



Good News



FEBRUARY 1981

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EASY DOES IT

It's been heard around the tables: "Just come to meetings, let it happen, you don't have to do anything. Easy Does It!" Perhaps it works that way for a very few of us; but for the majority, this program of sobriety means work, work, work. There's a sentence in the Big Book, after "The Promises", which many of us ignore: "They will always materialize if we work for them" - and that's not "Easy". This "Easy Does It" - what does it mean?

Remember, we're not going to solve all of our life's problems in one day. Loss of a job, a broken marriage, physical health problems, child custody, the big troubles, the bitter disappointments, the deep wrongs, the heart-breaking sorrows, tragedies of life - just let them go. Drop them softly, maybe, but surely. Put away all regrets and bitterness and let sorrow be only a softening influence. Easy Does It, and make the most of the future. We must work with what we have left, not what might have been!

There is almost nothing an individual can do to influence great events. We can't stop War. Bureaucracy and inept government are frustrations, but not within individual control. We may worry ourselves silly about being destroyed and the world with us, by The Bomb - but all that avails us is to make us sicker. Remember, we've already experienced our "worst day". Let's face it: We can't even manage our own lives. Let it all go, Easy Does It, and let's find the courage to change the things we can.

Albert Jay Nock, American essayist, put it succinctly: "The only thing that the physically human being can do to improve society is to present society with ONE IMPROVED UNIT. In a word, ages of experience testify that the only way society can be improved is by the individualist method which Jesus apparently regarded as the only one whereby the Kingdom of Heaven can be established; that is, the method of each One doing his very best to improve one (himself, herself)". This is precisely what the Twelve Steps to recovery are for. And remember, waiting is part of recovery. Easy Does It!

EASY DOES IT (Continued from Page 1)

In Ecclesiastes we read: "To everything there is a season, and a time to every purpose under the heaven". There is a natural and sequential unfoldment of our experience. We grow in our awareness through patience. In this way we learn to appreciate and accept the good that is ours. We are only able to accept that of which we become aware. With the guidance of the Power greater than ourselves we build our good upon the foundation of right action - BUT only one day at a time. Easy Does It!

By our willingness to let God, as we understand Him, express through us, life in its fullness will happen - but maybe not tomorrow! Do not try to compel it. Let it lead you, and each adventure will be a stepping-stone to a greater one.

Easy Does It - But Do It!

Dean K. - Oakland

THE MAN WHO NEVER MADE A MISTAKE

A great number of otherwise well-qualified men never seem to rise above a certain level. They seem to have a deathly fear of ever being wrong. They never want to make a decision because they never want to make a mistake. If it is your goal in life to be known to your associates as the man who never made a mistake, then be prepared to be known also as the man who never really accomplished very much. Today, make a few decisions on your own. They may be right or they may be wrong, but you made them, and tomorrow your boss may also give you a raise.

From PIP



AA TAKES ITS INVENTORY

My first thought after I read the poem "What Did You Do Today?" in the December issue of the GOOD NEWS was the 1981 General Service Conference theme "AA Takes Its Inventory".

From the beginning I remember people telling me that it was a good idea to take a personal inventory, (4th Step). As I worked each step, I took another look into my inner self. Just to make sure I hadn't overlooked anything, it was suggested that I review my day. Step 10 suggests that I continue. So goes my inventory in Recovery.

It is also suggested that the group take a periodic look at themselves, to review the responsibilities of the group and to re-awaken and re-acquaint the group members with the Twelve Traditions. This is inventory in Unity.

The Calif. Northern Coastal Districts took a look at themselves, the purpose and responsibility of the GSR. Has the GSR been the link from the group to the wholes of AA; the courier of ideas and up-to-date information, the cornerstone of the structure and custodian of the Traditions? As the leaflet says, "GSR may be the most important job in AA". Our service inventory was most revealing.

Self-searching, self-examination, personality review, group scrutiny, job responsibilities or by any other name still means "taking an inventory". Whether it be in Recovery, Unity or Service, it takes courage and sometimes the results are painful. The fulfillment and reward of this painstaking experience is the knowledge of the direction we will be taking to correct our weaknesses.

This year the General Service Conference and AA as a whole will be taking an inventory. The list of agenda topics for the 31st annual (1981) meeting of the General Service Conference will be designed along that theme.

If Bill and Bob were here they would be proud that we are assuming the responsibilities they intrusted to us.

I am looking forward to this year with excitement and enthusiasm.

Lejeune D. - Pinole

GRAPEVINE REPRESENTATIVE

For some four years now AA Groups and Districts have elected Grapevine Representatives (GVR's), and the resultant activity of the GVR's across the country has resulted in increased individual and Group subscriptions. This has been helpful to the AA newcomer as well as longtimers, since the AA Grapevine is a "meeting in print", and is one of the tools that we can take with us when we face that second moment of truth - that is, when we leave our AA Group meeting.

Many people have asked "What does a Grapevine Representative do?" The GVR's primary responsibility is to make sure Group members are aware of the magazine and the enhancements to sobriety it offers. Some AA Groups hold "Grapevine meetings" and in some cases "Grapevine Groups have been formed.

After a new GVR's name and address are sent to the AA Grapevine, Inc., each month he (she) will receive specially prepared material on the next issue, describing articles of particular interest. He may read excerpts from this in making announcements at meetings. Of course, he reads the magazine regularly, himself, and talks to other members informally about it. He encourages individual subscriptions, and particularly Group subscriptions in quantity for sale at meetings, or to give away, as the Group Conscience dictates. For further information see Page 16 in the pamphlet "The AA Group".

The cost is moderate - \$6.00 for one year or \$10.00 for two years. Why not subscribe today? Send your name, address and check to the AA Grapevine, P.O. Box 1980, Grand Central Station, New York, NY 10163

Dean K. - Oakland

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"My wife doesn't understand me," complained the man. Turning to the next guy at the bar, again he cried, "My wife doesn't understand me. Does yours?"

"Gosh, I don't know," came the reply.

"She never mentions your name." SILVER DOLLAR
Fargo, N.D.

34TH ANNIVERSARY ANNUAL SPRING CONFERENCE



PROGRAM

MARCH 13, 14, 15, 1981

FRESNO CONVENTION CENTER
700 "M" Street
FRESNO, CA

NORTHERN CALIFORNIA COUNCIL OF AA

Friday, March 13, 1981

3:30 P.M. "EARLY BIRD" A.A. Meeting—Exhibit Hall

Chairperson: Bill C., Piedra, Ca.

8:30 P.M. "KICK-OFF" Meeting—Exhibit Hall

Chairperson: Howard K., Sacramento, Ca.

Definition: Donald G., Walnut Creek, Ca.

Chapter 5: Hal G., Sunnyvale, Ca.

Traditions: David T., Gustine, Ca.

Speaker: Wes J., Los Angeles, Ca.

10:30 P.M. A.A. Discussion Meeting—Exhibit Hall

Chairperson: Jim L., Porterville, Ca.

Saturday, March 13, 1981

9:00 A.M. REGISTRATION—Exhibit Hall

9:30 A.M. HOSPITAL & INSTITUTION OPEN MEETING—Exhibit Hall

Chairperson: Percy F., Sacramento, Ca.

Purpose of H & I: Frank W., Citrus Heights, Ca.

Traditions: Lester F., Elk Grove, Ca.

Non-A.A. Speaker: Bob Thomas, Assoc. Warden, Folsom
Prison

A.A. Speaker: Bud R., Oceanside, Ca.

11:00 A.M. WORKSHOP: "Attraction vs Promotion"—Exhibit Hall

Moderator: Lois J., Novato, Ca.

11:00 A.M. N.C.C.A.A. STEERING COMMITTEE MEETING—Grape Room

Lunch Break

1:00 P.M. GENERAL SERVICE SPEAKER MEETING—Exhibit Hall

Chairperson: Gina H., Novato, Ca.

Reader: Mary A., Lemoore, Ca.

Speaker: Trisha G., Novato, Ca.

1:00 P.M. SPANISH SPEAKING MEETING—Grape Room

Chairperson: Jose A., Fresno, Ca.

Definition: Frank G., Mendota, Ca.

Chapter 5: Paul C., Fresno, Ca.

Traditions: Gill R., Porterville, Ca.

Various Speakers

2:30 P.M. N.C.C.A.A. OPEN MEETING—Exhibit Hall

4:00 P.M. YOUNG PEOPLES MEETING—Exhibit Hall

Chairperson: Marco T., Vallejo, Ca.

Definition: Toni L., Sacramento, Ca.

Chapter 5: Jan T., San Francisco, Ca.

Traditions: Cathy F., San Mateo, Ca.

Speaker: Chester M., Hayward, Ca.

8:30 P.M. OPEN SPEAKER MEETING—Exhibit Hall

Chairperson: John T., Sacramento, Ca.

Invocation: Rev. David O. Duran, St. Johns
Cathedral, Fresno, Ca.

Welcoming Address: Bruce Bronzan, Fresno County
Supervisor

Definition: Harvey P., Stockton, Ca.

Chapter 5: Connie W., Sunnyvale, Ca.

Traditions: Bob S., Danville, Ca.

Speaker: Dave C., Raleigh, No. Carolina

10:30 P.M. DRAWING—Exhibit Hall

10:45 P.M. DANCE—Fresno Hilton Ballroom

10:45 P.M. A.A. Discussion Meeting—Exhibit Hall

Chairperson: King N., Los Banos, Ca.

Sunday, March 15, 1981

9:30 A.M. GENERAL SERVICE PANEL—Exhibit Hall

"Let's Examine Our Service Structure"

Moderator: Ron D., Stockton, Ca.

Reader: Horace H., Oakland, Ca.

Panelists: 1. Spiritual Meaning of Anonymity

Don H., Fresno, Ca.

2. Area Committee Structure

Ivan B., San Rafael, Ca.

3. District's DCM's, GSR's

Barbara Mc., Stockton, Ca.

4. Public Information and Cooperation with the
Professional Community

Frank P., Belmont, Ca.

10:30 A.M. HOSPITAL & INSTITUTION PANEL—Exhibit Hall

Chairperson: Harry S., Citrus Heights, Ca.

Purpose of H & I: Mari A., Clipper Gap, Ca.

Traditions: Dan T., Stockton, Ca.

Panelists: 1. H & I Responsibilities

Blaine W., W. Sacramento, Ca.

2. Twelve Steps and H & I

Robert K., Stockton, Ca.

3. Do's and Don't's of H & I

Guy W., Sacramento, Ca.

10:30 A.M. WORKSHOP—"Working with Beginners"—Grape Room

Moderators: Norma M., Pittsburg, Ca.

Lejeune D., Pinole, Ca.

Lunch Break

1:30 P.M. OPEN SPEAKER MEETING—Exhibit Hall

Chairperson: Dick R., Sacramento, Ca.

Invocation: Fa. Bernie Flinn, St. Columbus Episcopal
Church, Fresno, Ca.

Definition: Bertie, S., Redding, Ca.

Chapter 5: Tony C., Redwood City, Ca.

Traditions: Lynn S., Livermore, Ca.

Speaker: Dottie H., Lakewood, Ca.

Northern California Al-Anon and Alateen Spring Conference
presents

FRIDAY, SATURDAY AND SUNDAY, MARCH 13-15, 1981

Registration starts 2:00 P.M. Friday, March 13, 1981

Al-Anon's Theme: Blossoming into Al-Anon

with Saturday Luncheon Speaker Elsa C.,

Laguna Beach, Ca.

Alateen's Theme: Blossoming into Slogans

God grant me the
Serenity
to accept the things I
cannot change...

Courage to
change the things I can

and Wisdom to
know the difference...

COMING ATTRACTIONS

- Feb 1st Colma Eye Opener 2nd Anniversary
Meeting at 10:30 AM (this date only)
AAA Distributors Building
250 San Pedro Road, Colma
After the meeting - Brunch Buffet & Pot Luck
You are invited!
- Feb 13-15 17th Annual National AA Women's Conference
South Cost Plaza Hotel
Costa Mesa, Orange County, California 92626
Registration and Meals/Advance payment required.
Send to: National AA Women's Conference
P.O. Box 2274, M
Mission Viejo, Ca. 92690
Registration \$10.00
Friday Buffet 13.50
Saturday Banquet 17.50
Sunday Continental 5.00
- Feb 13-15 9th Annual All California Young Peoples AA Roundup
Raincross Square, 3443 Orange, Riverside, Ca
Speaker Meeting, Live Music, Marathon, Dancing &
Banquet. Al Anon also.
Registration \$4.00 Banquet \$10.50
Send to: P.O. Box 2500 CYPAA Convention
Hemet, Ca. 92222
- Feb 20-22 Fourth Annual Spring Fling
Woodlake Inn, Sacramento, Ca.
Write: Spring Fling, P.O. Box 162066 Sacto, Ca. 95816

Nobody ever added up

The Value of a smile;

We know how much a dollar's worth,

And how much is a mile;

We know the distance to the sun,

The size and weight of earth---

But no one's ever told us yet

How much a smile is worth.

Anon - (From Fresno Pipeline)

ZONE K NCC DELEGATES MEETING

Zone K Delegates will hold a meeting Saturday, February 7th at 10:30 AM in Stockton, 424 W. Harding Way, Midtown Fellowship is Host.

Zone meetings are held to give members a better picture of the workings of the Northern California Council of AA (NCCAA) and to encourage attendance and participation of delegates at NCC Conferences.

Each group is urged to send their 2 elected delegates to this meeting. As with all service activities, this meeting is open to any and all interested members.

Catherine S. - (Zone K Chairman)

ZONE C NCC DELEGATES MEETING

Northern California Council Pre-Conference Delegates Meeting for Zone C is to be held February 14, 1981, at Contra Costa Inter-group Office, 285 Mayhew Dr., Walnut Creek, Ca. at 10:30 AM. Each group in Zone C is urged to elect two (2) delegates to represent their group at Conferences. This is a meeting for delegates to become informed and share.

Sylvia K. - (Zone C Chairman)

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All other Zones - Where are you?

Please send in your dates for your meetings so we can publish the information.

* * * * *

All men should strive to learn before they die what they are running from, and to, and why.
James Thurber

GOOD NEWS FINANCIAL STATEMENT AS OF 01/15/81

Balance in bank as of 5/31/80		\$ 399.53
Add: Revenue - Subscriptions/Donations	\$1617.50	
NCC Contributions	<u>225.00</u>	<u>1842.50</u>
		\$2242.03
Less: Expenses - Printing	\$1374.47	
Postage-Bulk Mail*	170.00	
Postage-1st & 3rd Class	408.67	
Bulk Mail Yearly Fee-1981	40.00	
Mailing Labels	53.62	
Bank Charges, print checks	4.12	
Supplies	67.02	
Delivery Expense	<u>10.00</u>	<u>\$2127.90</u>
Total		<u>\$ 114.13</u>
Balance in Bank as of 01/15/81		\$ 104.12
Cash on Hand		<u>10.01</u>
		\$ 114.13

*There is a small balance in Bulk Mail account approximately \$25.00.

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