



Good News



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THE THIRD LEGACY

(Being a compendium of material appearing in "AA Comes of Age", the AA Service Manual, "The Twelve Concepts", and "AA Grapevine")

Consider AA's logo (trademark) - the triangle in a circle - which displays the three legacies left us by our co-founders: Recovery, Unity and Service. All of us are familiar with the base of the triangle, Recovery, or we wouldn't be sober today. And most of us have had some brush with the side called Unity, at least to the point where we are aware that personal recovery *does* depend on Unity (Maybe the simplest way to express this is the phrase heard around the tables, "I can't - but WE can"). But not many really understand the third side of the triangle, the Third Legacy, the sometimes misunderstood word "Service". Service has been with us since the very beginning of AA - or even before the birth of this miraculous program. Consider when Bill W was still a suffering alcoholic and Ebby "carried the message" to him. Ebby lived in New York City and Bill was in Brooklyn. It was necessary for Ebby to spend time and money to provide this service - money for the ten-cent phone call to see if Bill would welcome him, and the time to make the trip. And don't forget the caring, the love for a friend. Essentially this is what service has involved ever since - caring, time and money.

In the very early days meetings of AA's were held in private homes. Consider those meetings in the home of Dr. Bob the first summer in Akron. There was expense for coffee, and Dr. Bob paid it. There was need for preparing the living room, and Anne, Dr. Bob's wife, took the time to do this. Again - caring, time and money. We all know as AA grew by bits and pieces, Bill and Bob were almost crusaders, seeking out the suffering alcoholics in hospitals or wherever they could find them. Caring, time and expense were involved in this work, and slowly AA grew.

Then in 1941 the Jack Alexander article was published in the Saturday Evening Post and the scene changed. Hundreds of people from the United States and Canada wrote AA for help. The response was so great an emergency headquarters had to be set up in the 24th Street Club in New York. A reply was made

to each - again caring, time and expense. But this was not enough. In late 1941 it became apparent that the increased demands on the temporary office could not be met out of book income; so for the first time AA groups were asked to help. Two non-alcoholic trustees went on the road to ask the groups to contribute to a special fund in the Alcoholic Foundation (now the General Service Board) to be earmarked "for AA office expenses only". The contributions would be entirely voluntary and the suggested yardstick was \$1 per year per member. By the end of 1941 membership had jumped to 8,000.

In Northern California the first evidence of an AA member in San Francisco was in 1939. There were a couple of early members in Los Angeles, in Sacramento, and later in other Northern California communities. With the publishing of the Alexander articles, this scene changed almost immediately. AA Groups began to be formed, first meeting in member's homes. However, as AA grew, homes no longer were big enough for meetings and the groups had to move into hotel parlors and halls. This marked the time when the groups had to pay for themselves. Landlords wanted their money, so a collection had to be taken. These collections were volunteer, but immediately great cries went up - AA was not supposed to cost anything, it was said. We cannot mix this great spiritual idea with landlords' commercialism! But the landlords were not impressed; we had to pay or get out. So we did pay, and voluntary contributions became a fact of AA life. We could not function without them. Further, someone had to collect the money and bank it and account for it. This meant a group treasurer. Groups soon found they also needed a secretary, and sometimes a chairman. Absolutely necessary arrangements had to be made for meetings, and people had to be appointed or elected to do the job. Often this brought friction or power-driving; but it was found the group had to survive and function no matter what the cost, and means had to be found to keep friction-makers and power-drivers down to their right size. A suitable service committee, considerable mild pressures coupled with much love and understanding proved to be the answer. These challenges helped everybody grow.

(To be continued)

WHERE ARE ALL THE AA'S?

In California, that's where! Recently a study was made of the membership distribution of AA's in the United States. More than a fifth (familiar word!), or 21.3% of all AA's in the nation are in California. The study was made by a consulting firm hired by the General Service Board to weigh the advantages of moving General Service Office out of New York City (The Conference voted in April 1977 to keep GSO in New York, but the matter will come up again for discussion in April 1978). Other states which have a significant portion of AA membership are: New York, 7.1%; Illinois, 6.8%; Texas, 5.5%; Minnesota, 4.9%; Ohio, 4.3%; Michigan, 4.1%; Massachusetts, 4%; Florida, 3.6%; Pennsylvania, 3.3%; New Jersey, 2.8%; Connecticut, 2.6%; and Wisconsin, 2%.

An analysis, however, of contributions to GSO, as outlined in the AA World Directory, shows that in contributions per capita, California ranks 49th in the 50 states. As a matter of fact, Group contributions so far this year to GSO have fallen behind estimates. This creates a problem since the cost of literature and books recently was reduced in anticipation of an increase in the amount of Group contributions.

It's amazing how many non-participating AUTHORITIES show up at meetings NOW AND THEN!"

Here are some dates to mark on your 1978 calendar of General Service Assemblies in which all AA's in Northern California are concerned:

March 3-4-5, 1978 - Pacific Regional Service Assembly at the Kuilima Hotel, Kenohe, Hawaii. This is the Assembly where all 13 Area Delegates from the Pacific Region gather to discuss forthcoming topics in presentations, discussions and workshops at the 28th General Service Conference, New York.

April 1, 1978 - California's Northern Coastal Area's Pre-Conference Assembly at the Aahmes Temple, 3291 School St., East Oakland, California. Here the GSR's and other AA members gather to inform the Area Delegate of their Group's conscience on "agenda topics" (see elsewhere in this issue) proposed for the General Service Conference.

May 6-7, 1978 - CNCA's Post-Conference Assembly, at the Towne House, 808 No. Main St., Salinas, California. At this Assembly the Delegate will make his

first official report on business discussed and actions taken at the General Service Conference. This is the event which has proven so popular over the last several years, and will require advance reservations. Reservation information will be forthcoming next month.

It should be pointed out that while these events are characterized as "general service" assemblies, all AA members are welcome and are urged to attend, if possible.

No man can hope to control his destiny. The best he can hope for is to control himself - one single act at a time.

Those acts are like bricks in a wall. A wall made of such bricks is a man's character.

AGENDA TOPICS

Preliminary information now has been received from the Conference Committee of the General Service Board on topics for presentation, discussion and workshops at the 28th General Service Conference, to be held April 16-22, 1978 at the Hotel Roosevelt, New York City. These so-called "agenda topics" are in the mail this month to General Service Representatives for discussion at the Group level, but are presented here for information:

Let's Carry the AA Message
The Twelve Traditions - "Why it works!"
Who Establishes Policy in AA? You, That's Who!
How our General Service Office Serves Us.
Are We Letting Others Do Our Work?
GSR - Vital Link Between the AA Group and the General Service Structure.
AA - What WE Can Do for the Alcoholic.
Working with Others - Inside and Outside AA Anonymity.

It will be noted these topics are broad in nature. This is purposely so, in order that expressions of Group conscience may approach the subjects in discussion from whatever view the Group has.

At the Northern Coastal Area's Pre-Conference Assembly April 1, 1978 in Oakland (see elsewhere in this issue) the Group conscience will be presented to the C.N.C.A. Delegate for presentation at the New York Conference.

H & I BROADSIDE

PREPARING THE NEWCOMER FOR SERVICE

An age old problem within the fellowship of Alcoholics Anonymous has been how to get members involved in service. The institutional committee has been aware of this problem from the beginning of the committee itself. Our committee who share with other service bodies in the fellowship know, that they too, have the same difficulty.

It seems very clear that this difficulty can be traced directly back to the home group and sponsorship.

As sponsors or homegroup members, we ought not assume that the new person in the group will do anything on his own. He or she more than likely realizes, shortly after coming to AA their inability to function on their own, as they feel they should, whether drinking or trying to stay sober.

Preparing newcomers for the day they will be ready to accept their fair share of responsibility in AA is very important. Not only from a standpoint of their personal quest for a meaningful sobriety but from the standpoint of being prepared to help those who are yet to come.

Looking back, most of us are aware today, that we knew very little about life and even less about staying sober. We had to depend a great deal on the help of the group members, and far more than we realized at the time, the compassion, understanding, and experience of our sponsors.

After the new man gets his feet on the ground with a sponsor and homegroup, we ought to start helping him by laying the groundwork for his future service responsibilities.

This preparation does not mean that eventually AA, the sponsor, or the group will hold the new person accountable or demand anything of him. When the time comes, the decision for a service commitment will be his or hers to accept or reject.

The points that are important to consider are these: How much does the new man know about sobriety. How much does he know about the fellowship. Is he aware that the things that help us stay sober the most are the things we do that get us out of our own way.

AA works best on altered attitudes and positive thinking. What can we then assume or deduct if we start saying to the new person (and keep saying) — when you become secretary of the group, or, when you become active in H&I, or when you become a G.S.R., or whatever - instead of saying - if you become the group secretary, if you become active in

H&I service and so on. It's kind of like the difference between saying IF you get sober and WHEN you get sober.

Whether the new person thinks he has any talent or anything to contribute is not important. Anyone who has ever been active in service knows that it is unbelievable sometimes the things that we found ourselves doing once we became active. For when we seek this power greater than ourselves in our lives — He seems to inevitably uncover and bring out the best in all of us and does not hesitate for a minute to use it for His purpose.

So - The responsibility for preparing the newcomer for service is vital not only for the unity of the group and the AA fellowship but to his own sobriety as well. Because it is also a well known AA service fact that people actively involved in service almost never get drunk. Here, at the sponsorship and group level, more than anywhere else, is where we learn the H.O.W. of the program. And the H.O.W. of it starts with altered attitudes and taking the steps that are designed to keep us from tripping over our own two feet.

In summation, the newcomer will listen to his sponsor as no one else. The experience shared by group members greatly influence a new person's attitude in everything he does. Preparation for service responsibilities early in sobriety are very important. The benefits of serving rather than being served should be stressed in seeking the best that sobriety has to offer. That God Power, not will power, will always provide us with the ways, means, and opportunities to experience emotional and spiritual growth.

Ours is an action program. This divine spirit in the fellowship seems to work best when we move out in faith. For we know that God did not part the Red Sea until Moses got his feet wet.

— Jack W.

If you keep one eye on yesterday and one eye on tomorrow, you'll end up cockeyed today!

If you think you can skip some of the steps, find a stairway and try putting one foot on the first step and the other on the 12th and see how comfortable it is!.

Speakers Meetings**Friday All Groups** - 414 Grant Ave., San Francisco -

8:30 pm. Jan. 6 - Mike A. (Calif. St. Group), Jan. 13
Toni D (S.F. Young People), Jan. 20 - Jack H.
(San Jose Sizzlers), Jan. 27 - Peter C. (Potrero Hill)

Peninsula All Groups - St. Matthew Church, Baldwin
& El Camino, San Mateo - Jan 7 - Jerry S. (San Carlos),
Jan 14 - Jane O'T (S.F. F'ship), Jan 21 - Sally S.
(Redwood Center), Jan 28 - John I (San Mateo Fireside)

Thursday Beginners - St. Lukes Parish Hall, 1755
Clay St., San Francisco - Jan. 5 - Marge K. (Broderick),
Jan. 12 - Jean H. (Sacramento), Jan 19 - Bud T. (San
Jose), Jan 26 - Lee G (Alameda)

San Mateo Fireside Group - Hope Luthern Church, 600
West 42nd Ave., San Mateo - 8:30 Jan. 6 - Noel M.
(Westlake), Jan. 13 - LaVerne G. (S.F.), Jan 20th -
Dick L (San Mateo), Jan 27 - Jen Mc (Daly City)

Brisbane All Groups - 250 Visitacion Ave., Brisbane
- 7:30 pm. Jan. 8 - Charlene G. (S.F.), Jan 15 - John W
(Belmont), Jan 22 - Gordon S. (Foster City), Jan. 27 -
Art C. (Belmont)

Hayward Fellowship - 16250 E. 14th St. (rear),
San Leandro. Jan. 7 - Robbie D. (S.F.), Jan. 14 - Polly
(Modesto), Jan. 21 - Clancy (Los Angeles) The Jan. 1st
Meeting ONLY will be held at Fairmont Hospital
Auditorium, 15400 Foothill Blvd., San Leandro,
Jan. 28 - John F. (San Carlos)

In-Between Fellowship - 4710 E. 14th St., Oakland -
Jan. 6 - Kathy H. (San Pablo), Jan. 13 - Lil J. (El
Cerrito), Jan 20 - Mike K. (Concord), Jan 27 -
Bobbie L (Berkeley)

Island Fellowship - 1828 Lincoln Ave., Alameda
Jan. 7 - Collin L. (Oakland), Jan. 14 - Sister Mary
Elizabeth (Saratoga), Jan. 21 - Joe B. (S.F.), Jan. 28 -
Veronica S. (S.F.)

Rap at Noon - 319 14th St., (Alano Club), Oakland
Jan 9 - Dr. Cheatham (Family Counseling)

Valley Service Center

The Valley Service Center will be celebrating
their seventh Anniversary on Jan. 28 at the Veterans
Memorial Hall, Main St, at Bernal in Pleasanton.
Workshops & Panels beginning at 2 pm.
Dinner (Roast beef, etc.) 5:30 to 7 pm. (Donation
\$3.00/adults, \$1.50/child) Speaker - John A. (La-
guna Beach) at 8 pm. Seating is limited to 250, so get
your tickets early!

"WHICH PLACE"

I dreamed one night I passed away
And left this world behind,
I started down that lonesome trail
Some of my friends to find

I came to a signboard on the trail
Directions it did tell
Keep right to go to Heaven
Turn left to go to HELL.

I hadn't been too good on earth
Just a hopeless boozing fake
And knew that at the crossroad,
The path I'd have to Take.

So I started on the rocky path
That leads to Satan's place
And shook within not knowing
Just what I'd have to face.

Old Satan met me at the gate,
"What's your name my friend?"
I said I'm just old sober Sam
That's came to a sad end.

He glanced thru some files
"You've made a mistake I fear,"
You're listed as an alcoholic
We don't want you here.

I said, "I'm looking for my friends
And a smile stole o'er his face
If your friends are alcoholics
They're in the other place.

So I went back the other way
Until the crossroads I did see
And turned right to Heaven
As happy as I could be.

Saint Peter smiled and said
"Come in, for you I have a berth,
You're an alcoholic
You've been thru Hell on earth.

I saw old Doug and old Pete too
And Bill C and a friend called Belle
And brother, I was tickled pink,
Cause I thought they'd gone to Hell.

So brothers all take warning
Learn something from my trip
You've got a place in Heaven
If you try hard not to slip

If someone tempts you with a drink
Just when you're not feeling well
Tell him you're going to heaven
And he can go to HELL!

Bob L., Glendale

WHAT'S HAPPENING?

San Francisco's **South of Market** group will observe its thirty-second anniversary on SUNDAY, January 22, beginning at 1 p.m. The anniversary meeting will be at the group's regular location, the Oxnam Center at 1175 Howard St.

There will be a participation meeting at 1 p.m., followed at 2 p.m. by a lavish buffet.

The group is particularly interested in seeing members of the fellowship who have been associated with the South of Market meeting through the years.

There will be no regular Saturday meeting on January 21.

The Primary Purpose Group of Sacramento will be hosting a "Spring Fling" on February 17, 18 19, 1972. We will be holding it at the Caravan Inn in Sacramento. Speakers will include Jack M. from Glasgow, Scotland; Sybil & Bob C. from Los Angeles; A.J. O. from Houston, Texas; and Red K. from Calistoga. A Marathon Meeting and Saturday night banquet and dance will also be highlights. Registration will be \$2.00 and the banquet will be \$8.00. Since registration will be very limited by the hotel meeting room size, those wishing to attend should request registration forms from Primary Purpose Group, 5350 Millburn St., Carmichael, CA 95608. FIRST COME FIRST SERVED.

Central Valley Intergroup First Annual Dinner, Speaker, Dance.

Chuck C., Laguna Beach, CA - Sit down dinner, 6 pm. January 21st. 3930 East Saginaw Way, Fresno. Donation \$7.50 each.

Room for only 300. Contact Fresno Central Office for tickets.

Rm. 705 T.W. Patterson Bldg., Fresno, CA 93721

— Ruth D.

Daly City 15th Anniversary

Stan W. (Daly City) will be the speaker on Jan. 11, 8:30 for the Daly City Groups 15th Anniversary at 80 Wellington Ave. in Daly City. There will be a lavish Buffet after the meeting. Come one — come all to help us celebrate.

Alano Club of Contra Costa — 84 Broadway, Richmond

The regular Sunday Pot Luck has been changed to Jan. 8, due to the New Years eve party. Good food-fun, fellowship from 4 to 6 pm.

Bingo - each Saturday nite at 8 pm. We would like to extend an invitation to any and all who would like to join us for a fun filled evening.

Contra Costa Alumni Guop - A weekly speakers open meeting every Thursday at 8:30 pm., Willow Creek Elementary School, Mohr Lane, Concord. The meetings in February will feature Gene D. (Calistoga) "Telling it — How it is".

Feb. 2 - Grant - Not Give, Feb. 9 - Foundation for Sobriety, Feb. 16 - Putting the Pieces Together, Feb. 23 - The Empty Chairs - Who Do They Belong To? A great time for you to bring a newcomer.

Pinole Fourth Anniversary

When? Friday, Jan 27th, 8:30 pm. Where? Pinole United Methodist Church, 2000 San Pablo Ave., Pinole (up hill across from the Green Lantern) Who? Speaker Ben W. (London England and Sacramento) Why? Four years of good candle lite meetings. Coffee and refreshments after.

— Bill A.

The Motherlode — Tri-Counties United Group Mini-Conference originally planned for Saturday, Jan. 21, 1978 has been postponed until late April. Future planning meetings will reflect group conscience while considering Saturday dates of April 15, 22 and 29th., in Twain Harte Lodge Banquet room, Twain Harte - Sonora Pass Recreation Area.

— Larry S.

El Cerrito Fellowship — 11231 San Pablo Ave. - The speaker on Jan. 29 at 8:30 will be Leroy of Manteca, followed by our regular birthday celebration, cake, cards and tokens. Arms length AA always before and after. Come and enjoy.

— Nadine M.

The Twelfth Tradition

Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

CALENDAR

- Jan. 21** *1st Annual Dinner Central Valley Inter-group - Fresno
- Jan. 22** *32nd Anniversary - South of Market group, San Francisco
- Jan. 28** *7th Anniversary - Valley Service Center, Pleasanton
- Feb. 4** CNIA General Service Assembly - Fresno
- Feb. 17-19** *"Spring Fling" - Primary Purpose Group Sacramento
- Mar. 3-5** *Pacific Region Service Assembly - Kuilima Hotel, Kenohe, Hawaii
- Mar. 10-12** NCCAA Annual Spring Conference - Monterey
- Mar. 25** CNIA Pre Conference Assembly - Marysville
- Apr. 1** CNCA Pre-Conference Assembly - Oakland
- May 6-7** CNCA Post-Conference Assembly - Towne House, Salinas

YESTERDAY, TODAY & TOMORROW

Yesterdays dead, tomorrows unborn.
 So there's nothing to fear and nothing to mourn.
 For all that is past and all that has been,
 Can never return to be lived once again.
 And what lies ahead or the things that will be,
 Are still in Gods hands, so it is not up to me.
 To live in the future, that is Gods great unknown,
 For the past and the present God claims for his own.
 So all I need do is to live for today,
 And trust God to show me the truth and the way.
 For it's only the memory of things that have been,
 That fills my today which God want to bless,
 with uncertain fears and borrowed distress.
 For all I need live for is this one little minute,
 for life's here and now and Eternity in it.

I have no yesterdays, time took them away,
 tomorrow may not be - but I have today.

Ten Ways to Cut Down on Stress

Plan some idleness every day
 Listen to others without interruption
 Read books that demand concentration
 Learn to savor food.
 Have a place for retreat at home
 Avoid irritating, overly competitive people
 Plan leisurely, less-structured vacations.
 Concentrate on enriching yourself
 Live by the calendar, not the stop watch.

—Arthur K (S.F.)

Let us always remember
 that anonymity—not taking credit
 for our own or others' recovery—
 is humility at work.

The material published in GOOD NEWS represents the experience and opinions of AAs and others interested in the field of alcoholism. Opinions expressed herein are not intended to represent the opinion of Alcoholics Anonymous, nor does publication of any information imply endorsement by either Alcoholics Anonymous or the GOOD NEWS.

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HIGHLIGHTS OF THE GRAPEVINE

Happy New Year!

As we move into the holiday season, the Grapevine is ready with another year of AA today — a day at a time. The lead article this month, "Working the Steps Early," is an appropriate reminder of how the program works. Getting into the Steps right away, says the writer, means reaping the benefits of the program early.

The Grapevine has more basic AA to start your year off right. You'll read about the importance of being at meetings, not only to help yourself but to be available to others, and about the rewards of getting into action and carrying the message. Then there's an article about a group inventory that increased the number of members and, more important, the group's spirit of love and caring.

For Young AA's — and all Others

In a special section of articles by and about young people in AA, five members tell their stories or talk about the growing phenomenon of young people enjoying sobriety.

"Like a Frog in a Frying Pan" uses the analogy of a psychological experiment to illustrate how stubbornly we denied, as active alcoholics, that things were getting too hot. "Using hot water isn't insane," says the author, "unless you're being boiled to death in it."

Several pieces help us cope with ourselves — articles on pride, self-acceptance, and finding a Higher Power. On a humorous note, there's the story of one AA's only arrest — for refusing to leave a hospital. "Are You Listening?" speaks of how all of us can learn to help and support others by listening better, and "Listen for the Still, Small Voice" says that solitude can be a renewing experience, not a lonely one.

WHAT IS AN A.A. GROUP?

A Six-Point Description

1. All members of a group are alcoholics.
2. As a group, they are fully self-supporting.
3. A group's primary purpose is to help alcoholics recover through the suggested Twelve Steps.
4. As a group, they have no outside affiliation.
5. As a group, they have no opinion on outside issues.
6. As a group, they base their public relations policy on attraction rather than promotion, and they need always maintain their personal anonymity at the level of press, radio, television and film.

FROM THE INTERIOR AREA

Are we as a Fellowship growing? Living proof is with us! California Northern Interior Area now has 20 districts with the formation of District 249 (Kings/Tulare Counties have split). New District Committee member for 249, Bobbie is being kept very busy determining where all the 249 groups are and acquainting members with service work.

C.N.I.A. Area Officers meeting will be Jan. 8 in Sacramento.

February 4th, 1978 will be the first General Service Assembly for Interior Area. This Assembly will be held in Fresno.

We are looking forward to working with our newly elected Area Officers:

Delegate: Annette F — Fresno

Alt. Delegate: Joe B — Sacramento

Area Chairman: Ed K — Sacramento

Area Secretary: Naydene B — Modesto

Area Treasurer: "Doc" Campbell - Redding

CNIA Pre-Conference Assembly has been set for March 25 in Marysville. More details will be forthcoming regarding the Assembly.

We are ever reminded that "AA is more than a set of principles; it is a society of alcoholics in ACTION".

— Jean S. (Modesto)

Footprints
in the sands
of time are
never made
by
sitting down

Season's Greetings

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Annual Spring Conference

NORTHERN CALIFORNIA COUNCIL OF AA

MONTEREY CONFERENCE CENTER
One Custom House Plaza, Monterey, Calif.

MARCH 10, 11, 12, 1978

— SPEAKERS —

— Friday, March 10, 8:30 P.M. —

Hugh McB., Lodi, Calif.

— Saturday, March 11, 8:30 P.M. —

Jack B., Overland Park, Kansas

— Sunday, March 12, 1:30 P.M. —

Clint H., Santa Monica, Calif.



Workshops - Speakers
Dancing - Prizes

