

# Keeping In Touch

A Monthly Publication of Delta Central Office,  
Delta Intergroup of Alcoholics Anonymous

Delta Central Office,  
1525 N. El Dorado St. #3, Stockton, CA 95204



Help-line # (209) 464-1594  
Spanish Help-Line # (209) 222-8313  
Office # (209) 464-1509  
Email: [deltacentral312@gmail.com](mailto:deltacentral312@gmail.com)

No. 9  
September  
Vol. 2021

Groups can now donate to Delta Intergroup online at  
[deltacentral312@gmail.com](mailto:deltacentral312@gmail.com), using Zelle & PayPal.  
You can also use Venmo to @Delta-Central or Cash App to \$DeltaCentral

## In This Issue

|                                 |       |
|---------------------------------|-------|
| Desert Storm                    | 2/3   |
| Amends Are an Action            | 4     |
| What My Son Saw                 | 5     |
| On the Ninth Tradition          | 6     |
| 100 Cups of Coffee              | 7     |
| Leadership in AA                | 8     |
| A Canine Step Nine              | 9     |
| A Matter of History             | 10/11 |
| The Gift of Forgiveness         | 12/13 |
| The biggest tip I ever got      | 13    |
| Care & Feeding of Resentments   | 14/15 |
| In Order to Heal                | 16    |
| Traditions Checklist            | 17    |
| Online 7th Tradition for Groups | 17    |
| Flight Pattern                  | 18    |
| Carrying the Message            | 18    |
| Birthday Gratitude Club         | 19    |
| Group Birthdays                 | 20/21 |
| Intergroup Meeting (8/11)       |       |
| Minutes (7/14)                  | 22    |
| Treasurer's Report              | 23    |
| Inc/Exp Report                  | 24    |
| Contributions                   | 25    |
| DCO Report                      | 26    |
| P.I./C.P.C.                     | 27    |
| Word Search                     | 28    |
| Calendar                        | 29    |
| Fall Fest & SNL Flyers          | 30/31 |
| Passing the Torch               | 32/33 |
| Announcements                   | 34    |
| Odds'N'Ends                     | 34    |
| Humor                           | 35    |

## Promise Nine

Our whole attitude and outlook on life will  
change.

## Recovery Step Nine

*"Made direct amends to such people wherever  
possible, except when to do so would  
injure them or others."*

A tranquil mood is the first requisite for good judgment. Good timing is important in making amends. What is courage? Prudence means taking calculated chances. Amends begin when we join A.A. Peace of mind cannot be bought at the expense of others. Need for discretion. Readiness to take consequences of our past and to take responsibility for well-being of others is spirit of Step Nine.

## Unity Tradition Nine

*"A.A., as such, ought never be organized; but we may  
create service boards or committees directly  
responsible to those they serve."*

Special service boards and committees. The General Service Conference, the board of trustees, and group committees cannot issue directives to A.A. members or groups. A.A.'s can't be dictated to—individually or collectively. Absence of coercion works because unless each A.A. follows suggested Steps to recovery, he signs his own death warrant. Same condition applies to the group. Suffering and love are A.A.'s disciplinarians. Difference between spirit of authority and spirit of service. Aim of our services is to bring sobriety within reach of all who want it.

## Service Concept Nine

*Good service leaders, together with sound and appropriate methods of choosing them, are at all levels indispensable for our future functioning and safety. The primary world service leadership once exercised by the founders of A.A. must necessarily be assumed by the Trustees of the General Service Board of Alcoholics Anonymous.*

## **Desert storm**

*Grapevine, August 2016*

How a woman left out in the wild to die found the willingness and forgiveness to consider a most unimaginable amend.

The first time I got drunk was at my sister's wedding. I was 8 years old. My first blackout came when I was in third grade. By the time I quit high school and joined the Air Force at 17, I was well on my way to being a full-fledged alcoholic.

I was 18 when the Air Force sent me to my first permanent duty station, which happened to be Las Vegas, Nevada. In the late '70s, Las Vegas was probably the best or the worst place for me to be stationed, depending on your point of view.

I was tough and strong and knew how to fight. I quickly established a routine in my favorite bar. I would watch for the men who came in to harass women in the bar. I would humiliate these men, toss them out and then drink for free for the rest of the night as the "unofficial bouncer." It felt like a win-win situation—until one Saturday night.

I followed my old routine. This time however, when I left the bar at about 4 a.m., the guy I had tossed out earlier was waiting for me outside with four of his friends. I distinctly remember thinking that this was the first time that alcohol was a problem for me. I knew how to fight, but my body didn't do the things I wanted it to. So I lost. I wound up beaten, raped, stabbed in the back and left for dead in the desert, not far from the bar.

But God had other plans for me. I came to Sunday afternoon, staring up at a construction truck that I'd been left under. I made my way back to the bar, got into my truck and drove myself home. I remember lying down in the bathtub so I wouldn't bleed all over the apartment and lose my security deposit.

At that same moment, 3,000 miles away, my mother, the Al-Anon of the family, "knew" that something wasn't right. She started making calls to Las Vegas. Eventually she got my landlord on the phone and convinced him to check on me. He found me and got me to a hospital.

The experience of being beaten and left for dead did not sober me up. In fact it made me a meaner, nastier drunk than I ever imagined I'd become. And now, I had no fear. I had been dead. Being dead didn't hurt; living hurt. I left the Air Force and Las Vegas and headed for Florida. After all, I reasoned, nothing good ever happens west of the Mississippi. And I proceeded to cut a swath of destruction across my life for the next several years. Eventually, I found my way to AA, thanks to another Al-Anon member who also saved my life.

My last drink was in 1986 and I attended meetings on and off for the next dozen years. One of the things I did was to be of service. It helped me feel better. I would go to "Take Back The Night" events where I would teach simple self-defense skills as a practicing black belt. I would then share my story of nearly being beaten to death.

The message I tried to teach was that no matter how tough or fast or smart you think you are, if you're in the wrong place at the wrong time, chances are bad things will happen. My hope was that I could make a difference for some young college kid, and perhaps I did.

At almost 20 years sober, I was working on my Eighth Step. My Big Book sponsor said we should put everyone from our Fourth Step onto our amends list. The guys

back in Las Vegas were still on my list. There was no way on earth I could see that I owed an amends to them but I followed directions and put them down.

Soon after, I started having memory flashbacks. I would see myself back in the desert fighting for my life, and I knew how that story ended. The last thing I would see was someone kicking me in the head before the lights went out. I would wake up in a cold sweat.

But one night something different happened. I woke up and clearly heard myself say, "The guy who kicked me in the head saved my life." If I had kept fighting, they would have killed me for sure. But by knocking me out, the man had saved my life. And how can you hate someone who saved your life? I didn't know the man who had kicked me. I didn't know any of them. So how could I hate any of them? And if that was true, how could I hate myself?

I played a part in my own beating. I was alone. I was outnumbered. I was unarmed. I was drunk. But I was there fighting anyway. I placed huge value in the idea that I was someone who would rather fight and die than lose and live.

But God had other plans. And I did live. But if I couldn't hate the guys who beat me, I couldn't hate myself, either.

Now, for me, the opposite of anger is not love. The opposite of anger is peace. That night, God showed up—again—and did something that I had never imagined. God brought me peace. In that one night, the process of making a list and being willing to make amends healed a chapter of my life that I had never expected to see closed. God did for me what I could not do for myself.

A few weeks ago, while sharing my story in a Big Book workshop, I realized that there's a good chance that some of those men from so long ago may have made it to the rooms of AA also. And if so, I would actually like the chance to meet them. Because somewhere, for almost 40 years, someone may be living with the thought that he left a dead body in the desert of Las Vegas that night. And I would like to let him know that God had other plans.

*- Ruth B., Schenectady, N.Y.*

## **At Wit's End**

*Grapevine, September 2015*

**HARDHEADED**

An alcoholic goes to confession one Sunday morning and says to the priest, "Forgive me Father, for I have sinned."

The priest says, "What have you done my son?"

The alcoholic replies, "I stole 50 sheets of plywood."

The priest responds, "You are forgiven, now go and steal no more."

Next week the alcoholic comes back to the same priest and confesses the very same sin!

The priest asks, "Didn't I tell you to go and steal no more? This time you must make an amends for stealing. You do know how to make an amends, don't you?"

The alcoholic replies, "No, but if you can get the blueprints, I can get the plywood!"

*- Dennis S., Harper's Ferry, W.V.*

## Amends Are an Action

*Grapevine, June 1996*

Recently a lot of changes have been happening in my life. During times like these I am often forced to take a look at the way things were at one time in my life and to compare them with the way things are today. As always, I am quite impressed with the impact that the Twelve Steps have had on my life.

But one particular change really stands out in my mind. I was reminded of it recently while I was standing next to a lake that my father used to live on.

This lake signifies the place where my amends to my father began. At the time I was only fifteen. It was during my second stay at a treatment program for alcoholism. Part of the program was for us to take a home pass.

One day my mother suggested that I take a pass with my father since I usually took them with her. Of course I hadn't thought of that. And so I did--just he and I. I was a little nervous because I'd never spent that much time with him alone in my life up to that point.

After he picked me up, we went to his house. We decided to spend the entire day together talking, so the first thing we did was take a long walk around the lake near his house. That was the first time I ever remembered spending so much time talking to my father. I don't even remember what was said, but I believe it was the beginning of my amends to him.

I don't ever recall saying that I was sorry. We both just explained to each other where we were coming from. For the first time in my life I saw that my father was very human. I'd always pictured him as a person who was there to lecture me about my grades not being good enough.

About a year and a half later he invited me on a family vacation to a local national park, a place we'd been to years before when I was still drinking. While we were there I made an effort to spend as much time as I could with him. We hiked, went fishing together, and even attended a campfire sing-along program.

Upon returning from the trip, he told me that he wanted to talk to me before I went home. He explained to me that if I had any doubt in my mind that I still owed him amends, as far as he was concerned they were made. He also told me that he loved me and respected my way of life. The way of life he was referring to was the one I had been learning in Alcoholics Anonymous for the last year and a half. At this point in my sobriety I realized the truth in my sponsor's belief that amends were an action and not a simple apology. He had told me that my actions would speak louder than my words.

Finally, a couple of years later I was on a hike with my father when I suddenly felt the need to thank him for something. I wanted to thank him for never questioning a difficult decision I had made to leave a family function in order to go to an AA meeting. His response was that he had never seen someone change to the extent that I had and that he attributed it to my participation in Alcoholics Anonymous. Basically he felt that if AA allowed him to have his son back in his life, he didn't want to keep me from it.

All of these instances remind me of one thing--the power of God and the Twelve Steps to change a person's life from one of utter despair, loneliness, and disaster to one of peace, joy, and usefulness. Since that day by the lake, our relationship has grown stronger and deeper. He is truly one of the best friends that I have in my life. I thank Alcoholics Anonymous for this.

*- Eric R., Santa Ana, CA*

## What My Son Saw

*Grapevine, February 2006*

### An Alateen's Perspective

The Alateen speaker, a young teen I named Jon, described his life in the chaotic household of his alcoholic single mother. I listened raptly. I had looked forward to hearing Jon and had driven many miles to this conference in a foreign country. From Juneau, Alaska, the trip to Skagway is several hours by ferry. The road from there to the border parallels the Yukon gold miners trail over the Chilkoot mountain pass and is often closed by snow. I had phoned the Alaska State Troopers frequently during May and learned the road would be open but still icy and covered with snow in spots. I wanted to hear Jon speak, so I packed my car and bought the ferry ticket. After crossing the border, the drive wound through muskeg still covered with snow, but I could see signs of spring. The forest--four-foot misshapen trees standing ten feet apart--was emerging from winter. I was excited about arriving in Whitehorse, with its hot springs and the AA conference.

Whitehorse lies in the high desert of the Yukon Territory, and the light dust of a hot summer-to-be greeted me, along with lots of smiling faces, warm hugs, and the promise of a great conference. My hosts led me to a bright, sunny bedroom, and I was comfortable in their hospitality and AA fellowship.

I attended all the meetings, the potlucks, the workshops, and the Al-Anon speaker's meetings. I shared when I was called upon. The Canadians were pleased to hear from an Alaskan who had traveled such a great distance to attend their conference.

The Alateen speaker meeting was late Saturday afternoon. I took my seat in the back row. Jon began telling his story and I was amazed at the sudden pain I felt when he described waiting for his mother to pick him up after Little League practice. He was afraid of the dark and yet afraid of angering his mother if he rode home with someone else. He waited and waited and waited, and after two long hours, his mother arrived and acted as if nothing was wrong and apologized for being "just a little bit late." I heard Jon's voice catch and saw his eyes fill with tears and that's when I stood to leave.

An anonymous woman I had just met was seated next to me. She took my hand, looked into my face, and told me to sit down and listen.

She said she would stay as I listened to my son tell my story through his eyes and with his pain. I felt so overwhelmed that this son of mine had endured a home life with a mother physically or emotionally absent much of the time. He spoke of finding me "sleeping" next to the toilet (I had passed out), unavailable all day Saturday as I nursed the Friday night damage, and being gone many weeknights as I stopped to "visit my friends" on my way home from work. He also remembered the meals prepared by his nine-year-old brother when I couldn't make it home early enough to cook. I was shocked at hearing my child so abused, and devastated when I internalized, and then accepted, that I was the cause of his abuse.

But the hand of God, through loving AA members, was there to comfort me. I cried my way through Jon's talk and through the remaining meetings.

On the long drive and ferry ride back to Juneau, Jon and I talked about those "bad old days" and I was able to start my amends with my son. That was in 1976, when I had been sober for barely a year. Today, he and I have an adult relationship and see each other as often as an old Alaskan and Oregonian can get together. He is married and has worked for the same company for almost twenty years. Jon is a well-adjusted, stable member of society and a social drinker. He is also the son of a recovered alcoholic who still looks forward to hearing him speak.

*-Martin B., Sitka Alaska*

## On the Ninth Tradition

*Grapevine, August 1948*

EDITORIAL BY BILL W.

*Each A.A. Group needs the least possible organization. Rotating leadership is the best. The small group may elect its secretary, the large group its rotating committee, and the groups of a large Metropolitan area their central or intergroup committee, which often employs a full-time secretary. The Trustees of The Alcoholic Foundation are, in effect, our A.A. General Service Committee. They are the custodians of our A.A. Tradition and the receivers of voluntary A.A. contributions by which we maintain our A.A. General Service Office in New York. They are authorized by the groups to handle our over-all public relations and they guarantee the integrity of our principal newspaper, "The A.A. Grapevine." All such representatives are to be guided in the spirit of service, for true leaders in A.A. are but trusted and experienced servants of the whole. They derive no real authority from their titles; they do not govern. Universal respect is the key to their usefulness.*

The least possible organization, that's our universal ideal. No fees, no dues, no rules imposed on anybody, one alcoholic bringing recovery to the next; that's the substance of what we most desire, isn't it?

But how shall this simple ideal best be realized? Often a question, that.

We have, for example, the kind of A.A. who is for simplicity. Terrified of anything organized, he tells us that A.A. is getting too complicated. He thinks money only makes trouble, committees only make dissension, elections only make politics, paid workers only make professionals and that clubs only coddle slipees. Says he, let's get back to coffee and cakes by cozy firesides. If any alcoholics stray our way, let's look after them. But that's enough. Simplicity is our answer.

Quite opposed to such halcyon simplicity is the A.A. promotor. Left to himself he would "bang the cannon and twang the lyre" at every crossroad of the world. Millions for drunks, great A.A. hospitals, batteries of paid organizers and publicity experts wielding all the latest paraphernalia of sound and script; such would be our promoters dream. "Yes sir," he would bark "My two year plan calls for one million A.A. members by 1950!"

For one, I'm glad we have both conservatives and enthusiasts. They teach us much. The conservative will surely see to it that the A.A. movement never gets over organized. But the promoter will continue to remind us of our terrific obligation to the newcomer and to those hundreds of thousands of alcoholics still waiting all over the world to hear of A.A.

We shall, naturally, take the firm and safe middle course. A.A. has always violently resisted the idea of any general organization. Yet, paradoxically, we have ever stoutly insisted upon organizing certain *special services*; mostly those absolutely necessary to effective and plentiful 12th Step work.

If, for instance, an A.A. group elects a secretary or rotating committee, if an area forms an intergroup committee, if we set up a Foundation, a General Office or a *Grapevine*, then we are organized for service. The A.A. book and pamphlets, our meeting places and clubs, our dinners and regional assemblies--these are services too. Nor can we secure good hospital connections, properly sponsor new prospects and obtain good public relations just by chance. People have to be appointed to look after these things, sometimes paid people. Special services are performed.

But by none of these special services, has our spiritual or social activity, the great current of A.A. ever been really organized or professionalized. Yet our recovery program has been enormously aided. While important, these service activities, are very small by contrast with our main effort.

As such facts and distinctions become clear, we shall easily lay aside our fears of blighting organization or hazardous wealth. As a movement, we shall remain comfortably poor; for our service expenses are trifling.

With such assurances, we shall without doubt, continue to improve and extend our vital lifelines of special service; to better carry out our A.A. message to others; to make for ourselves a finer greater society, and, God willing, to assure Alcoholics Anonymous a long life and perfect unity.

## 100 Cups of Coffee

*Grapevine, September 2015*

We follow spiritual principles  
whether it's keeping the money or plugging in the pot

I recall an incident that occurred some time ago in a group whose treasurer was a professional money person. The group trusted her implicitly. At each group conscience meeting, the treasurer assured the members that they had plenty of money to meet expenses and everything was shipshape. Nobody questioned her until an unpaid invoice for coffee came to the attention of another member. When it was brought to the treasurer's attention, she again assured everyone that it was an oversight and the bill would be paid in short order. But it wasn't. Suspicions were aroused and the group continued to ask for an actual accounting, but the treasurer somehow avoided compliance with their request. Shortly thereafter, the treasurer rotated out of her group service position and the group learned that the bill had been paid and the money was accounted for. It seems the treasurer was guilty only of procrastination. But while their collective conscience was relieved, the group carefully chose their next treasurer and instructed him on how to do the job. Rotation was their saving grace. The principle of rotation is expressed in the Long Form of Tradition Nine which states that "rotating leadership is the best."

It is incumbent upon groups to choose their trusted servants with care, and further, to let them know what's expected of them. Before coming to AA, I'd never made 100 cups of coffee in my life. I knew how to make six or eight or 10—but 100? I'm grateful to the members of my group who showed me how (we wrote the recipe on the cardboard box that held the supplies; I still make coffee according to that recipe.) Too often, we assume others already know what we know.

But what should we do with the errant treasurers who "borrow" AA funds? Individual or collective anger directed toward the perpetrator could divert the group from its primary purpose. Some groups may attempt to recover funds by initiating legal action, forgetting that we avoid public controversy. Is the group harmed by the loss of money—or a bruised vanity? Should the group take the opposite tack—forgive and forget? In my opinion, the answers lie within the group conscience itself. Perhaps the group should take its own inventory, bearing in mind that Alcoholics Anonymous is not a punitive society—we punish no one. We don't have to. Bill W. writes in Warranty Five of Concept XII, "When we of AA fail to follow sound spiritual principles, alcohol cuts us down."

- Anonymous

## Leadership in AA

*Grapevine, September 1997*

The Second Tradition states: "For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern."

From this I deduce that there ought to be leaders in AA; that these leaders ought to consult the group conscience regularly; that these leaders ought to be trustworthy; and that these leaders ought not to be governors, dictators, or prescribers. This brings to mind the word "good" in the Ninth Concept for World Service: "Good service leaders, together with sound and appropriate methods of choosing them, are at all levels indispensable for our future functioning and safety."

If I want to stand for election as a leader, I ought to take an inventory of my motives. Do I truly want to be the executive arm of the group conscience? Do I want to serve—or do I want power? Am I searching for status? Do I think that a service leader in AA is a higher class of member than the ordinary members? If my answers aren't clear, it may be better for me and for AA that I don't stand for election.

A person's sobriety does matter—but not length in years. (My observation is that some members who are, say, ten years sober are in fact only one year sober, ten times repeated.) What really matters is that I've used my time to work on my ego. The book *Alcoholics Anonymous* says that "selfishness and self-centeredness are the root of our troubles." It is not for nothing that the service Step, Step Twelve, comes after eleven other Steps—these eleven are supposed to make my ego smaller so that I can serve better.

The Third Step Prayer in the Big Book says "Relieve me of the bondage of self, that I may better do Thy will." And the Big Book, in treating Steps Eight and Nine, clearly states the ultimate purpose of our program: "At the moment we are trying to get our lives in order. But this is not an end in itself. Our real purpose is to fit ourselves to be of maximum service to God and the people about us."

Because a leader ought to see to the "future functioning and safety" of an AA group (Concept IX), he ought to be in AA long enough to have done as many of the Twelve Steps as possible, so that his ego is troubling him minimally, and he has become as serviceable as possible. If I want to stand for election as a leader, I ought to take an inventory of my practicing of the Twelve Steps. How much have I really worked on my ego? How many of the Twelve Steps have I really done consciously? Is my ego small enough so that I am serviceable enough to fill this service position? How trustworthy am I? How consistently do I distinguish between principles and personalities in all of my affairs?

If I'm standing for election as a leader, I ought to see to the "common welfare" of a group of AAs, so it is necessary that I know the Twelve Traditions. I ought to have experienced how they are being applied. It's even better if I've learned to apply them myself, both in my group and in all my affairs. I ought to take an inventory of my knowledge of the Twelve Traditions. What do I know about the Twelve Traditions? Which Traditions have I experienced being applied? Which Traditions have I myself applied consciously? To which Traditions does my group not pay enough attention? (With what results?) To which Traditions do I not pay enough attention? (With what results?)

There are degrees of responsibility in AA: in the beginning I'm responsible only for myself and my own sobriety. After a while, if I've worked sufficiently on my ego, I'm fit to function as a service leader in my home group. When I've worked in my AA group for a while (and my ego hasn't been mortally wounded by criticism), I'm fit to

function beyond the group level. And after I've served, it's good for me to become a very ordinary member of my group once again.

If I want to stand for election as a leader, I ought to take an honest and humble inventory of my true talents versus the talents demanded by such a service position. For example, the secretary of a group must be able to spell and must have overcome procrastination. The chairperson must know something about meeting procedures. A member of the literature committee must know something about printing. I must remember: enthusiasm is no substitute for talent or skills.

If a leader-to-be has asked himself or herself all the questions above, then quite possibly he or she may exclaim: "What an order! I can't go through with it." But I keep something in mind from "How It Works": "Do not be discouraged. No one among us has been able to maintain anything like perfect adherence to these principles. We are not saints. The point is, that we are willing to grow along spiritual lines. . . ." And so I come to what, for me, is the most important characteristic of an AA leader: does he or she continue to be willing "to grow along spiritual lines"?

*- Johan C., Stellenbosch, Western Cape Province, South Africa*

## A Canine Step Nine

*Grapevine, March, 2013*

**Some amends can be made with a milk bone  
and a little scratch behind the ears**

When I was in the grips of my alcoholism, my dog was as close as I unwittingly allowed God to get. I loved and trusted my pet a whole lot more than people, especially those who had my best interest at heart. In retrospect, I discovered that my expectations of people were quite disproportionate to reality. Nevertheless, my dog would lie patiently by my side while I nursed yet another "justified" resentment wrapped in a hangover. And she would lie there all day, if necessary. Even some days in sobriety now, when I'm tempted to withdraw from the human race, my dog keeps me tethered to life. Thank God for my dog.

As I make another inventory at this five-year mark of my recovery, I reflect on the place my dogs have had in my life and the amends I owe them. Some may balk . . . making amends to a dog? Well, hear me out.

During my active alcoholic years, I must acknowledge my dogs' inconsistent and unacceptable treatment by me: Staying out late, not coming home at all, irrational fits of yelling which left them running for cover, feeding them cheap food, forgetting to feed them at all, no real exercise, minimal play time, little attention, and intolerance for accidents on the carpet, which were really my fault.

With each selfish, irresponsible decision, I piled up more and more guilt and shame, which I doused with a drink. So, making amends to my pets makes perfect sense to this recovering alcoholic.

Today, I make my K-9 amends much like I make my living amends to my human family. I begin by asking my Higher Power to keep me sober each day and walking in the sunlight of the spirit. And every day, I do the one thing that God cannot do for me, and that is to surrender my will to something much bigger and better than me. I follow this up with lots of scratches behind the ears, milk bones and plenty of love and ball fetching. I never had any children. Like many alcoholics, my pets are my family. I look at the relationship between me and my dogs as a commitment—and a gift of grace from God.

A beautiful quality about dogs is one they share with God—forgiveness. One of life's highest pleasures is being enthusiastically greeted at the door by my devoted and trusting dog.

*- S. K., Alma, Arkansas*

## A Matter of History

My love of AA history came soon after my sobriety date of May 24, 1972 when I purchased Alcoholics Anonymous Comes of Age. I love learning all about our history. Through the years my personal collection of AA material has grown and been displayed in many events.

There was a brief stint as DCM at about four years of sobriety. People just weren't doing things my way and I was terribly upset. My then sponsor strongly suggested getting out of General Service before I got drunk, so it was put on the shelf for 35 years.

At 39 years sober, my current sponsor strongly urged me to get involved with General Service again. Being one who has always been in service and in the middle of the herd, my husband, Don, was not happy about my being gone so much with my new-found friends. We worked out a solution whereby I could give him more attention. He battled cancer for 12 years and we had to find a balance between AA, family, medical appointments, and work. God, strong sponsorship and service kept lighting the way for both of us until his death in 2018 with 47 years of sobriety.

After serving as Alternate GSR and GSR, I continued attending assemblies to stay informed. Gail La C., my archives mentor, suggested volunteering at Area 07 Archives. This position brought out my inner Virgo (aka neat freak) and started an exciting monthly journey with Jeff P. teaching me about preservation of our treasured items. Sometimes my AA babies went with me and shared the experience. Jeff P. advocated for a new position of Alternate Archivist as it is a huge task for one person to manage the archival duties and transport displays to various AA events throughout the year. His request was approved and he suggested submitting my resumé for this newly created position. Matthew L. called and asked if I would be interested. Of course I was, and was awarded the position by the nominating committee.

It's a pleasure to have visitors at Archives either to see what we have or to help and share in our famous potluck lunches. Inez Y. sorted and shredded unwanted documents. Lee W. gave hours of his time. Paul Z. video-taped us. Mike K. built shelves and hung pictures. Matthew L. painted a wall. Herminia V., and Viki R. organized and decorated. Debbie S. created a tri-fold display board. Jeff P. persevered in getting the Archives budget increased from \$25 a year to \$950 for necessary supplies and equipment and making the remodeled office presentable for an Open House.

I'm blessed to be a small part of this effort and there is much to learn. Jeff P. has paved the way for me and others to follow. He promised to continue with our Archives adventure when his term is over and I'm holding him to it.

- Nancy K., Alternate Archivist

## At Wit's End Grapevine, August 2013

"I finally came to the realization that I was getting better with AA's help when I stopped being suicidal and became homicidal."  
Metsie S., Wallkill, N.Y.

"I was on a pink cloud when I first got here. Then I met my sponsor!"  
- Kay K., Redondo Beach, CA

## CNIA Area 07 Archives

### Open House

Saturday, September 4, 2021

11am to 3pm

*Masks will be required and provided*



CNIA Area 07 Archives

1807 Navy Drive, Suite 11

Stockton, CA

archives@cnia.org

## “We Shall not Regret the Past. . .”

My experience has been that relationships are very complicated, and that more often than not, when I have hurt others, I was not the only one dishing out the pain. If I won an argument, it was simply because I brought in heavier artillery than the other person, and I walked away feeling victorious. “But, *they* started it,” has often been my excuse for my behavior. (Un)fortunately, after some time in AA, that excuse doesn’t work for me anymore. Actually, it never really worked, it just allowed me to “reaffirm my sense of nobility” (see *Care & Feeding of Resentments*, p17). So, I had to learn how to identify my part in the conflict and focus on that for my amends. But, what do I do about *their* actions and misbehaviors? How do I keep them separate from my amends? I guess this is why we hear so much about forgiveness when we’re talking about the Ninth Step.

Now, I have to confess that I’ve always had a dodgy relationship with the notion of forgiveness. I have always associated Forgiveness with holier-than-thou do-gooders who included it in their endless list of good deeds and favors done unto others. I always confused it with absolution - or the pardoning of one’s sins. (For someone who was brought up “without religion”, I’m realizing how much “religion” has seeped into my thinking.) So, I decided to look up the definition, just to see what the rest of the world was talking about.

Psychologists generally define forgiveness as a conscious, deliberate decision to **let go of feelings of resentment** toward a person or group who has harmed you. There is no discussion of whether or not another’s actions actually deserve my forgiveness, because it’s not about their offenses, but my feelings about those offenses. Besides, it’s not my place to determine who does or does not *deserve* my forgiveness. That’s the privilege of a Power greater than myself - be it God, HP, the courts, or society at large - take your pick. Forgiveness is not a gift I give someone who has harmed or offended me. It is a gift I give myself. . .and no one else. When I have set aside my resentments, it is then and only then, that I can be sincere and genuine in making my amends.

About four years ago, someone I considered a friend sent me a blistering poison pen email. It was a letter-size page, single spaced typing. It reamed me up one side and down the other. I was hurt, angry, baffled. I stewed for almost ten days. Then I noticed one short sentence which explained the wholesale storm of rage that assaulted me every time I re-read the letter. That one short sentence revealed a careless, off the cuff remark I had made about three months earlier, and had completely forgotten all about. But, at last, I understood how much I had hurt her. The rest of the letter faded while that one sentence was flashing like a neon sign with arrows aimed at it from all directions. All I could think was “Of course, . . .no wonder”.

I learned several things from this experience. I don’t make my amends until I am clear about my responsibility. I take enough time to let go of my resentment about things that were not my responsibility, i.e., forgiveness. I apologize only for my part in creating the harm and make no comment on another’s part. I make my amends without any hopes or expectations of the outcome, and I am often pleasantly surprised. When I’m feeling wobbly, I find that carefully crafting a letter or an email prevents me from slipping into self-justification, and it gives the other person time and space to respond in a manner that’s healthy for them. I, personally, do not find it helpful or necessary to talk about my disease of alcoholism or the program of AA when making amends to people outside the program. I don’t want to open the “blame game” with alcoholism as the opening gambit. My continued sobriety is my living amends to myself, as well as others, and I keep that out of my Ninth Step process.

One final tip. I must drop the words “if” and “but” from my vocabulary when making an amends. They effectively erase any sincerity the amends may have started out with. “If” implies doubt that I have harmed you, and “but” seeks to excuse my behavior that harmed you. As the one making the amends, I cannot afford to entertain any

doubts, conditions, or “extenuating circumstances.” I *have* caused harm, and the people I have harmed deserved better from me. And still do. Because of our Ninth Step, I can live with my mistakes because I have the tools to deal with them in a constructive and healthy manner. Our Ninth Step brings one of our promises into reaching distance:

“We shall not regret the past, nor wish to shut the door on it.”

- Lynne R., *Women in Recovery*, *Soul Sisters AA*

## The biggest tip I ever got Grapevine, May, 1976

In 1951, a 15-year-old boy delivered a telegram to a little house in Akron. He hadn’t a clue why he’d one day return

When I was a child, my family lived in the little town of Stow, Ohio, just outside Akron. I attended high school in Akron and during those years I had a part-time job at Western Union delivering telegrams on the weekends by bicycle.

One day in 1951, the dispatcher handed me a telegram for Anne Smith, the wife of Dr. Bob, the cofounder of AA. The dispatcher said to me, “This is for the family of the guy who started Alcoholics Anonymous. And don’t take a tip because they don’t have much money.” (Dr. Bob had died the previous year.)

I already knew what Alcoholics Anonymous was. My first encounter with AA came when I was about 5 years old. We had two family members who worked at St. Thomas Hospital in Akron. They were two Catholic nuns who were in the same order as Sister Mary Ignatia, who was Dr. Bob’s right-hand “angel” at the hospital. My family and I would occasionally visit these women on Sunday afternoons.

Sister Ignatia was a tiny little character who had taken up the cause of helping alcoholics recover. She was very influential in early AA in the Akron area. Nothing stopped her; she tangled with the bishop and with the nun who was the bursar of the hospital on behalf of the alcoholics who had checked into St. Thomas in hope of finally getting sober.

One afternoon when we were visiting the hospital, Sister Ignatia came through and we were introduced to her. She soon went off into a greenhouse that was next to the visitors’ room. I was told, “That’s where she keeps all the drunks.” Thus, despite being only a teenager, I knew something of AA and how it worked.

So off I went that day on my bicycle, bearing a telegram to the home of the famous AA cofounder. It was about a 15-minute ride from downtown Akron to the Smith house. Their son answered the door, took the telegram and offered me a tip. Since I had been told not to accept a tip, I reluctantly said, “No, thanks.”

Though there wasn’t any particular reason that delivery should remain in my memory banks—except perhaps for a missed tip—I guess I really did mark it at the time. Years later, I went with my son to visit the home of the cofounder of AA, which was by then a historic landmark. When we got there, the events of that day in 1951 popped back into my memory. In front of the house, there was a little brick wall that I recognized as the same one that I had leaned my bike against those many years past.

I was 15 back then. Of course, I had no idea my path would eventually lead me into AA. Now, at age 82, I carry a 38-year sobriety chip in my pocket. I just recently realized that the dispatcher at Western Union was probably in the AA program at the time. Otherwise, he wouldn’t have known to tell me what he told me.

I’ve never thought that delivering that telegram and eventually becoming a member of Alcoholics Anonymous was anything but a coincidence. But I’ve told the anecdote several times as part of my AA story and I like to point out the obvious: Though I didn’t get a tip from the Smith household that day when I was 15, the gift I eventually received from AA was priceless.

- Tom W., *Santa Fe, NM*

## The Care and Feeding of Resentments

*Grapevine, August 1991*

I want to say a few words about the care and feeding of resentments. Why do I work so ceaselessly to convince myself (and others) that a resentment is justified? It has the same corrosive effect on my enjoyment of life whether justified or not.

I do it because nothing reaffirms my sense of nobility quite as strongly as a good, justified resentment. Whether it is the flaming variety or merely smoldering, it spreads warmth and sometimes even exhilaration.

You see, I am right and the other guy is wrong. That knowledge nourishes my self-esteem. So whenever the fires of my resentment simmer down, I toss another log on the coals to be sure I keep it alive. I review and make notes from time to time of the specifics of the resented's injurious behavior.

Occasionally anger craves action. But there seem to be only two courses open to me: Practice the "honesty" part of the program by telling the resented just what's wrong with him, or keep it to myself and keep the fires burning.

The former course would probably lead to an angry confrontation which I shrink from handling. The latter course would result in the fires spreading eventually to other aspects of my consciousness and behavior--even to unrelated areas. I can't seem to find any way to build a firebreak which will permanently confine the flames of a resentment to its specific object.

Eventually, I become so uncomfortable that I have to do something about it.

But what to do?

First of all, I must face the fact that the resentment process is not only fruitless, it is self-defeating. Justified or not, the resentment, and my efforts to bolster its justification, will eat away at my peace of mind and my enjoyment of life.

Meanwhile, the person I resent couldn't care less. Here I am burning myself to a crisp over something he or she may not even be totally aware of, something I can't change. At the root of my resentment is a compulsion to change things I cannot change--to wit, another person. So maybe what I need to do is take a look at changing myself.

When we first came around AA, we were urged to do just what we were told. We might not like it, we might not even agree with it. Just do it. When the action got the predicted result, we were astonished and sometimes a little annoyed. But almost against our will, we came to understand and believe. We never had been able to achieve these ends by just thinking. Our action and its results can open the door to understanding and belief.

So maybe the thing to do about my resentment is to act.

But act how?

I was told to act "as if."

That seems to call for selling myself on two points:

1. In the long run I will feel better if I can get rid of the resentment. But what about the fact that I'm right? That brings me to point two.

2. Over time I can feed my ego and feel even more righteous by shedding the resentment than by concentrating on how right I am. Now I can ponder on how noble I am to have gotten rid of the resentment and to be treating the resented on a "Do-unto-others" basis. In brownie points, generosity ranks above rightness any day in the week.

So, there's the carrot. I will feel better if I can give myself credit for being generous.

But how do I go about being that way?

Here are several actions I am trying to take. To some extent, they seem to be working.

1. In many cases the resentments are traveling under aliases with passports bearing such names as "righteous anger" (everyone is entitled to that), "hurt feelings," "ungratefulness," and "honest desire" to set the record straight. Now is the time for unmasking the aliases. Is the real identity of the resentment perhaps "wounded ego," "self-pity," or "territorial imperative"? By any chance, is it caused by the fact that I did something that I felt was kind, thoughtful, or unselfish for the resented, and he is not reacting with adequate appreciation? If so, I must ask God to help me remember that anything I do with the label "kind," "thoughtful," or "unselfish" I do because it makes me feel better to do it than not to do it. How can I demand gratitude for something I did to make myself feel better?
2. I try to understand how the resented feels. What makes him do the things I resent? Are they intended to hurt me or are they in response to some inner compulsion of his own? Rarely do I find that the injurious action was designed to hurt me. Rather it is usually in answer to the pressure within the resented. This concept helps me to take some of the edge off the resentment.
3. I must initiate some friendly contact with the resented--whatever would have been a normal contact if there were no resentment. I try to act as if the resentment didn't exist.
4. Regardless of the reaction I get, I must pause and enjoy the fact that I made an effort to overcome the resentment.

When my wife, who has been in AA for years, read to this point in the manuscript, she suggested a fifth idea. She said, "Instead of *asking* God for help to erase the resentment, *thank* him for helping. Thank him in advance and thank him afterward. That sort of puts your commitment on the line." Good advice.

So has any of this worked for me? Not always and not totally. But I am enjoying life a lot more than when I first set out on this course. Because of my actions and attitude, the resented is giving me less and less cause for my resentment. Far more important, I have no need to justify my feelings by tending and refueling the resentment. With no fuel, the resentment slowly burns out and I begin to be free.

I hate to admit it, but AA is right again.

And now, gentle reader, one final word. You probably assume that I wrote this in the spirit of sharing. Not so. I wrote it in the ardent hope that from time to time I will read this piece myself. After all, AA is a selfish program.

- B. F. P., Vero Beach FL

## In Order to Heal

*Grapevine | Our Twelve Steps, May 2021*

**As with an individual,  
there's nothing like an inventory to help a home  
group stay healthy, happy and focused**

A friend asked me to help with moderating an inventory for a large AA group in a major city in our general service area. Both of us had some experience with moderating a group inventory, but we had only worked with much smaller groups.

I agreed to help, but like my friend I didn't feel confident moderating an inventory for such a large, well-established group. No one in the group could recall when they had had their last inventory. AA members often share about the importance of taking a personal inventory, but those same members often chafe at the idea of doing it for their group. Based on my experience with this group, it was apparent that it was sorely in need of an inventory.

The group's general service representative (GSR) spearheaded the inventory motion and conducted a survey of the members to identify problems and issues. Participation in the survey was overwhelming; the GSR had 25 pages of input from the members.

The GSR organized the issues by category and gave them to me and my friend to decide what questions we would ask using the AA Grapevine Traditions Checklist (see box below). Groups have the autonomy to decide how each will structure their inventory. Some use the questions suggested in "The A.A. Group" pamphlet, while others use the Twelve Traditions or the General Warranties of the Twelfth Concept as a guide. Some groups just choose questions relevant to their issues.

The survey results indicated a general lack of unity. Complaints about the group's rules and trusted servant requirements were common. Other problems included cliques, gossip and a lack of focus on newcomers.

I've heard it suggested that a group inventory should be taken on a regular basis and not only after things have gotten out of hand. My experience is that many groups don't consider having an inventory until they're in a lot of pain. What unity remained in this group was tenuous at best.

My friend and I came up with four questions for the inventory. The funny thing was that we only needed to ask one question. That was the first question of the checklist under Tradition One: Am I in my group a healing, mending, integrating person? Am I sometimes divisive? Do I ever gossip or take another member's inventory?

The questions focused the group's problems back on each individual member. We explored what part each individual played in the disunity that permeated this group. We used a sharing session model for the inventory and each person had two minutes to share. Members shared about taking responsibility for their actions and possible solutions for the group to consider.

The amazing thing was that the group followed up on the inventory and implemented some of the changes that were suggested. Just like in a personal inventory, the group members needed to look at their parts and identify their own character flaws in order to heal. The inventory was, in a real sense, a spiritual awakening that helped the group recover.

*Woody R., Stockton CA*

## Traditions Checklist

These questions\* were originally published in Grapevine in conjunction with a series of articles on the Twelve Traditions that ran from November 1969 to September 1971. While they were originally intended as suggestions for individual use, many AA groups have since adopted them and use them as a basis for wider discussion.

(\* revised July 2018)

### Tradition Nine

*AA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.*

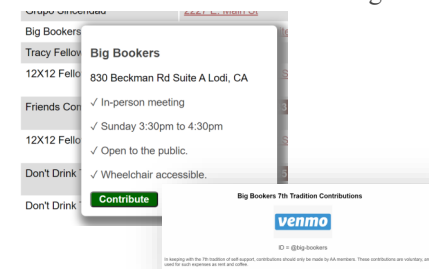
1. Do I still try to boss things in AA?
2. Do I resist formal aspects of AA because I fear them as authoritative?
3. Am I mature enough to understand and use all elements of the AA program—even if no one makes me do so—with a sense of personal responsibility?
4. Do I exercise patience and humility in any AA job I take?
5. Am I aware of all those to whom I am responsible in any AA job?
6. Why doesn't every AA group need a constitution and bylaws?
7. Have I learned to step out of an AA job gracefully—and profit thereby—when the time comes?
8. What has rotation to do with anonymity? With humility?

## Online 7th Tradition for Our Groups

Our website [aadelta.org](http://aadelta.org) can now list your group's virtual payment methods. We support listing PayPal, Venmo, and CashApp accounts. If you want your group's online payment methods listed in the meeting schedule, please email [meetings@aadelta.org](mailto:meetings@aadelta.org). Your ID's should reflect your group's name, and the account should only be used for 7th tradition purposes. No individual accounts will be listed. It should be owned and maintained by the group, and approved by Group Conscience for website posting.

On the website meeting schedule there is a green "Contribute" button where people can click to see the online payment methods for any fellowship that has at least one online account. A popup window lists links for all of the online payment sites and the corresponding ID for the fellowship.

Hover above the fellowship name on the schedule, and the green contribute button appears in a popup. Click on the "Contribute" button to get the link(s) for that meeting.



You can also click on the group/fellowship name and a page for that group appears, also having that button. The button also appears at the bottom of the join virtual meeting popup.

On the **Meeting Guide** app, there is a contribute button that will be listed for any group that has online payments listed with us. Press that button and the appropriate payment will open up if it is installed.

## Flight Pattern

Grapevine, May 1993

Next fall when you see geese heading south for the winter, flying along in a V formation, you might like to consider what science has discovered about why geese fly this way.

It has been learned that as each bird flaps its wings, it creates an uplift for the bird immediately following. By flying in a V formation, the whole flock adds at least seventy-one percent greater flying range than if each bird flew on its own.

*People who share a common direction and sense of community can get where they are going quicker and easier, because they are traveling on the uplift of one another.*

When a goose falls out of formation, it immediately feels the drag and resistance of trying to go it alone, and quickly gets back into formation to take advantage of the lifting power of the bird immediately in front.

*If we have as much sense as a goose, we will stay in formation with those who are headed the same way we are going.*

When the lead goose gets tired, it rotates back in the formation and another goose flies point.

*It pays to take turns doing hard jobs.*

Geese honk from behind to encourage those up front to keep up their speed.

*We too say something when we "honk from behind."*

Finally (now I want you to get this), when a goose gets sick or is wounded by gunshots and falls out, two geese fall out of formation and follow it down to help and protect it. They stay with the ailing goose until it is either able to fly or until it dies; then they launch out on their own or with another formation to catch up with the group.

*If we have the simple sense of a goose, we will stand by each other like that.*

- Anonymous, Surrey, British Columbia

## Carrying the Message

Grapevine, May 1993

Are we ready. . .?

There have been many agencies busy during the past ten years educating the general public as to, the exact nature of the disease of alcoholism. It has been my good fortune to do this sort of work with youth groups, women's groups, and many others. We are being rewarded by the coming to AA of young people who have recognized the early symptoms of the disease and wish to do something about it.

The question is: Are we ready for them? As these young people become a part of our groups and wish to express opinions and participate in the activities, suppose we say to them, "You couldn't know what I know, because you haven't had time to experience all I did," or "You are too young to take responsible leadership. Stay around a few years, and we will give it to you."

God forbid this should happen! We have been sent the precious gift of youthful enthusiasm, the gift of a direct and honest approach, so much a part of our youth today, and the means of carrying the message for years to come.

- R.R., Crestline, CA

THANK YOU FOR CARRYING THE MESSAGE

## Birthday Gratitude Club

| Name         | Date     | Sobriety Years | Name       | Date     | Sobriety Years |
|--------------|----------|----------------|------------|----------|----------------|
| Nancy K.     | 5.24.72  | 49             | Betty P.   | 3.8.93   | 28             |
| Sharon R.    | 8.28.79  | 42             | Marla M.   | 9.11.96  | 24             |
| June S.      | 4.13.80  | 41             | Cheryl H.  | 4.25.97  | 24             |
| Marilyn M.   | 8.3.80   | 41             | Janice J.  | 1.20.99  | 22             |
| Daniel R.    | 2.2.81   | 40             | Candi G.   | 6.20.99  | 22             |
| Christine S. | 2.21.81  | 40             | Howard H.  | 2.14.01  | 20             |
| Mary M.      | 7.22.81  | 40             | Janice B.  | 8.29.02  | 19             |
| Lauretta G.  | ??.81    | 40             | Mari P.    | 6.24.03  | 18             |
| Linda C.     | 1.31.83  | 38             | Tony L.    | 7.18.03  | 18             |
| John P.      | 6.1.85   | 36             | Douglas S. | 11.10.03 | 17             |
| Lyndy W.     | 7.25.85  | 36             | Monica P.  | 12.1.03  | 17             |
| John W.      | 7.20.85  | 36             | Fred C.    | 10.31.05 | 15             |
| Ojay O.      | 11.18.85 | 35             | Rafael A.  | 8.2.06   | 15             |
| Jenise C.    | 1.1.86   | 35             | Keith H.   | 9.13.06  | 15             |
| Arnold V.    | 4.8.86   | 35             | Phil G.    | 1.21.07  | 14             |
| Arch B.      | 3.7.87   | 34             | AJ B.      | 10.20.07 | 13             |
| G. Archer B. | 3.7.87   | 34             | Tina L.    | 11.26.09 | 11             |
| Sue B.       | 4.25.87  | 34             | Janice G.  | 10.26.10 | 10             |
| Sue P.       | 11.29.87 | 33             | Bob A.     | 3.31.11  | 10             |
| Lynne R.     | 2.22.88  | 33             | Taylor E.  | 1.24.13  | 8              |
| Laurie S.    | 5.??88   | 33             | James M.   | 7.31.13  | 8              |
| Mona A.      | 2.4.89   | 32             | Pat K.     | 12.9.14  | 6              |
| Joy H.       | 6.2.90   | 31             | Kathy W.   | 1.11.15  | 6              |
| Jeff K.      | 2.16.92  | 29             | Crystal L. | 3.30.15  | 6              |
|              |          |                | Dezeria F. | 8.18.17  | 4              |

## Join the K.I.T. Birthday Gratitude Club

☐ NEW ☐ RENEW Date: \_\_\_\_\_

First Name \_\_\_\_\_ Last Initial \_\_\_\_

Sobriety Date: \_\_\_\_\_, \_\_ years & counting

**Suggested Contribution: \$1.00 per year sober.**

Make checks payable to: **DCO or Delta Central Office**  
Drop off, or Mail to: Delta Central Office, 1525 N. El Dorado St., Stockton, CA 95204

Zelle or PayPal your payment to: [deltacentral312@gmail.com](mailto:deltacentral312@gmail.com)  
You can now also Venmo to [@Delta-Central](#) or Cash App to [\\$DeltaCentral](#)

## SEPTEMBER 2021 Group Birthdays

## BIG BOOKERS

|             |         |
|-------------|---------|
| David F.    | 9years  |
| Michelle F. | 9 years |
| Tracy M.    | 7 years |
| DeAnn P.    | 3 years |
| Kenn J.     | 2 years |

**BILINGUAL**  
**GROUP**

|           |          |
|-----------|----------|
| Jerry S.  | 33 years |
| Jose B.   | 33 years |
| Edith R.  | 9 years  |
| Jose S.   | 8 years  |
| Sylvia P. | 8 years  |
| Larry G.  | 1 year   |
| Dora G.   | 1 year   |
| Logan G.  | 1 year   |

# MAPLE SQUARE

|          |          |
|----------|----------|
| Frank V. | 36 years |
| Dino     | 29 years |
| Marla    | 25 years |
| Nancy    | 1 year   |



**PERSHING**  
**GROUP**

|            |          |
|------------|----------|
| Joe R.     | 45 years |
| David V.   | 41 years |
| Dawn H.    | 32 years |
| William S. | 30 years |
| Deni S.    | 25 years |
| Kelly R.   | 16 years |
| Brandon R. | 15 years |
| Frank L.   | 14 years |
| Chuck J.   | 14 years |
| Jim D.     | 12 years |
| Rick McR.  | 11 years |
| Sheila M.  | 10 years |
| Debbie N.  | 7 years  |
| Jody S.    | 6 years  |
| Dan F.     | 6 years  |
| Jasmine R. | 5 years  |
| Andrea     | 5 years  |
| Arnold B.  | 5 years  |
| Tina A.    | 4 years  |
| Albert J.  | 3 years  |
| Rich B.    | 3 years  |
| Josh H.    | 3 years  |
| Jef K.     | 3 years  |
| Mike R.    | 2 years  |

## WOMEN IN RECOVERY

---

Dawn H.      32 years

# Happy Birthday



Want to see your Group's Birthdays in our newsletter?

Send them to us!

The Best way  
to make sure  
we get them  
is by e-mail:

deltacentral312@gmail.com

Please, send  
July's list by the 15th of  
June, 2021  
for July's  
Newsletter!

January: K.I.S.S.

Feb: Porter Group

## March: Big Bookers

## April: Maple Square

May: Cherokee

## June: Bilingual

## Group

# September 2021

[illegible]

July: (No SNL this month)

## Aug: Back to Basics

### Sept: Pershing Group

Oct: Recovery Central

Nov: Lodi Lite

## Dec: Lodi Solutions



## Delta Intergroup Meeting Minutes July 14, 2021

**Opening Prayer:** Chrystal **Twelve Traditions:** Lynne **New Reps:**

none

**Minutes from last meeting:** Submitted for discussion written by Lisl L. Motion made to accept minutes. Motion was seconded, & passed.

**Treasurer's report:** Read and submitted by Lynne R. A detailed income and expense report was provided with monthly account balances showing an increase of \$78.75 for the month of June, yet a loss of \$583.80 YTD. Bank reconciliation promised for August meeting. Donations from Tracy Fellowship were updated as they had been improperly marked prior to being submitted to Central Office; appearing to come from one person rather than a fellowship.

For full details see Treasurer's report. Motion made to accept Treasurer's report and passed.

**Central Office Report:** Bylaws *ad hoc* committee will continue to meet on the 4<sup>th</sup> Wednesday of each month at 7 pm via zoom. ID and password are in the events column on the website. Annual inventory was conducted on July 1<sup>st</sup> & went really well with tons of help & over 10,000 items were counted. Also, everything has now been recorded to QuickBooks.

**Phone service:** Billy R 209-430-4003 All volunteer positions are filled. Demo for Zoom was performed July 11<sup>th</sup> 9:30am. Training session scheduled for 4pm July 23<sup>rd</sup>. The Zoom ID# is 910 6675 4630 and passcode is 221350. Everyone is welcome to join and ask your questions.

**Newsletter:** Please submit birthdays by the 15<sup>th</sup> to be published into next month's Newsletter.

**Delta Website:** Webmaster is Steve N. at [deltacentral312@gmail.com](mailto:deltacentral312@gmail.com). Steve fixed a few website issues.

**Saturday Night Live:** First Presbyterian Church is on track for live SNL meetings starting in August. Back to Basics Fellowship in Manteca will be hosting to kick this off. No food or drink service at this time.

**PI/CPC:** Melody T. Please see Report. August meeting will be virtual.

**Bridging the Gap:** Melody T. New Hope Family Shelter has requested women to be sponsors & BTG is working to connect shelter recipients to AA's willing to sponsor.

**H&I:** Melody T- H&I Area 82 will be conducting their next meeting as a hybrid meeting. In person portion will be held the back room at La Bou's in Stockton.

**District 37:** Larry K. hybrid meeting.

**NCCAA:** No report. All 2021 events cancelled, looking at March 2022 for next event

**Old Business:** Delta Intergroup will hold August meeting in person, & will attempt hybrid.

Open position and nominations:

Co-Chair – held for next month

Assistant Treasurer – open

Other open positions: Delta Central office Manager, You Tube channel coordinator, special events coordinator, Audio Recorder for events.

**New Business:** World Services actions taken on Preamble; Who has preamble: In July's Grapevine! Crystal to take letter regarding laptop request to Area meeting,

asked for back up if someone wants to attend with her. Fall Fest; Lou Ann provided report on first planning meeting. New flyer coming out. Questions arose about registration fee & some consternation was expressed regarding location of Fall Fest & the request having been made to potentially have it held in a more central location as opposed to Tracy. A more detailed report of planning details is promised for August Intergroup meeting.

**Announcements:** See Delta website for all upcoming events

**Closing:** Lord's Prayer

8 people in attendance via Zoom meeting.



## Delta Intergroup **Treasurer's Written Report** August 11, 2021

Dear Intergroup Family,

Our contributions last month were \$2,852.11. Our Literature sales were \$2,287.32. With interest from CD and Savings, our total Income came to \$5,142.10.

I did not have enough time to complete the Bank Reconciliation for the month of June, However, I have reconciled for July. Here is a summary of our account balances at the end of June:

|                 |                    |
|-----------------|--------------------|
| General Account | \$ 1,641.20        |
| Literature Fund | \$ 1,584.01        |
| Special Events  | \$ 1,550.00        |
| Savings Account | \$ 696.13          |
| CD              | <u>\$ 5,139.86</u> |
| Total           | <b>\$10,611.20</b> |

Our Combined Accounts Bank Balance rose from \$10,443.74 to \$10,611.20, a slight increase of \$167.46. The Central Office closed with a profit of \$64.58 for the month of July, and a loss of \$520.55 for the year to date. Since the meetings started opening up, we have been consistently eating away at our year overall loss, and our performance this year is a great improvement over last year's performance.

**Zelle Account:** A reminder that we are now able to receive contributions into our account using our new email address: [deltacentral312@gmail.com](mailto:deltacentral312@gmail.com).

**PayPal Account:** You can also send contributions through PayPal using our [deltacentral312@gmail.com](mailto:deltacentral312@gmail.com) email account. Both of these digital contribution tools are working smoothly.

**Venmo:** You and your groups can now Venmo donations to **@Delta-Central**

**Cash App:** You and your groups can now Cash App contributions to **\$DeltaCentral**

Both of these last two options have been added to the website, so please spread the word.

Loving in Service,

Lynne Rodgers

Delta Intergroup Treasurer



Delta Intergroup of A.A.  
Income/Expense Report  
**July, 2021**

| INCOME                        |                    |                    |                     | EXPENSES                       |                    |                    |                     |
|-------------------------------|--------------------|--------------------|---------------------|--------------------------------|--------------------|--------------------|---------------------|
| Account                       | July 2020          | July 2021          | YTD 2021            | Account                        | July 2020          | July 2021          | YTD 2021            |
| <b>GENERAL FUND</b>           |                    |                    |                     |                                |                    |                    |                     |
| From Saturday Night Live      | \$ -               |                    |                     | Rent                           | \$ 900.00          | \$ 900.00          | \$ 6,300.00         |
| From Unity Day                |                    |                    |                     | Insurance                      | \$ 108.41          | \$ 142.16          | \$ 860.20           |
| From 7th Tradition            | \$ 1,778.54        | \$ 2,852.11        | \$ 10,588.99        | Alamo Alarm                    | \$ 48.00           | \$ 48.00           | \$ 336.00           |
| From New Year's Eve           |                    |                    | \$ -                | Utilities                      | \$ 151.45          | \$ 124.70          | \$ 894.75           |
| From Springfest               |                    |                    | \$ 75.00            | Zoom Video Conferencing        |                    | \$ 15.89           | \$ 270.12           |
|                               |                    |                    | \$ -                | Helpline                       | \$ 64.17           | \$ 204.23          | \$ 876.81           |
|                               |                    |                    | \$ -                | AT&T Internet/Off. Phone       | \$ 203.38          | \$ -               | \$ 152.13           |
|                               |                    |                    | \$ -                | Copy Machine Rental            | \$ -               | \$ 255.06          | \$ 1,785.42         |
|                               |                    |                    | \$ -                | Copy Maintenance               | \$ -               | \$ 106.57          | \$ 213.14           |
|                               |                    |                    | \$ -                | Instant Ink                    | \$ 21.79           | \$ 13.07           | \$ 91.49            |
|                               |                    |                    | \$ -                | Office Manager Mileage         | \$ 150.00          | \$ 150.00          | \$ 1,050.00         |
|                               |                    |                    | \$ -                | PI/CPC Pamphlets (Est.)        | \$ -               | \$ -               | \$ -                |
|                               |                    |                    | \$ -                | Office Supplies                | \$ 1.09            | \$ -               | \$ 87.06            |
|                               |                    |                    | \$ -                | Stamps (Taxes Cert. Mail)      | \$ -               | \$ -               | \$ 14.35            |
|                               |                    |                    | \$ -                | SNL Rent                       |                    | \$ -               | \$ -                |
|                               |                    |                    | \$ -                | Tax/Registration Fees          |                    | \$ -               | \$ 35.00            |
|                               |                    |                    | \$ -                | Alarm Service Call             |                    | \$ -               | \$ 80.00            |
|                               |                    |                    | \$ -                | BTG Postal Box                 |                    | \$ -               | \$ 134.00           |
|                               |                    |                    | \$ -                | Stockton Alarm Permit          |                    | \$ -               | \$ -                |
|                               |                    |                    | \$ -                | Comcast Internet/Phone         |                    | \$ 132.73          | \$ 711.35           |
|                               |                    |                    | \$ -                | Tracfone                       |                    | \$ 15.90           | \$ 31.80            |
|                               |                    |                    | \$ -                | DCO Cell Phone                 |                    | \$ 108.99          | \$ 108.99           |
|                               |                    |                    | \$ -                | Other                          |                    |                    | \$ -                |
| <b>TOTAL INCOME</b>           | <b>\$ 1,778.54</b> | <b>\$ 2,852.11</b> | <b>\$ 10,663.99</b> | <b>TOTAL EXPENSES</b>          | <b>\$ 1,648.29</b> | <b>\$ 2,217.30</b> | <b>\$ 14,032.61</b> |
| <b>LITERATURE ACCOUNT</b>     |                    |                    |                     |                                |                    |                    |                     |
| From General Sales            | \$ 1,597.51        | \$ 2,287.32        | \$ 14,957.40        | Literature                     | \$ 540.89          | \$ 1,326.27        | \$ 7,499.11         |
| From New Year's Eve           |                    |                    | \$ -                | Medallions                     | \$ 151.60          | \$ 161.15          | \$ 920.55           |
| From Saturday Night Live      |                    |                    | \$ -                | Special Medallions             | \$ 42.00           | \$ 539.15          | \$ 1,776.88         |
| From Unity Day                |                    |                    | \$ -                | Postage (Mailing Chips)        |                    | \$ 7.95            | \$ 81.13            |
| From Fall Fest                |                    |                    | \$ -                | Franchise Tax board            | \$ 154.00          | \$ 628.00          | \$ 1,445.00         |
|                               |                    |                    | \$ -                | Bank Fees                      |                    |                    | \$ -                |
|                               |                    |                    | \$ -                | Accessories                    |                    |                    | \$ -                |
|                               |                    |                    | \$ -                | Square Fees                    |                    | \$ 47.70           | \$ 240.01           |
|                               |                    |                    | \$ -                |                                |                    |                    | \$ -                |
| <b>Total Income</b>           | <b>\$ 1,597.51</b> | <b>\$ 2,287.32</b> | <b>\$ 14,957.40</b> | <b>Total Expenses</b>          | <b>\$ 888.49</b>   | <b>\$ 2,710.22</b> | <b>\$ 11,962.68</b> |
| <b>-</b>                      |                    |                    |                     |                                |                    |                    |                     |
| Fall Fest Deposit Refund      |                    |                    | \$ -                | Unity Day Rent                 |                    |                    | \$ -                |
| Unity Day Income              |                    |                    | \$ -                | Unity Day Food                 |                    |                    | \$ -                |
| Unity Day Deposit Refund      |                    |                    | \$ -                | Unity Day Decorations          |                    |                    | \$ -                |
| New Year's Eve                |                    |                    | \$ -                | Unity Day Supplies             |                    |                    | \$ -                |
| NYE Deposit Refund            |                    |                    | \$ -                | Bank Fees                      |                    |                    | \$ -                |
| Spring Fest                   |                    |                    | \$ -                | New Year's Eve                 |                    |                    | \$ -                |
| "I Am Responsible"            |                    |                    | \$ -                | Fall Fest 2019 Deposit         |                    |                    | \$ -                |
|                               |                    |                    |                     | Fall Fest Rent                 |                    | \$ 150.00          | \$ 150.00           |
| Fall Fest                     |                    |                    |                     | Spring Fest 2019               |                    |                    | \$ -                |
|                               |                    |                    |                     | "I Am Responsible"             |                    |                    | \$ -                |
| <b>Total Income</b>           |                    |                    | \$ -                | <b>Total Expenses</b>          | \$ -               | \$ 150.00          | \$ 150.00           |
| <b>SAVINGS ACCOUNT</b>        |                    |                    |                     |                                |                    |                    |                     |
| Interest                      | \$ 0.04            | \$ 0.01            | \$ 0.04             | No Expenses                    |                    |                    | \$ -                |
| <b>Total Income</b>           | <b>\$ 0.04</b>     | <b>\$ 0.01</b>     | <b>\$ 0.04</b>      | <b>Total Expenses</b>          | \$ -               | \$ -               | \$ -                |
| <b>CERTIFICATE OF DEPOSIT</b> |                    |                    |                     |                                |                    |                    |                     |
| Interest                      |                    | \$ 1.33            | \$ 3.31             | No Expenses                    |                    |                    | \$ -                |
| <b>Total Income</b>           | <b>\$ -</b>        | <b>\$ 1.33</b>     | <b>\$ 3.31</b>      | <b>Total Expenses</b>          |                    |                    | \$ -                |
| <b>Total Combined Income</b>  | <b>\$ 3,376.09</b> | <b>\$ 5,142.10</b> | <b>\$ 25,624.74</b> | <b>Total Combined Expenses</b> | <b>\$ 2,536.78</b> | <b>\$ 5,077.52</b> | <b>\$ 26,145.29</b> |
| <b>NET PROFIT/LOSS</b>        | <b>\$ 839.31</b>   | <b>\$ 64.58</b>    | <b>\$ (520.55)</b>  |                                |                    |                    |                     |



Delta Intergroup of Alcoholics Anonymous  
Central Office Contributions Report  
January 2021-December 2021  
Monthly Log of Donations

| Fellowship                | July '21   | YTD         | Fellowship                   | July '20           | YTD         |
|---------------------------|------------|-------------|------------------------------|--------------------|-------------|
| 20/40 Plus Group          | \$ 59.30   | \$ 150.00   | Lodi Solutions               | \$ 199.98          | \$ 430.58   |
| Al-Anon                   |            | \$ -        | Manteca Fellowship           |                    | \$ -        |
| Anonymous Estate          |            | \$ -        | Maple Square                 |                    | \$ 1,259.60 |
| Anonymous Individual      |            | \$ 240.00   | Mokelumne Hill               |                    | \$ -        |
| Babes in Recovery         |            | \$ 302.50   | Morada Fellowship            |                    | \$ -        |
| Back to Basics            | \$1,680.00 | \$ 1,880.00 | Murphy's Group               |                    | \$ 96.78    |
| Bi-Lingual Group          |            | \$ 51.50    | Normandy Group               |                    | \$ -        |
| Big Bookers               | \$ 30.00   | \$ 210.00   | Northside Fellowship         |                    | \$ -        |
| Birthday Gratitude        | \$ 73.00   | \$ 381.71   | P.I./C.P.C.                  |                    | \$ 50.00    |
| Business Persons Lunch    |            | \$ 600.00   | P.I./C.P.C. - Modesto        |                    | \$ -        |
| Cash Customer             |            | \$ -        | Pershing Fellowship          |                    | \$ 386.72   |
| Cherokee Fellowship       |            | \$ -        | Pine Grove                   |                    | \$ -        |
| Coffee Break              |            | \$ -        | Porter Group                 | \$ 48.17           | \$ 271.24   |
| Copper Group              |            | \$ 46.60    | Primary Purpose (Stock)      | \$ 500.00          | \$ 2,380.00 |
| DCO Blue Can              | \$ 51.34   | \$ 213.19   | Railroad Flat                | \$ 42.00           | \$ 87.00    |
| DCO Business Meeting      |            | \$ -        | Rainbow Fellowship           |                    | \$ -        |
| District 37               |            | \$ 200.00   | Recovery Central             |                    | \$ 225.00   |
| Don't Drink Today         |            | \$ -        | Ripon Group                  |                    | \$ -        |
| Eastside Group            |            | \$ -        | Ripon Not All Here Yet       |                    | \$ -        |
| El Grupo Refugio          |            | \$ -        | River Pines Monday           |                    | \$ -        |
| End of the Line           |            | \$ -        | S.I.S. (Sisters in Sobriety) |                    | \$ -        |
| Escalon Grapevine         |            | \$ 53.00    | Saturday Night Live          |                    | \$ 41.50    |
| Exodus Men's Group        |            | \$ -        | Sonora District 33           |                    | \$ -        |
| Fremont Fellowship        |            | \$ -        | Stockton Group               |                    | \$ -        |
| Galt Fellowship           |            | \$ -        | Surrender to Win             |                    | \$ -        |
| Galt Garden Club          |            | \$ -        | Sutter Creek Men's Group     |                    | \$ -        |
| Ground Zero               |            | \$ -        | Third Legacy Meeting         |                    | \$ -        |
| Grupo Lodi                |            | \$ -        | Tickets                      |                    | \$ -        |
| Hand in Hand              |            | \$ -        | Tracy Fellowship             | \$ 7.00            | \$ 51.33    |
| I Am Responsible          |            | \$ -        | Valley Sober Living          |                    | \$ -        |
| Jackson Women's Conf      |            | \$ -        | Valley Springs Fellowship    |                    | \$ -        |
| KISS                      |            | \$ -        | Valley Springs ODAAT         |                    | \$ -        |
| Last Chance House         |            | \$ -        | West Point AA                |                    | \$ 30.00    |
| Last Stand                |            | \$ -        | Women in Recovery            |                    | \$ 60.00    |
| Lathrop                   |            | \$ -        | Yosemite New comers          |                    | \$ -        |
| Living Sober              |            | \$ 23.97    | Young People's Candlelight   |                    | \$ -        |
| Lodi Lite                 | \$ 161.32  | \$ 282.10   | Special Events               |                    | \$ 125.00   |
| Lodi Primary Purpose      |            | \$ -        | <b>Total This Month</b>      | <b>\$ 2,852.11</b> |             |
| <b>TOTAL YEAR-TO-DATE</b> |            |             | <b>\$ 9,713.52</b>           |                    |             |



Delta Central Office  
**Assistant Manager's Report**  
**Intergroup Meeting**  
**July 9, 2021**

**Schedules:** Sandi L. and Steve N. are doing a great job keeping both the printed and website schedules up to date. If anybody attends meetings in any of the outlying areas, please encourage them to keep the Central Office updated on their meeting changes. I just caught two changes this morning because someone from Valley Springs came into the Office as a customer.

**Newsletter:** Don't be left out of the Birthday list. Please submit your September birthday list, as usual, by Sunday, August 15. Please send feedback on features you would like to see added to the newsletter. I'm always looking for ideas.

**Phone Line:** I am still having trouble finding time to make sure all the volunteers are trained on the new system. We had a zoom training session on July 26th, with only 4 attendees. Our Phoneline Coordinator was not present, and I have found it very difficult to reach him. Unfortunately, my trip back East has interrupted the flow, and I will make every effort to get the training back on track next week.

**Central Office Bylaws:** The Bylaws *ad hoc* committee met on July 28<sup>th</sup>, and their next meeting is Wednesday, August 25<sup>th</sup>, at 7:00 pm via Zoom. I was not in attendance at last month's meeting. ID and Password are in the Events column on the website.

**SNL (LIVE!!!):** It was great.

**Income/Expense Summary**

|                        |                  |
|------------------------|------------------|
| Seventh Tradition      | \$ 205.00        |
| 50/50 Raffle           | \$ 225.00        |
| Beverages              | \$ 21.00         |
| <b><u>INCOME</u></b>   | <b>\$ 451.00</b> |
| Payout From Raffle     | \$ 112.50        |
| Beverages & Ice        | \$ 98.84         |
| <b><u>EXPENSES</u></b> | <b>\$ 211.34</b> |
| <b>TOTAL DEPOSIT</b>   | <b>\$ 239.66</b> |

**Fall Fest:** I paid the City of Tracy \$150.00 for rent for Fall Fest. That is the full rent, not merely a deposit. I'm hoping that Lou Ann H. will be able to attend and fill us in on the details.

**Laptop for the Central Office:** I will be speaking with Matthew, the Chair for CNIA, after this meeting. It appears that there may be a laptop wandering around in search of a user. More will be revealed, hopefully, by next month's meeting.

As always, thank you for letting me bend your ears.



**Delta Intergroup**  
**Public Information and Cooperation**  
**with the Professional Community Committee**  
**Report to Intergroup**  
**August 11, 2021**

The PI/CPC Committee will meet on Saturday, August 14. Ongoing progress is as follows:

The fall series of drunk driving education classes will start in September. New volunteers are always welcome. Persons interested in learning how to present should contact Ron W. for Lodi: 209-642-5748, or Randy H. for south county: 510-314-1313.

We are staying in contact with Children's Home and will make a delivery of select literature and DVD's. Long-term goals are to have H&I provide AA meetings on-site, but protocols still have to be arranged with the administration. Bridging the Gap will be available to the over-18's at the facility. The Beginners' Series is a possibility. The immediate goal is to have PI/CPC do a presentation, and the Substance Abuse Specialist will make arrangements.

A summary of activity through the help feature of the Intergroup website is as follows:

|                       |   |
|-----------------------|---|
| 12 <sup>th</sup> step | 1 |
| Professionals         | 0 |
| Info on meetings      | 4 |

The PI/CPC gmail is also the recipient of some Intergroup business, plus the requests from the Beginners' Meetings on meeting verification.

The Committee's presentation materials are being reviewed. Volunteers should rest assured that there are plenty of guidelines and outlines available for doing presentations, so it is not as frightening as it sounds.

The Committee decided to keep the Beginners' Series, and attendance has picked up in the past weeks. There is a drunk driving school making referrals now, and an outreach will be made to Parole.

The Committee will meet virtually on Saturday, Aug. 14.

In love and service,

Melody Tolmie, PI/CPC Chair

# SEPTEMBER's Word Puzzle

*Out of The Big Book of Alcoholics Anonymous*

V I C T I M N D D S S T F I G  
D A F O R G I V E E F M N N A  
O P Q L N W T S G S M A R O E  
E P R U E B I N G E T R L T M  
R S R S A S E S P A L I A L O  
R S H D R L R L D R I L N H C  
H W E I L E I U I O U E O Y R  
A E T A P S T F O P M S I D E  
R L H R U W D T I Y A S T S V  
S C O F R E R N I C H E A N O  
H O R A P G A E E J A N R A J  
H M O N O M D S C M F T R S E  
E E U U S A H E N K A I I H W  
D D G D E L N R M A Q A O O S  
R E H A S H N A N P A L L N N

AMENDS  
BINGE  
CHALLENGES  
DESTINY  
ESSENTIAL  
FORGIVE  
GIFTS  
HARMED

IRRATIONAL  
JITTERS  
LAPSES  
MANIPULATE  
OVERCOME  
PURPOSE  
QUALIFICATION  
REHASH

RESENTFUL  
SHIPWRECK  
THOROUGH  
UNAFRAID  
VICTIM  
WELCOMED  
WISDOM  
YOURSELF

# SEPTEMBER Calendar, 2021

| Sun | Mon | Tuesday  | Wednesday  | Thurs | Fri | Saturday   |
|-----|-----|--|--|-------|-----|--|
|     |     |  | 1 <b>ADVISORY BOARD</b><br>7 PM<br>870-4399-9037<br>PW: delta            | 2     | 3   | 4 <b>SATURDAY NIGHT LIVE</b><br>First Presbyterian Church      |
| 5   | 6   | 7 <b>P.I.C.P.C. BEGINNER'S SERIES</b><br>7 PM<br>860-3627-3183<br>PW: picpc  | 8 <b>DELTA INTERGROUP</b><br>7 PM<br>870-4399-9037<br>PW: delta          | 9     | 10  | 11 <b>P.I.C.P.C</b><br>9AM-11AM<br>861 8890 4562:<br>PW: PICPC |
| 12  | 13  | 14 <b>P.I.C.P.C. BEGINNER'S SERIES</b><br>7 PM<br>860-3627-3183<br>PW: picpc | 15 <b>GSR DISTRICT 37</b><br>7 PM<br>385-0821-680<br>PW: 666098          | 16    | 17  | 18 <b>H &amp; I</b><br>10 AM<br>833 5105 7501<br>PW: Area82H&I |
| 19  | 20  | 21 <b>P.I.C.P.C. BEGINNER'S SERIES</b><br>7 PM<br>860-3627-3183<br>PW: picpc | 22 <b>INTERGROUP BYLAWS ad hoc</b><br>7 PM<br>870-4399-9037<br>PW: delta | 23    | 24  | 25 <b>FALL FEST 2021</b><br>See Flyer on Page 30               |
| 26  | 27  | 28 <b>P.I.C.P.C. BEGINNER'S SERIES</b><br>7 PM<br>860-3627-3183<br>PW: picpc | 29   | 30    |     |  |



Delta Intergroup  
of  
Alcoholics Anonymous  
Presents

BBQ  
Picnic  
at  
Lincoln Park  
200 East Eaton Avenue  
Tracy, California

Bring your favorite  
dish (hot or cold)  
to share

Registration \$5.00  
Registration begins at 9:30 am  
Drinks (Sodas & Water) - \$1.00  
Suggested Donation for Food \$5.00

10:00-11:30 am Music/Open Mic/Games

11:30 am - 12:30 pm Picnic/BBQ (Hamburgers & Hot Dogs on us)

12:30 - 1:00 pm Warm Up Speaker - JACKIE  
from Huntington Beach

1:00-2:00 pm Main Speaker - JACK G.  
from Huntington Beach

Lou Ann H. @ (925) 899-1908 For Information, Contact:  
or Delta Central Office @ (209) 464-1509



Delta Intergroup of  
Alcoholics Anonymous  
Presents

Join Us For Our Monthly LIVE, IN PERSON  
Birthday Celebration  
&  
Speaker Meeting

Saturday, September 4, 2021

Our Host Group Is  
**Pershing Group**  
Speaker: Marilyn M., 41 Years

Doors Open at 7:30 pm  
Meeting Starts at 8:00 pm

First Presbyterian Church  
Center St. between Vine and Rose, Stockton CA

Please come to support our first Saturday Night LIVE  
We will not be serving snacks and drinks so, please  
B.Y.O.Beverage

## Passing the Torch

*Grapevine MAY 2021 | OUR TWELVE STEPS*

How a well-meaning mission to preach the “right AA” became a beautiful lesson in tolerance and service

I moved eight years ago from a very active AA community that was large and service-oriented to a community where, for years, meetings have been run by one person or an exclusive group of folks.

I went to war. I tried to use the Traditions as a weapon against my fellow alcoholics, as a cudgel to get them in line. My character defects bloomed with this type of resentful fertilizer. I wept and moaned and complained to my old AA community about these people.

Eventually, I started a meeting with all the facets of recovery that I wanted to see. My efforts grew and then the group conscience spoke, wanting to dismantle all my efforts to bring “good AA” to them. The meeting changed, but I stayed. The meeting grew smaller. Imagine that.

Years before, someone I knew in AA moved to a different town. This person’s sponsor recommended that they get a service position right away to keep in the middle of the boat. So I tried that. It was my saving grace. I talked to the one GSR in the whole town and went along with him to district meetings, as there were no opportunities for service that I could see in the meetings. I learned from the people in the district meetings that I should let go of the meeting I had started, and to encourage rotation of service which was painful but possible. I was given service to do at the district level, and that allowed me to meet others in the Fellowship outside of my little town.

I stopped preaching as much in my small-town AA meetings. Sometimes I sat silently in these meetings, thinking about how to change them, but I didn’t act on my thoughts. I spoke with my sponsor endlessly about what I was doing, not doing and feeling, while I kept going to district meetings.

I began to announce events at my town’s meetings, as well as bringing literature and flyers, then forwarding area and district emails, still thinking I was going to change them. When I heard new people talk about the lack of rotation and business meetings, I would give out “The A.A. Group” pamphlet and suggest they ask for a group conscience or ask about having a business meeting. I served in the GSR position of my group, and with renewed hope began to pitch about the assemblies and all the amazing things that I had learned. I shared materials that I got at these events. I also began to learn about the Concepts.

Soon newcomers to service began to ride with me to the district meetings, which was a huge positive change in my life.

Now I am district committee member (DCM) for our district. I’m on another learning journey of slowly attempting to learn (willingly most of the time!) to be an elder statesman. I have a service sponsor as well as my program sponsor (who has done a lot of service) and all of my fellows at district to keep me in line.

How does this relate to sober life in a small remote community? First, when I am in service to AA and my fellows I stay out of people’s hair. Second, I am given an opportunity to use the Steps, Traditions and Concepts in all my relationships and grow. Third, every community has its own flavor and I accept that.

In fact, I am beginning to love some of those stubborn old members who ran meet-

ings. I’m beginning to learn that they kept the torches lit when no one would step up for service in the past. They may just be fearful that AA won’t be there for the next suffering alcoholic if they don’t keep things going.

Passing the torch can be painful and scary. I get that. These members have put up with me over the years, never trying to stop me in my efforts to bring the “right AA” to this small town. For me, that is a spiritual experience. I can, through these Traditions, especially the Fourth, give them peace and become a fellow on the road with them. I can, through the Concepts, continue to encourage participation from all members in this little berg. We’re all part of a great whole.

- Anonymous, Florence, OR

## At Wit’s End

*Grapevine, November 2018*

A NEW AA WAS HAVING TROUBLE SLEEPING because he felt guilty for cheating on his income taxes. His sponsor suggested he make amends, so he sent the IRS the following letter:

Dear Sir or Madam:

I cheated on my taxes and cannot sleep until I make amends. Enclosed is a check for five hundred dollars.

Sincerely,

A reformed citizen.

P.S. If I still can't sleep, I'll send you the balance.

- Bud B., Satellite Beach, FL

*November 2010*

Oldie but Goodie

A woman talked at a meeting about the difficulties of early sobriety at age 55. "It hasn't been easy," she said, "going through puberty and menopause at the same time."

- C.C., North Hollywood, CA

*August 2010*

Locked but not Loaded

At my meeting today, it was all I could do not to laugh out loud. When the chairperson announced, "Please be sure your cell phones are turned off," a half-dozen men reached for their hips. It looked like Quick Draw McGraw was in town with his posse!

- Carol K., Sarasota, FL

*April 2008*

Oldie but Goodie

The AA group gave the old-timer a pin recognizing her outstanding humility. And the first time she wore it, they took it back.

- J.C., California

*April 2008*

Signs of a Bad Hangover

1. Trying to gain control of your surroundings, you beg your room to stay still.
2. You replace the traditional praying on your knees with praying in a fetal position.
3. Your response to "Good morning" is "Be quiet!"

- Anonymous

# ANNOUNCEMENTS

## CONTRIBUTIONS

We can now take contributions to  
Delta Intergroup through  
VENMO - @Delta-Central, and  
CASH APP - \$DeltaCentral

The groups can now use a new feature on the web-site meeting schedule to inform their members of online 7th Tradition options. See the Article on Page 17.

## ODD'N'ENDS

**"It took me a long time** to understand what it means to forgive someone. I always wondered how I could forgive someone who chose to hurt me? But after a lot of soul searching, I realized that forgiveness is not about accepting or excusing their behavior. It's about letting it go and preventing their behavior from destroying my heart.

- *Courtesy of Dawn D.*

**"What is the meaning** of life? That was all - a simple question; one that tended to close in on one with years, the great revelation had never come. The great revelation perhaps never did come. Instead, there were little daily miracles, illuminations, matches struck unexpectedly in the dark; here was one."

- *Virginia Woolf*

**"Beyond the earth,** / beyond the farthest skies/I try to find Heaven and Hell. Then I hear a solemn voice that says: / "Heaven and hell are inside." - *Omar Khayyam*

**"My atheism,** like that of Spinoza, is true piety towards the universe and denies only gods fashioned by men in their own image, to be servants of their human interests."

- *George Santayana*

**"The beginning of love** is the will to let those we love be perfectly themselves, the resolution not to twist them to fit our own image. If in loving them we do not love what they are, but only their potential likeness to ourselves, then we do not love them: we only love the reflection of ourselves we find in them"

- *Thomas Merton*

**"A human being** is a part of the whole called by us universe, a part limited in time and space. He experiences himself, his thoughts and feelings as something separated from the rest, a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty."

- *Albert Einstein*

**"All courses of action** are risky, so prudence is not in avoiding danger (it's impossible), but calculating risk and acting decisively. Make mistakes of ambition and not mistakes of sloth. Develop the strength to do bold things, not the strength to suffer."

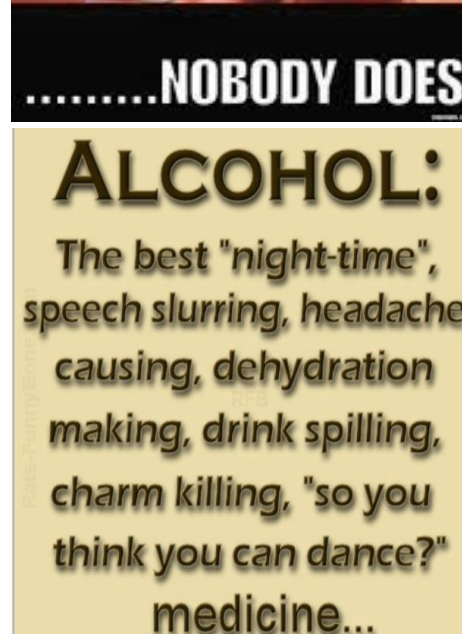
- *Machiavelli*

**"Knowing others** is intelligence; / knowing yourself is true wisdom. Mastering others is strength; / mastering yourself is true power."

- *Lao Tzu*

**"Everybody gets** so much information all day long that they lose their common

# A.A. Humor





**The purpose of Delta Intergroup is to facilitate and support Unity among the members, groups, and fellowships in San Joaquin and neighboring Counties.**

Delta Intergroup's Central Office furthers this goal of Unity by providing services to the groups which they cannot provide to their members.

We sell AA approved and related recovery literature, and provide printed and online meeting schedules and information. We support the P.I./C.P.C. Committee by providing meeting space and pamphlet materials for distribution to the Institutions it serves. We sponsor a monthly area-wide "Birthday" celebration, and special events throughout the year.

*Let Us Know What's  
on Your Minds  
and In Your Hearts*

*As you may have noticed, members from our Area have been sending us articles, memes, haikus and inspirational thoughts. And I believe our newsletter is far better because of these contributions.*

*So, we have now demonstrated that there are a lot of our members who have something important to say. So, **please** continue to share your thoughts, jokes, stories, and experiences with us. We want this to be a newsletter that showcases all the many voices in our community. And I know there are a lot of us out there.*

*Send us your literary and artistic contributions at*

*[deltacentral312@gmail.com](mailto:deltacentral312@gmail.com)*

*We want to hear from you!*

