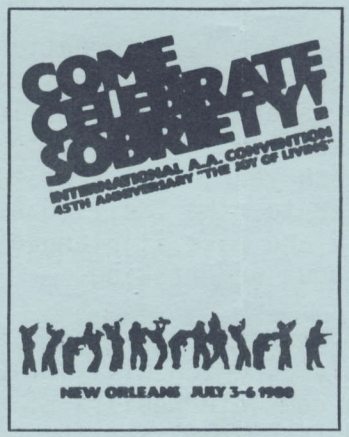
Good News

AUGUST 1979

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

VOL. XXIII NO. 8



REPORT BY BILL G., PANEL 29 (LOUISIANA),
CHAIRPERSON, CONFERENCE INTERNATIONAL

"As we rapidly approach July 1980, and many of us in Louisiana receive inquiries from people seeking information about our International Convention from all over the world, such as Australia, England, Canada, and various parts of the U.S., our enthusiasm is growing by leaps and bounds. We find that with each passing day and as each letter from distant places is received, our determination is increased to make our 1980 International Convention the greatest A.A. has ever experienced.

New Orleans, the city that care forgot, being a convention city with its many attractions for your interest and pleasure, includes so much, such as our world-famous French Quarter, the home of Dixieland jazz, and the many fantastic places to dine that can't be beat anywhere in the world. Our Superdome is the eighth wonder of the world. Imagination cannot capture the vastness, its facilities and accommodations that make possible many meetings and A.A. functions to be held at the same time under one roof, which will include some 6,000 lunches and 6,000 dinners per day. Our food committee is preparing an extensive list of restaurants to suit all pocketbooks which will be available at registration.

Other facilities for eating, which is dear to every alcoholic, include everything from a hot dog from a Bourbon Street cart to leisurely, candle-lit patio dining, jazz brunches, Southern-style dinners in plantation homes, as well as breakfast, brunches, and dinners in our world-renowned, lovely old French Quarter restaurants.

You will want to avail yourself of our many museums, art centers, antique shops, either on your own or with friends, or maybe a guided tour, which includes riverboat cruises, plantation homes, our beautiful Garden District, and many others.

The awareness of this largest-of-all A.A. Internationals being held in our state is awesome. Fortunately, the years of handling these gigantic get-togethers every five years by the General Service Office staff gives us an added, and much needed, sense of security. In the same way that the General Service Conference is planned each year, they seem to be thoroughly anticipating every contingency in order to make the 1980 A.A. International Convention in New Orleans run smoothly and have it planned so that each of us can get the most out of this tremendous undertaking.

Louisiana is looking forward to greeting you at the fabulous Mardi Gras Extravaganza on Thursday evening, July 3, which will include a parade of floats inside the Rivergate complex, a complete replica of a Mardi Gras parade to be followed by two dances, the Crawfish Crawl for the young and the Mardi Gras Ball for the young at heart. To be sure, dances will be flavored at intervals with old New Orleans Dixieland jazz.

We know that many of you will want to join us on the banks of the Mississippi to welcome the arrival of some members from the St. Louis area by riverboat, complete with fanfare.

Make your plans as soon as the registrations are available, and please encourage the members in your area to do the same. Louisiana needs you to complete the picture of the true meaning of "The Joy of Living."

See you in New Orleans!"

# # # # # #

The above report was given at the General Service Conference in New York, April 1979. As you can tell, our friends in New Orleans as well as our General Service Office in New York are working hard to accommodate all of us for the 45th Anniversary of Alcoholics Anonymous. This is going to be a joyous affair and while it is not time to pack our bags yet, registration forms are to be mailed September 15, 1979 so it is time to start to think about it a day at a time. You can be sure the GOOD NEWS will carry details in future issues.

SEAGOING AND ISOLATED A.A.'s START GROUPS *from the June-July BOX 4-5-9*

We now have 590 Internationalists (seagoing A.A.'s) on our mailing list. They have started groups all over the world, even aboard ships, where 16 are now listed. This service helps these A.A.'s keep in touch with the program through correspondence with one another, with Loners, and with the staff member on this assignment.

The 482 Loners on our mailing list include English-speaking members and those who speak Spanish, French, or German. They are unable to attend meetings, because there are no groups nearby. It isn't easy to start a group, but Loners are encouraged to do so. Until a group is started, Loners stay sober reading A.A. literature and sharing via correspondence or, increasingly, use of tapes.

Each new Internationalist and new Loner receives a package of A.A. literature, lists of other Internationalists and Loners, the LONERS-INTERNATIONALISTS MEETING bimonthly, BOX 4-5-9 on alternate months, and a Grapevine order form. A new Internationalist is also sent all four A.A. directories; a new Loner, the directory in which he or she is listed.

Loner Sponsors, now numbering 968, are A.A.'s who correspond with Lone Members. Members housebound because of illness or disability are called LIMs, and we have 25.

When Internationalists no longer go to sea, they may be added to G.S.O. mailing lists as Port Contacts if they wish. Many start groups in overseas ports. One Loner in the Canadian Arctic started a group called the Arctic A's. Last year, we reported an Internationalist's effort to start A.A. in American Samoa. Now, the Pago Pago Group is listed at G.S.O. *Helen T.*

THE BIG BOOK

The two-millionth copy of the Big Book, "Alcoholics Anonymous," was presented to Health, Education & Welfare Secretary Joseph A. Califano, Jr. on June 6, 1979 by Lois W, widow of A.A.'s co-founder and author of the book. The presentation was made at A.A.'s World Service Office, 468 Park Ave. So., N.Y. Dr. John L. Norris, Chairman Emeritus, A.A.'s General Service Board, presided at the ceremonies attended by A.A. trustees and General Service Office staff.

In making the presentation, Lois noted that it took 34 years for the first million copies of the Big Book to be sold, but only 5 years more for sales to reach the two-millionth mark. It is estimated that the three-millionth book should be reached within 2 years.

NORTHERN CALIFORNIA COUNCIL

We had a splendid conference in Richmond, June 22-24. The committee worked long hours providing us with good food, plenty of coffee and soft drinks as well as pleasant surroundings. There were many sessions of one-to-one sharing enabling us all to get to know one another better. The Richmond Alano Club also did a great job providing hot meals for us the whole weekend. Many thanks to everyone who was involved.

Future conference sites are:

Stockton, CA	October 19-21, 1979
Monterey, CA	March 7-9, 1980
San Jose, CA	June 13-15, 1980
Sacramento, CA	October 12-14, 1980

Do you know that the sole purpose of the Northern California Council (NCC) is to provide us here in Northern California with three conferences per year? This is one facet in carrying the A.A. message and in each location, after a conference, attendance at regular meetings increases about 50%.

Do you know that the Northern California Council is self-supporting through the registration donations and collections taken at the conference speaker meetings? No funds are received from individual groups.

Do you know that the Northern California Council is governed by the Groups through their Group NCC Delegates (2 to each Group)? Has your group elected your Delegates?

Do you know that these Delegates choose the speakers for our conferences?

For more information, write to Northern California Council of A.A., Room 804, 166 Geary St., San Francisco, CA.

HELP

I am limited by a superior education that is inferior to the realities of my life. I need positive things in my life and have to unlearn all those things I know which are not positive. Humbly, desperately, I want to open my mind and my heart to the reality of things and the reality of myself. I am unable to find these realities alone. I need the help of God and the help of human beings who have their feet on the ground and are willing to share. I am an alcoholic. I do not know what is good for me or for others. Do you think I am striving to know too much?

Anonymous

H & I BROADSIDE

As I look back over the years, those lost years, that cannot ever be brought back, I begin to think of all the happiness, love and friends I have lost. Yes, all these things because of my drinking. Booze, as I now see it, is a crippler in more ways than one.

Alcohol takes away a lot of everyday hassels and puts our mind at ease for awhile; it soothes our nerves. We then begin to drink more than before and soon find that we are completely at ease. When it wears off and reality hits us, we double our portion. Then we are in trouble! All self-respectability begins to leave us, our friends shun us. We are alcoholic!

I've seen these things; broken homes; early death; hatred, flare-ups; crimes committed; houses broken into; drunken driving; shakes, and lastly a mental hospital. The raw facts are not taken too easily. Most people shrug it off and most say, "Who cares, it's my life." "Yes, I say, if that is the kind of life you want, you can have it! I've been down that road of no return and have returned from it!"

Painting a picture of booze flowing from a bottle and putting in the many facets of happenings that stems from it would not be too pretty of a painting to look at. At the start, if we but just remember and take heed to, "When we admitted that we were powerless over alcohol and our lives had become unmanageable." When you start admitting this, it is time to make that fearless and moral inventory and do something about it!

There are lots of good things I could have done and accomplished had I have been more aware of the warnings of the better half of myself. Many of us, most generally, wait until it is almost too late to do anything about our drinking habits. When they finally do realize what is happening to them, their surroundings, their families and their friends, they become frantic. "What can I do," most will say. "Can I really stop drinking?"

The Answer - TRUST IN YOUR BETTER HALF AND GET HITCHED FOR LIFE TO ALCOHOLICS ANONYMOUS!

Submitted by John W., Folsom Prison

* * * * * *

Two men looked through prison bars; one saw MUD and one saw STARS.

* * * * * *

For all sad words of tongue or pen, the saddest are these:
"It might have been!"

John Greenleaf Whittier

JOINT GENERAL SERVICE - HOSPITAL & INSTITUTION MEETING

The Northern California H&I Committee and both Coastal and Interior Areas of General Service now have completed three joint meetings in an effort to improve communications. Working liaison persons have been appointed to attend the opposite committee's meetings and make informative reports.

A joint General Service - Hospital & Institutions panel will be presented Sunday morning, October 21, 1979 at the Northern California Council Fall Conference at Stockton. This is a direct result of these three meetings.

A fourth joint meeting between these Northern California committees will be held Saturday, August 11, 1979 at 10 am, at the East Bay Central Office, 2910 Telegraph Ave., Oakland, CA. In attendance at this meeting will be the new H&I General Chairman, Les P. of Oakland. All interested A.A.'s are urged to attend.

RETURN TO SANITY *from S.M. in The Road Back - Dublin, Ireland*

It can often be a source of amazement that so many of us seem to take it for granted that our acceptance of being alcoholics and our desire to stop drinking alcohol are looked on as the equivalent of a complete "Return to Sanity." For a moment's thought must bring to mind many former members who, after a few months or even years of sobriety, have restarted to drink once more. And can that be consonant with a complete return to Sanity?

It should be apparent to us that active alcoholism has done damage to our whole personality - not only as regards our drinking, but in other directions as well. Years of the effects of insane drinking and thinking cannot be exorcised by the mere decision, scarcely tested as yet, not to drink alcohol again; though this decision is necessary if we are to begin our return to sanity. It could profit us all to consider this matter of "Return to Sanity" constantly and to check honestly if we have even yet totally removed or repaired the damage done to our thinking by alcoholism. Do we excuse ourselves too generously for our peccadillos of TODAY? Excuse ourselves for loss of our temper? Are we totally HONEST? Do we overlook the fact that the only useful form of Honesty on our part for that purpose is complete Honesty - and that the most hurtful targets of anything less must inevitably, be Ourselves!

via THE OREGON NEWSLETTER

* * * * * *

"It's alcohol and alcohol alone that's responsible for your condition," lectured the presiding judge to the defendant.
"Thanks, Judge," replied the accused. "Everyone else is trying to tell me it's all my fault."

THINK, THINK, THINK! *by Dean K, Oakland, CA*

So many of us arrive at the doors of A.A., living on our feelings, our emotions, to such an extent that the mere mention of "thinking" seems unpleasant. But we soon learn that if we don't change our thinking, chances are that we won't change our drinking, and our sincere desire to stay sober forces us into the realm of coherent thinking.

Thinking can be either positive or negative, but each will produce results. If we say "I can't" do this or that, the probabilities of accomplishing that effort are minimized. Further, if we think about that statement "I can't," it soon becomes apparent that what we really mean is "I won't." In many cases this simply prolongs our sense of irresponsibility and creates further problems in thinking and the ability to make decisions. Sometimes identification of negative thoughts helps to create conditions. If a person says "I think I'm getting a cold," or "My feet are killing me," those thoughts actually may worsen or even cause the condition.

On the other hand, the person who says "I think I can stay sober" probably will do just that. When asked to be a group secretary, the A.A. member who thinks "I believe I may be able to do that" probably will be successful and may become an A.A. leader, who is but a trusted servant. The person who says and thinks to God "Show me the way" will be shown.

A.A. members have a propensity for learning, but so often after we have learned something, we tend to put it on some mental shelf, supposing we know all we need to know. However, nowhere is a point reached where there is no more to be learned. Such a state actually is not attainable or even desirable. We cannot stand still; either we are progressing or regressing.

Thoughts are things - they lead to words and deeds, which are tightly bound to what we experience. Thoughts create conditions and circumstances. Thoughts cause things to happen. If that which is happening in our lives is less than good, some self-examination might be in order - where things are born, in our thoughts. Yes, thoughts are things, but they are things that can be changed.

It should be borne in mind, however, that we cannot think our way into good living. We must live our way into good thinking. Think, Think, Think!

* * * * * *

The Indian who had been expelled from the reservation a year before, returns. He sparkles, his eyes are bright, he wears a new suit, new shoes, drives a new car, a lucious dame is seated beside. "HOW," asked the Chief in the so-called traditional greeting. The sparkle-eyed Indian contentedly replies, "THE FIFTH CHAPTER!!!"

UNDERSTANDING AND LIVING THE AA TRADITIONS *by Jack B, Modesto, CA*

As an individual member of Alcoholics Anonymous, I not only have the right to talk about our Twelve Traditions, but a responsibility to talk about them. When speaking of our Traditions we are talking about the only guarantee that we have for our survival - our personal survival and the survival of our Fellowship. We are talking about the chance for survival for those who are yet to come to Alcoholics Anonymous.

One of the 1973 General Service Conference agenda topics was "What is Unique About A.A.?" There are many answers to this question, but in thinking on this subject, one thought comes to mind. I personally submit that what is most unique about A.A., is our obedience to the Twelve Traditions. We have proven once again that by spiritual means, large numbers of alcoholics can recover, but the Washingtonians proved that. The Oxford Groups proved that - churches are proving it everyday. What do we have that is really unusual? What do we have that's really unique? I believe that it's our obedience to the Twelve Traditions. It is even more unique, in that we choose voluntarily to submit ourselves to these spiritual restraints. The Twelve Traditions are not some "things" that were set up by "them," and handed down to us saying - this is what you are going to do or else! The Twelve Traditions of Alcoholic Anonymous are a re-counting of the mistakes and experiences that nearly tore our society to bits, and we voluntarily accept these restraints. The Traditions are a result of A.A. experience and are designed to protect us from - ourselves.

The Eleventh Tradition: "Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films."

Today there are perhaps thousands of alcoholics who are still fearful of coming to A.A. - fearful that their identity might be revealed. The promise of privacy-implied in the name Alcoholics Anonymous has allowed thousands of alcoholics to enter the door to an A.A. meeting. Perhaps more than half of our members today have said that their first news of A.A. was - a radio program, an article in a newspaper or a magazine. A program on T.V. Something through the public media. Bill W. said, "The Eleventh Tradition is more than a denial of self-seeking. The Tradition is a constant reminder that personal ambition has no place in A.A. In it each member becomes an active guardian of our fellowship."

During the 1974 Conference it was pointed out that there is a need for A.A. members to move toward trying to understand and cooperate with each other and with all others who also want to help alcoholics - if we want to increase the percentage of alcoholics helped by A.A. This can be done within the restraints of our traditions.

The Eleventh Tradition reminds me that I am to observe 100% anonymity at the public level, that I can reveal my A.A. membership privately however, such as to my physician, minister, employer or other individuals as I may choose.

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

The term anonymity as expressed in our Twelfth Tradition has a tremendous spiritual significance. Anonymity suggests a genuine humility as a result of spiritual restraint. That for my own survival I had to place the common welfare first. To give the kind of love that has no price tag. To do so without expecting something in return - without reward or praise. Anonymity is sacrifice of self. Bill W. said, "The spiritual substance of anonymity is sacrifice." I believe that the practicing of these principles in all my affairs, as described in the Twelfth Step of our program of recovery is shown to me in the Twelve Traditions. The Twelve Traditions provide the manner and the direction, the method and the means for doing so, in every part of my life - inside and outside of A.A.

I have been blessed with strong sponsorship since I've been in A.A. Very near the beginning of my A.A. experience I was made aware of the Traditions, and they are a part of my personal program. Earlier within the program of recovery I found some faith coming into my life and learned that faith without works is an empty thing. Faith that works takes action in my life. I am deeply grateful for my sobriety. If I am truly grateful for what has been given to me I am also responsibile, and responsibility, I believe, is what the Twelve Traditions are all about. Faith and Gratitude. Faith without works is an empty thing --- Gratitude without responsibility is not an empty thing. It is a very active thing. Gratitude without responsibility, I believe is called hyprocrisy.

The Traditions provide us a manner and direction so that our society can survive, and if our society survives we are going to live and learn to love one another, out of the spiritual growth the Traditions give us. When we learn to love one another we learn to serve - when we serve we help to guarantee that A.A. will be here in the future to carry out its life giving mission. The carrying of the message to those alcoholics yet to come.

* * * * * *

DO YOU WANT TO RECEIVE YOUR ISSUE OF THE GOOD NEWS BY FIRST CLASS MAIL? Now it can be done. The cost will be $2 per year in addition to the $3 single subscription price.

DO YOU WANT TO KNOW WHEN YOUR SUBSCRIPTION EXPIRES? On the upper right hand corner of each mailing label is a date. If it reads 12/79, your subscription expires December 1979.

PRAYER OF PRAYERS

Lord, thanks for not answering my prayers. All my life, Lord, I've prayed for this, and I've prayed for that. I've pestered you with problems not worthy of your attention. I've asked you to make life easier for me.

I've prayed, asking you to give me answers so I wouldn't have to think them out myself.

I've asked you to forgive me for my transgressions when, instead, I should have been striving to atone for them.

I have prayed for sure ways and shortcuts to wealth and success, when I should have been working for them. I have prayed requesting good health, instead of excercising my body and minding my diet.

I have asked you to help me understand my fellowman, when I should have been listening sympathetically to him personally and helping him with his problems.

Lord, if you had done all those things for me when I asked for them, I would have become lazy, dependent and weak in character.

But by making me handle things myself, you have forced me to be a character I can respect - and that's the one biggest thing I have prayed for.

Thanks, Lord, for not answering all those prayers. Amen.

SIMPLIFYING LAWS *from NEW HOPE via THE FRESNO PIPELINE*

If the whole day, or just life itself, sometimes seems confusing to us, there are some laws that will help simplify matters -

Chisholm's Law - "Anytime things appear to be going better, you have overlooked something." This reminds us not to become complacent with our sobriety.

Murphy's Law - "If something can go wrong, it will." This reminds us that in sobriety things can go wrong.

Crane's Law - "There is no such thing as a free lunch." This reminds us that there are no free rides to sobriety, that we have to work at it by practicing the A.A. principles, that the A.A. way of life is not easy, that our journey in the program is an adventure in living, and that we need the nourishment.

IF YOUR MIND SHOULD GO BLANK, DON"T FORGET TO TURN OFF THE SOUND!!

HOW OTHERS SEE US *from Area Accents*

Judd B of Rochester, N.Y., reports on a program at the Colgate Rochester Divinity School. Forty-two students enrolled in a "Ministerial Foundations" course were assigned to visit at least two A.A. meetings. A two-page paper assessing the experience was then prepared by each of the students. In addition, a discussion was held, during which students offered their impressions of A.A. in operation. Some of their comments follow:

- A.A.'s don't try to analyze the A.A. program; they just use it.
- Listeners agreed and identified with instead of instructing.
- There was a very valuable awareness of a Higher Power.
- There was a very disarming simplicity.
- I was impressed by the empathy.
- There was high sociability and low dominance in A.A.
- No one was too bad off to be helped.
- There were inordinate amounts of tobacco smoke and coffee. Are these addictions related?

(Taken from P.I.-C.P.C. Bulletin, Vol. 4, No. 2, Summer 1979)

SLANDERED SWINE

Of all barnyard animals the most misunderstood is the pig. According to Ida M. Mellen in THE NATURAL HISTORY OF THE PIG, the idea that pigs are dirty is one of the commonest fallacies. On their own, pigs are scrupulously neat. Unlike cows and horses, pigs require a clean bed and would rarely need housebreaking if kept indoors. As for wallowing in mud, they do need to wallow to keep cool, and when there's no clean water at hand, they'll wallow in whatever is wet and available. Another popular false notion is that they'll eat anything they find in their troughs. Pigs can be picky about their daily fare and will turn up their snouts at tomatoes, cucumbers, orange peel, catnip and tobacco. They have a special predilection for cabbage, cantaloupe, bread, ferns, sedge roots, beechnuts, acorns and elderberries. Delectable foods (by their standards) are their weakness, and they can be bribed easily with tasty treats. Pigs also have many hidden assets. They're gregarious, friendly, sensitive and highly responsive to kindness. When kept as kitchen pets, as they are in Ireland, they become devoted to people and follow them around like faithful dogs; they can be deeply hurt if other pets are brought in. Their proverbial greed or "hoggishness" is another misconception. Pigs readily stop eating when they've had enough. Drinking, however, can be another story. Notoriously social and chummy, they may occasionally be caught tippling. One group of pigs that had inadvertently tied one on by drinking milk from an old whiskey barrel were found sitting up tipsily on their haunches, squeaking and pulling one another by the ear.

IF THE ELEVATOR TO SOBRIETY DOES NOT WORK, TAKE THE STEPS.

COURAGE *from CENTRAL BULLETIN, Cleveland, Ohio*

From the last couple of speakers that I've heard at A.A. meetings an entirely new light has been shed on a word that I thought I was an authority on. That word is courage.

This doesn't surprise me anymore, at least not as much as it used to. In fact the longer I'm in the program the less I'm finding out as far as being an authority. Does that make sense? Anyhow back to courage. Over the course of my life as a drunk, courage was always very plain to me. It consisted of anyone who would do things like hold off a couple of guys with a cue stick in a joint. Or look down the barrel of a gun and tell some one to use it or put it away. Courage would take the form of telling people off, just because a so thin skin was bruised, or taking the wheel of a car even if they couldn't walk. This was my idea of guts, courage, toughness, or whatever label you choose to use.

Growing and listening in A.A. has taught me a different concept of this marvelous word of action. One night I was all teed off because I was late for a meeting, and thinking that they couldn't get along without me, I had worked myself up into quite a self-centered dither. I sat this way letting my mind wander from the speaker, who I had heard before, until my eyes fell upon a young girl. She had that look of wonder, "Teach me something please, I want to get well." She gave a very sincere comment and I guess I realized a spiritual experience. I saw more courage in that girl's eyes than I had ever seen in all the insane nonsense of my drinking days.

I've seen some marvelous people have the raw courage to tell another A.A., including myself, that their thinking was getting dangerous. Not to be a people-pleaser and be a good member of this fellowship takes more courage than I ever thought possible to exist for myself, the one time tough guy with the black hat.

But this real courage that I see in hospitals, meeting rooms, and all over when I look for it, is unlimited. An unending supply of this power, this miracle, this fellowship of Alcoholics Anonymous is mine for the asking. Through my Higher Power, my God as I choose to call Him, I'll get all I need if I ask for it. I was told that He wouldn't give me any more than I can handle, I believe that. If I just ask for the courage to meet what He has laid in my path I'll be alright. I'll be sober "One Day At A Time!"

Larry S., We Care Group

* * * * * *

"You'll have to pay full fare for that boy, lady. He looks over twelve."
"How can he be over twelve? I've only been married ten years?"
"Look, lady I just take fares - not confessions."

WINNERS AND LOSERS

Each human being is born as something new, something that never existed before. He is born with what he needs to win at life. Each person in his own way, can see, hear, touch, taste, and think for himself. Each has his own unique, individual potentials - his capabilities and limitations. Each can be an important, thinking, aware, and creative productive person in his own right -- a winner.

The words "winners" and "losers" have many meanings. When we refer to a person as a winner, we do not mean one who beats the other guy by winning over him and making him lose. To us, a winner is one who responds authentically by being believable, trustworthy, responsive and genuine, both as an individual and as a member of a society. A loser is one who fails to respond authentically who is untrustworthy and not genuine.

Few people are one hundred percent winners or one hundred percent losers. It's a matter of degree. However, once a person is on the road to being a winner, his chances are greater for becoming even more so.

Winners have different potentials. Achievement is not the most important thing. Authenticity is. The authentic person experiences the reality of himself by knowing himself, being himself, and becoming a believable, responsive person. He makes his real one-of-a-kind uniqueness and appreciates the uniqueness of others. He does not dedicate his life to thoughts of what he imagines he should be. Rather he is himself and he does not use his energy putting on a performance, pretending to be something he isn't and manipulating others into his game. A winner can reveal himself instead of coming on with images that please, anger, or tempt others. He is aware that there is a difference between being loving and acting loving, between being stupid and acting stupid, between being knowledgeable and acting knowledgeable. He does not need to hide behind a mask. He throws off unrealistic self-images of inferiority or superiority. Autonomy or self directions does not frighten a winner.

Anonymous

* * * * * *

Man is the only animal who breaks his neck to save face...
He who gets too big for his britches will be exposed in the end...
It's hard to keep your shirt on when you're getting something off your chest...
Middle age is when you want to see how long the car will last instead of how fast it will go...
Being right half the time beats being half right all the time...
Knowing when to keep your mouth shut is invariably more important than opening it at the right time.

THE FUNCTION OF FEAR IS TO WARN US OF DANGER, NOT TO MAKE US AFRAID TO FACE IT.

COMING ATTRACTIONS

Aug. 3-5	2nd Annual Sierra Nevada Roundup, Holiday Inn, 1000 6th, Reno, NV. Theme: "It's A Beautiful Noise" - Inquiries: 702-358-6875 (Eve.)
Aug. 11 10 am	Joint General Service & Hospital & Institution Meeting, East Bay Central Office, 2910 Telegraph Ave., Oakland, CA 94609
Aug. 17-19	12th Annual 22nd District Convention, Cal Poly Campus (Student Union Building), San Luis Obispo, CA
Aug. 19 9 am	Annual CCFAA Picnic, Elk Grove, Area 9, Sacramento, CA. All proceeds to go towards the support of the Central Office.
Aug. 22 8:30 pm	32nd Anniversary San Carlos Awareness Group, Arroyo & Elm Sts., San Carlos, CA - Speaker: Lee G of Alameda, CA
Aug. 24-26	3rd Annual Hi-Sierra Campout, Mammoth Lakes, CA - Come join us in the mountains, among the whispering pines, for an experience of serenity, spirituality, and fellowship. Inquiries: 714-934-3434 or write to: P.O. Box 1331, Mammoth Lakes, CA 93546
Aug. 31 Sep. 1 2 3	Labor Day A.A. Marathon, 1364 Valencia St., San Francisco, CA. Meetings beginning at 11 am Friday, Aug. 31 until midnight - Meetings beginning at noon on Saturday, Sunday & Monday, Sep. 1-3 until midnight.
Aug. 31-Sep. 2	The Great Outdoor Beaver Meeting, Beaver, Utah 84713 - Inquiries: Wally W., Chairman, 19630 Four Oaks, Canyon Country, CA 91350
Sep. 21-23	A.A. Tahoe Fall Festival, Stanford Sierra Lodge, FAllen Leaf Lake at South Lake Tahoe, CA - "Sharing is Caring" - Inquiries: P.O. Box 9692, So. Lake Tahoe, CA 95731 - Reservations Limited

* * * * * *

The word is NOW - Nothing so affects our overall feelings of happiness and wellbeing as learning that the important time is now! Senaca said, "One should count each day a separate life." This is a difficult art to master. It is so easy for the mind to turn back with regret or forward with apprehension, and neither of these mental actions adds anything to living a fulfulling life now. The time of now is so filled with possibility, challenge, and opportunity that today, well lived, insures a better yesterday and tomorrow.

HAPPY PEOPLE MAKE GOOD TIMES HAPPEN

FROM THE MAIL BAG

"I enjoy the GOOD NEWS primarily because it seems to me to be more AA Family oriented as well as dealing with the AA principal "Today" as opposed to straight AA dogma. For me, I need the dogma but also need to see, hear and read about how other A.A's are making it today." *Roger C, Stockton, CA*

"I was hungry. The July issue of GOOD NEWS hit the spot. Please renew my subscription." *Jack F, Madera, CA*

"GOOD NEWS continues to be vital and valuable." *Elise W, San Jose, CA*

"Really enjoy the GOOD NEWS each month. I do miss the meetings at 1364 Valencia St." *Lucille W, Reno, NV*

"I get so much out of each copy of GOOD NEWS that I want to share it with my friend in Australia. I met him there just over a year ago at the Gallery AA meeting in Melbourne." *Will N, Carmichael, CA*

Many thanks to all of you for writing as well as renewing your subscriptions. A special welcome to our Sierra Conservation Camp friends who have sent in a new subscription for 10 copies and all the other new subscribers. Thanks.
JoAnne P.

The material published in GOOD NEWS represents the experience and opinions of AAs and other 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.

To share with a friend is to see twice the beauty . . .

Good News

Published Monthly in San Francisco
By the Northern California Council of
Alcoholics Anonymous
JoAnne P., Editor
address all correspondence to
GOOD NEWS
166 Geary Street, Room 804
San Francisco, California 94108

Mail Subscription to: GOOD NEWS, 166 Geary Street, Room 804
San Francisco, California 94108

Individual Subscriptions-
in U.S. $3.00 per year
outside U.S. $4.50 per year

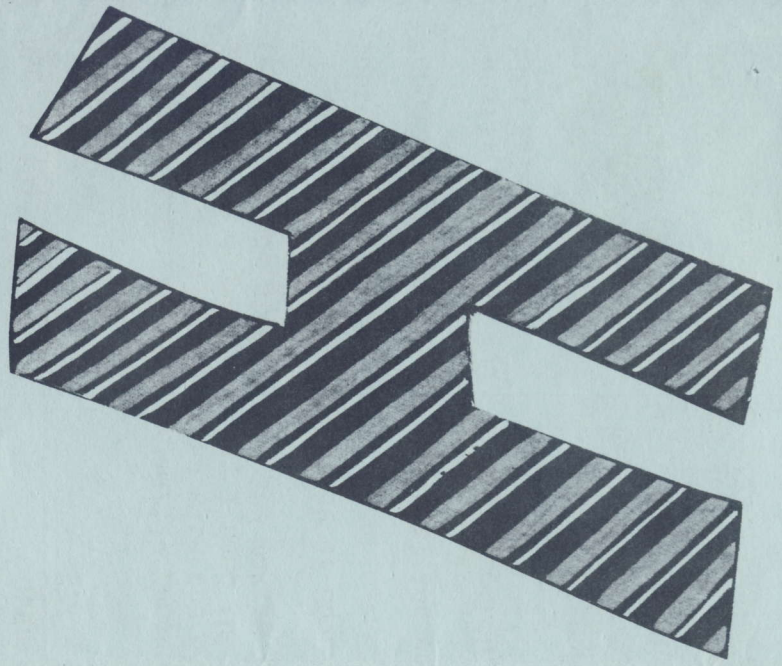
Bulk Mailing to One Address in U.S.-
2 to 9 copies $2.50 per copy per year
10 or more copies $2.00 per copy per year

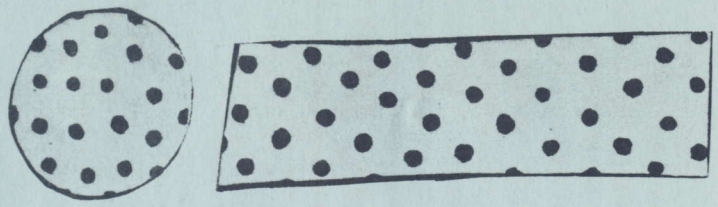
Enclosed find $_____ for _____ copies of GOOD NEWS to be mailed to:

Name: _____

Address: _____

City: _____ Zip: _____





166 GEARY STREET – SUITE 804
SAN FRANCISCO, CALIF. 94108

Non Profit Org.
U.S. Postage
PAID
Permit No. 6158
San Francisco
California

ADDRESS CORRECTION REQUESTED

Nina Scherfen 5/80
1882 39th Ave
San Francisco CA 94122

THIRD CLASS