

Friday Central
 All Groups

Erica H. of the South of Market group will be the first speaker of the month, Friday, Sept. 5, at San Francisco Intercounty Fellowship Friday Night All Groups.

All Groups meets on the main floor of the Alano Club, 414 Grant Ave., at 8:30 p.m.

Other speakers for the month will be:
 Sept. 12- John McC, Monday Beginners.

Sept. 19- Justin S., St. Francis Men's.

Sept. 26- Shirley L., Lafayette.

Come early and bring a friend. Coffee and arms-length before and after the meeting.

The Link

(Continued from page 2)

From there the District Committee Member (DCM) carries these opinions to the area meeting. The DCM, essentially, is a GSR who has been elected by a group of other GSR's to represent them and to coordinate activities in the district. The area meeting for the Coastal Area of Northern California is held on the third Thursday of each month at the Alano Club in Oakland. DCM's are expected to attend. GSR's and interested members are always welcome.

This explanation is brief, and obviously over-simplification may give rise to confusion. Each AA member is urged to become more familiar with General Service by attending district and area meetings as a welcome guest, by reading the "AA Service Manual" (ask your GSR) as well as the books "AA Comes of Age," "Twelve Steps and Twelve Traditions," and the pamphlets "The AA Group," "Twelve Traditions Illustrated," and "The GSR." By doing this, the individual member can more fully understand what the term "service" means. It is the fulfilling of a need to the still suffering alcoholic, and, by expansion, to future alcoholics, through the assurance of AA's continued health and growth.

Ralph L.

(Continued from page 1)

hurt and helpless. Our lives had become unmanageable.

We were fairly knocked about by the time we stumbled into the refuge of AA, often with more wounds than we realised at the time. So were the spouses and children of some of us.

Within the walls of the Fellowship we learned that we did not have to go out into the cyclone again. We could not beat it by battling against its ferocious winds, but we could live safely within its very centre if we made the effort. And every now and then we could help some other beaten, storm-lashed human being find shelter from its violence.

Living in the eye of the alcoholic cyclone does not mean that we are trapped in a stifling, constricting funkhole. The eye can cover the whole physical universe known to man and the entire range of spiritual life that is open to us - if we want it.

SAN FRANCISCO ALANO CLUB Chinatown Gate

414 Grant Avenue, near Bush Street

ENTERTAINMENT CALENDAR

Your friends are welcome, too! Come and join in the fun!

SATURDAY, SEPT. 6

DANCE - Music on tapes - 9 p.m. to 12 - FREE

SATURDAY, SEPT. 13

ROCK DANCE - Music on tapes - 10 p.m. to 1 a.m. -
Donation \$1.00

SATURDAY, SEPT. 20

MIDNIGHT BRUNCH - Live Music - Donation, \$2.00
(For further information, call the Club, (415) 781-0951)

SATURDAY, SEPT. 23

DANCE - Music on tapes - 9 p.m. to 12 - FREE

SATURDAY, SEPT. 27

BIRTHDAY DANCE - Music on tapes - This is on the
house! Have a September birthday or know someone
who does? Plan to come and share it with us!

The Alano Club is open from 10 a.m. to 10:45 p.m. Sunday to
Thursday, and from 10 a.m. to Midnight, Friday and Saturday.
AA meetings daily.

Far from being in some sort of internment, we are free, probably for the first time in our lives for many of us, no longer living in fear of the dreadful forces of the cyclone.

In this haven we have the opportunity to grow and find tranquility and equilibrium and to seek the depths of ourselves and our fellow men. For many of us, this is what being alive is all about. It took a cyclone to show us the way.

We won't prove anything that isn't already known by going out in the cyclone again.

Some alcoholics who have picked up a drink after many years of sobriety have died trying to convince themselves that they could handle cyclones.

What short memories we have. What a price to pay.

The News (Victoria, Australia)

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