



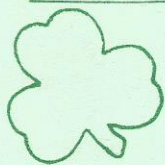
# Good News



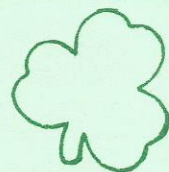
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## LIVE AND LET LIVE



Most of us have spent years in our drinking careers pursuing a course of death and destruction. Now that we are in the A.A. program and working the Twelve Steps, let's go forward with a program of living. Nietzsche said "A man who has a why to live can bear with almost any how." Sobriety furnishes the "why;" the Fellowship of Alcoholics Anonymous, the Twelve Steps to recovery, and the one-to-one sharing at A.A. groups and through sponsorship provide the "how."

But have you let go? Are you living a life of fear and limitation because of a "sin" committed very long ago? A sin is nothing but a mistake, and everyone makes mistakes at some time. In making choices along the way, any decision made at a particular time no doubt was correct for that moment in time. There was a reason for choosing, you did the best you could under the circumstances, and if it was not the right decision, now you know. So breathe deeply, you are free, this is Today. Let go, let God, and live!

And Let Live! Some of us become so righteous and judgmental in our sobriety that it almost creates a feeling of alienation from others. Whether we voice our disapproval of others or just think it, it does not make for happy human relations. Many times such people also feel they cannot forgive or forget, and keep alive past hurts and resentments, which they seem to see reflected in other associates. Thomas Merton said "He that cannot forgive others breaks the bridge over which he must pass himself; for every man has need to be forgiven."

No matter how justified a person may feel in judging or condemning that which seems wrong to him, he cannot afford to continue in such a state of mind. As Bill said in the 12 X 12, "It is a spiritual axiom that every time we are disturbed, no matter what the cause, there is something wrong with us." The principles of tolerance and love have to be emphasized in actual practice. When we can accomplish this, the orthodox and the unorthodox mix happily and usefully together. We all are children of God, as we understand Him. Let us not be our brother's keeper, but rather our brother's brother. by Dean K



AN APPEAL TO THE OLD TIMERS - from "Mainstay," N.Z.

From observation of the various meetings that I have attended around Auckland, I am delighted to see many newcomers and people who are celebrating first and second and sometimes third birthdays. Many of the meetings seem to be made up of two-thirds of these people with from one month to three years sobriety.

However, as a "middle timer" i.e. over five years; I am worried by the all too few people of five years and over at meetings. You see, although it is wonderful to see newcomers entering the fellowship, I need the fellowship as much as they do. Where are the older hands for me to need, to learn from, to be helped to reach ten years, to share changes that are happening in me? You see, I need to GROW in my sobriety - I cannot stand still, and to grow I must ask those older in sobriety to share their experience, strength and hope with me. I need them - and strangely enough the few that I have spoken to need ones like me. They want to be wanted. They want to feel that they have a place in this fellowship and that everything is not devoted to the newcomer. No matter how long I have been sober, now or in the future, I need this program; I need you older members to tell me how to go on living sober when sometimes the world's walls start to close in again.

For some reason when I entered the fellowship I believed that after a magic period (and I am not sure how long that was meant to be) I would find that I had no more problems, life would be serene and I would walk down the rose strewn pathway of life bestowing my serenity on those who asked. Life, in not one department, is like that for me and I sometimes think that I have a responsibility to say so simply because as a newcomer I did not understand that it would never be plain sailing all the way - ever, yet for a while as a newcomer I was led to believe that this would be so.

In closing, I would like to appeal again to the old timers and the old middle timers who may read this but do not come to meetings any more. Please come back. I need you as do so many others. I love to see the new members coming in but I have been where they are. Where do I go from here? How do I grow into my teenage years in sobriety and beyond those? When I have feelings of searching for something more, who can I turn to if you are not around? Who is there to ask questions of like I used to when I first came to AA? Must I too drift away from the meetings because there are too few "elder statesmen" to turn to? You see if I do not grow in my sobriety, I believe I go. I have seen those who have drunk after ten years and more. I do not want to do that. I am hungry to learn more for the older I am in AA the less I seem to know when I see how far stretches ahead of me. I still am a sufferer from this disease as we all are until the day we die. I still have more than half my life ahead of me, so old timers please come back and help those like me. I need your experience in living and what happens when those whom I sponsor one day turn to me and say "How do we handle this?" I need you to help me to help them. You were here when I first came into the fellowship - please don't desert me now.



HOSPITAL AND INSTITUTIONS RAMBLINGS - from "By the Way", Sacramento, CA

The gas shortage may prove to be another blessing in disguise for H&I panel members. Especially for those going to distant facilities for meetings, there will need to be car pooling to conserve gasoline. This is going to mean that we will get to have three meetings in one evening.

On the way up to the facility, we will discuss what has happened during the day and get to know each other if we haven't shared a meeting before. We'll have a chance to talk about how these principles are working in our daily affairs.

Then, at the facility, we'll have the chance to share our experience, strength and hope with the people "inside" and to better keep what we have by giving it away again.

On the way home, there'll be another meeting as we discuss further ideas that started percolating during the "inside" meeting or share some concern that the meeting has brought out.

After such an evening, we will go our separate ways with renewed strength and hope and with a carload of new and closer friends. Hospital and Institution activity is not just "work" - it can be a fulfilling and enriching way of life. Try it - you just might like it and what it does for you! Call you Central Office for information on H&I meetings in your area.

GOOD NEWS 1979 FINANCIAL STATEMENT

1978 Balance Forward		\$756.96
1979 Income (Subscriptions & Donations)	\$4,470.09	
1979 Expenses (Printing, Postage & Supplies)	\$4,734.50	
Balance as of December 31, 1979		<u>\$492.55</u>

## Subscription Statistics:

January 1979	637 Individuals	713 Copies to 73 Groups
January 1980	835 Individuals	891 Copies to 87 Groups

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"Dad, I read about a man who was a financial genius. What does that mean?"

"It means that he could earn money faster than his family could spend it'."



## THE KEY TO ACHIEVEMENT

Has your Group selected a new Secretary recently - or a General Service Representative? How about an Intergroup Representative? What qualifications have you looked for in such selection? Have you railroaded the individual into the responsibility on the theory "it will be good for him (her)," or have you considered the good of the Group? Has there been an actual Group election or has the individual been selected by only a few other members? The importance of these responsibilities cannot be underscored too strongly. They well could affect the tone of future sobriety for the responsible member.

Each person's ability is determined by his receptivity to the potentials of life. Some of our capabilities may seem natural and native, as if we have been endowed with special talents; but it is only that we have been more receptive along those lines. Every effort put forth to acquire a new skill along some line of endeavor automatically increases our ability to receive the intelligence and power necessary for its accomplishment. Life can give to us only that which we are prepared to receive. If you don't believe this, consider the Group secretary, who learns how to do the job just about the time he (she) rotates out of the responsibility.

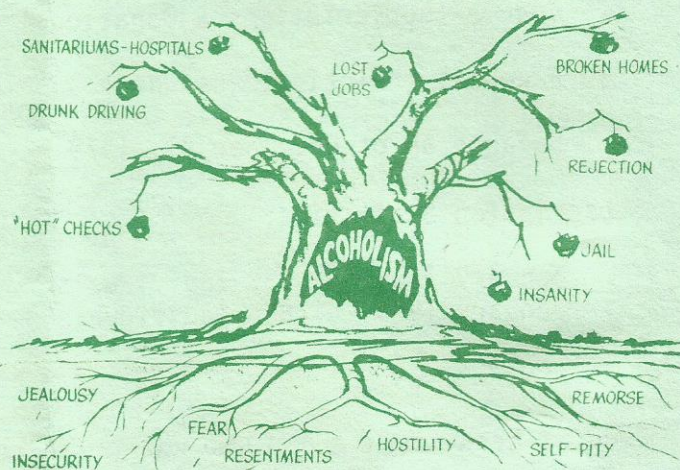
The key to all achievement is our willingness to move in the direction of that which we would like to accomplish. Dreaming about it, without action, never accomplishes anything. Only as we put forth effort is our vision extended and our receptivity intensified.

And this applies not only to service responsibilities, but the basic "staying sober" program outlined in the Twelve Steps to Recovery. by Dean K.

### AN IRISH BLESSING -



*May there always be work for your hands to do,  
 May your purse always hold a coin or two,  
 May the sun always shine on your windowpane,  
 May a rainbow be certain to follow each rain,  
 May the hand of a friend always be near you,  
 May God fill your heart with gladness to cheer you.*





GIVING  
 "THE WAY TO A SPIRITUAL WAY OF LIFE"

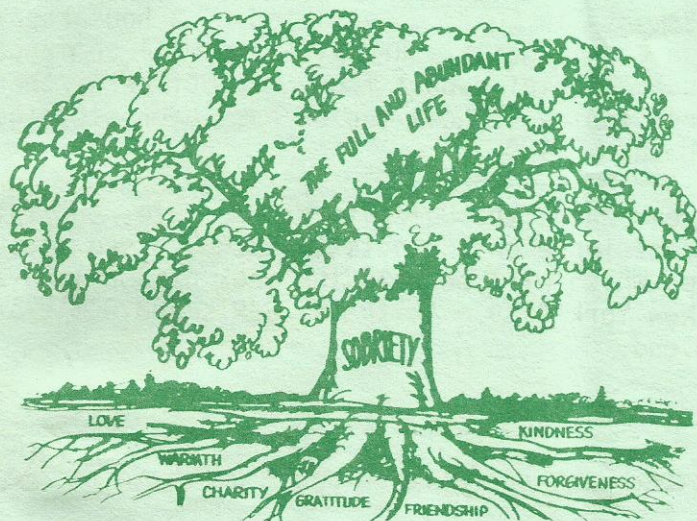
Most AA's have noted the astonishing sources of energy that seem available to those active AA members who enjoy or find meaning in what they are doing. In giving, sharing, and helping other alcoholics in this new way of life.

They have done away with the false fronts of their alcoholic life, have rediscovered the things they understand and really believe in, and have put their heart and soul in doing so.

They are capable of accepting love and friendship and capable of giving it. To them the joys, sufferings, and problems of their AA friends are a part of their life. The love and friendship of the fellowship of AA dissolved the shell that isolated them in their drinking days.

They have found a spiritual way of life without haloes or wings. They have learned to give of themselves and seek nothing in return.

At one time or another you've heard a member of AA say, "I wish I could get the spiritual part of the AA program." In a very true sense, the beginning of a spiritual way of life in AA is a "gradual takeover" or "changeover" by God, as you understand him, without the loss of personal freedom in any way. Our blindness is replaced by light, weakness with strength, selfishness with understanding and unselfishness, and hate with love. It makes you realize that it is not just a dream beyond your reach, it is a reality, available to everyone who wants it. DO YOU WANT IT? by Paul R, Warren, Ohio via  
 "Central Bulletin"



AN ENGLISH BLESSING -

May your joys be as sweet as  
 spring flowers that grow,  
 As bright as a hearth fire  
 when winter winds blow,  
 As soundless as leaves that  
 float down in the fall,  
 As serene as the love that  
 keeps watch over all.



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COMING ATTRACTIONS

- Mar 28 8 pm 8th Anniversary of the Westlake Friday Night Group, Westlake Recreation Bldg., 149 Lake Merced Blvd., Daly City (Across from Fernando Rivera School) - Speaker: Shamus O'C. Home made refreshments - Lots of good coffee - Please come and bring a friend.
- Apr 5 California Northern Coastal Area Pre-Conference Assembly (See below)
- May 2-4 8th Annual All State Conference of the California Hospital and Institution Committee, Hilton Hotel, Fresno, CA Send inquiries to: Hospital and Institution, P.O. Box 2553, Landcaster, CA 93534
- Jul 3-6 45th Anniversary International AA Convention, New Orleans, LA Contact your Central Office for information.

CNCA PRE-CONFERENCE ASSEMBLY

Plans now are finalized for California Northern Coastal Area's Pre-Conference Assembly, to be held Saturday, April 5, 1980, at the County Fairgrounds in Pleasanton. The program will consist mainly of discussion of the 1980 Agenda Topics, with an AA speaker meeting in the early evening, featuring Sylvia M of El Cerrito. Facilities are available for a maximum of 400 people, to include an evening potluck dinner. No registration fee is required for this Assembly, although Group contributions will be gladly accepted. Ample parking is available at the Fairgrounds. To reach the Fairgrounds, take Santa Rita Road off Highway 580 East, or the Bernal Avenue off ramp from Highway 680 South; or it can be reached by public transportation via Greyhound bus.

Heading the host committee is Sam B, San Leandro, assisted by a housekeeping crew from Districts 750, Alameda County South. Registration will commence at 11 a.m. followed by a light lunch, a brief report from Area Officers, then an in-depth discussion of the Agenda Topics. These topics have been distributed to all Groups in January and February 1980.

This is the one Assembly each year where the Delegate stands mute, to listen and take notes of the Groups' conscience on subjects to be discussed at the 30th General Service Conference, which will be held the week of April 20-26, 1980, at the Hotel Roosevelt, New York City. All AA's, GSR's and DCM's are urged to attend and bring a friend.

\* \* \* \* \*

*If you don't want to slip on a slippery slide, then don't go where it is slippery,  
For that one little slip can take you on a trip from which you may never return.*

*from Lorene V of Vallejo*

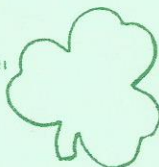


FROM THE MAIL BAG

"Thanks for printing the article regarding non-approval of the 24 Hour Book at AA meetings.

"Compare with the Lord's Prayer. Do not both of these tend to define the Higher Power?

With sincere concern,"



Juanita W, Modesto, CA

ON ANONYMITY

Anonymity is of supreme importance to us all. It protects us, our families and our jobs from harmful gossip and criticism. More important, AA deals not with personalities but with ideas - to think honestly, forget ourselves in service to others, to look with courage at our problems, and to cease being afraid of life.

\* \* \* \* \*

A crew of repairmen drove out to the country to fix a road before they discovered that they had left their shovels back in the shop. They phoned the boss to report their plight.

"I'll send the shovels out right away," said the engineer. "Meanwhile, just lean on each other."

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\* The material published in GOOD NEWS re- \*  
\* presents the experience and opinions of AAs \*  
\* and other interested in the field of alcoholism. \*  
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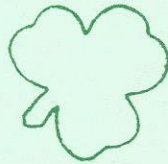
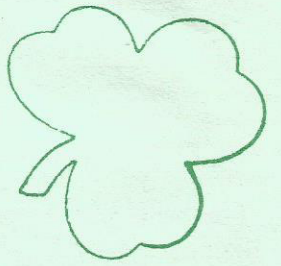
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but rather our brother's brother. *by Dean K*





Happy  
St. Patrick's Day!

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

ADDRESS CORRECTION REQUESTED

THIRD CLASS



into my teenage years in sobriety and beyond on  
searching for something more, who can I turn to  
there to ask questions of like I used to when I  
drift away from the meetings because there are  
turn to? You see if I do not grow in my sobriety  
those who have drunk after ten years and more.  
hungry to learn more for the older I am in AA  
see how far stretches ahead of me. I still am  
we all are until the day we die. I still have  
me, so old timers please come back and help the  
ience in living and what happens when those who  
and say "How do we handle this?" I need you to  
here when I first came into the fellowship - p

