

THE VALLEY VIEW

The Voice of the Valley

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The **Valley Intergroup** will meet on the **1st Monday of the month at 7:30 pm:**
Trinity Lutheran Church
1225 Hopyard Road
Pleasanton, Ca

Contact Info:
Valley Service Center

Mon. 5-7:30 pm,
 Wed. 6-8 pm
 Sat. 10:30-2:30 pm
6990 Village Parkway
Suite 214 Dublin, Ca
94568
 Phone: 925-829-3160
 Hotline: 925-829-0666

Info
 @valleyservicecenter.org
pi.cpc
 @valleyservicecenter.org
Hotline
 @valleyservicecenter.org
 (Send suggested \$12 donation for postage fees to VSC)

**I am responsible.
 When anyone, anywhere,
 reaches out for help, I want
 the hand of A.A. always to
 be there. And for that,
 I am responsible!**



Holiday Recipe--For Sobriety

December 1953

"FIRST, YOU CATCH A RABBIT. . ."

Vol. 11 No.6

A famous old recipe for making rabbit stew begins in this way. It is humbly suggested that this is not a bad beginning for some other recipes. (Let the reader not be alarmed; the writer is aware that The Grapevine is not a cookbook. But, a pragmatic beginning very similar to that quoted has worked for a great many people whose primary concern in the past has been not with cooking.)

At this point, it might be well for the writer to make clear that food or its preparation never has been a problem with him. For a period of twenty years, his caloric intake depended largely upon the consumption of alcohol in one form or another. Any food ingested during these years was incidental. Comment of others in AA has led him to the belief that this dietary disregard of food as a source of energy is not uncommon among alcoholics actively engaged in the practice of alcoholism.

But, to get back to the recipe--where were we? Oh yes--holidays. Well, first you get a quart of. . .

Wrong recipe!

In AA, the writer gratefully wishes to acknowledge that he found a simple and effective recipe for sobriety. It begins--this formula for sobriety--quite pragmatically in somewhat the manner of the classic instruction for making rabbit stew:

"First, you don't take a drink. . ."

The rest of it follows logically and naturally.

But, as with any recipe, a little of the wrong ingredient may botch things terribly. Here it does not appear imperative to spell out what is the wrong ingredient for the alcoholic. If the reader does not know, he probably is reading the Kinsey report or the New Bartender's Guide or some other edifying publication--not The Grapevine.

Being a worrier, a statement the writer feels may be redundant from an alcoholic, this particular AA has viewed holidays as a source of more than

(CONTINUED ON PAGE 2)

**VALLEY
INTERGROUP
CONTACTS**

Chair

Tracy S. 925-858-6176

Bridging The Gap

Graham W. 510-860-7234

DISTRICT 70

NANCY S. 925-462-7387

WACYPAA

JEREMIE C. 925-549-1001

H&I

Terry S. 925-997-1820

HOTLINE

MARK S. 925-487-6790

Hotline@valleyservicecenter.org

NCCAA

Penny P. 925-456-5874

PI/CPC

MOLLY C. 925-989-6982

picpc@valleyservicecenter.org

SPECIAL EVENTS

Sue B. 925-548-1893

**INTERGROUP
ANNOUNCEMENTS**

Our next
Intergroup
Meeting is

January 2, 2012

**The Nominating
Committee is looking
for 10 volunteers. The
Reward is SOBRIETY
See the flyer
on page 6.**

DANVILLE/DIABLO

MONTHLY

SPEAKER MEETING

**** Saturday, January 7, 2012 ****
222 W El Pintado Rd., Danville
Gordon L. from Danville, CA
Meeting begins at 8:15 PM
Birthdays Celebrated
Please **DO NOT** arrive prior to 7:45

(CONTINUED FROM PAGE 1) **Holiday Recipe—For Sobriety**

ordinary danger to sobriety. Happily, he has seen several holiday seasons float by on the traditional torrent of eggnog without having felt it necessary to submerge himself again. He has been fortunate in remembering:

"First, you don't take a drink. . ."

Works wonderfully!

But, there is little doubt that the holiday season sometimes does present problems beyond everyday experience. (God knows, everyday problems can be dangerous enough!) The special problems there it must be admitted that some AAs contend that they are not special at all, that they are the same old problems dressed up in a holly wreath--the special problems of the holiday season are discussed wherever there are AAs. And, from suggestions heard in meetings and in conversation with individuals, some advice has seemed practical.

For what it is worth, then, to the AA who sees approaching the first holiday season since he reluctantly (?) weaned himself, or to the AA who has been around for years, is offered this condensed version of suggestions from various sources. It is in no way authoritative. It is not offered as a cure-all for the holiday or any other drinking problem. It is only a compilation of ideas advanced by some AAs who have encountered and survived the annual problems presented by such things as:

The Office Party--Oh, brother! This can be a real headache. You can't offend the boss and you gotta show up. Or, maybe you are the boss and you gotta show up. If you are lucky (it's surprising how many are) everyone knows you are in AA and they are damned glad of it and the fact that you aren't drinking is taken for granted or as an occasion for rejoicing. But, if this isn't the case, here are a couple of suggestions: Go early--leave early. To make sure of that last point, if you're at all shaky, make a date to meet an AA at a definite time so you'll have to leave or he'll come after you. While you are present, keep busy. Help with the food if it's the kind of party where the staff attends to the serving. Some successful AAs like to serve drinks. Help in any way you can. But, keep busy! Many find it helpful to keep a glass in hand always, well-filled with ginger ale or a soft drink. Use as much ingenuity in this as you exerted to keep it filled with booze in past years.

Holidays Parties Generally--Either you attend these festivals or you don't. Many don't. It's no disgrace, nor particular hardship on you or your hosts, if you don't. If you do attend, the suggestions for office-party non-drinking are equally good here. Tell the host in advance that you can't drink, and why. If he's known you long, he'll be delighted to serve you coffee or some other innocuous drink. Some ex-drunks switch the "go early--leave early" routine to one of going late, paying their re-

(CONTINUED ON PAGE 6)

FELLOWSHIPS

CROSSROADS 925/449-9796
386 Preston Court Livermore

TRI-VALLEY 925/463-9899
3701 Old Santa Rita Road, Pleasanton
Suite 20

Check each fellowship for Holiday Alkathons

Opening: Chairperson, Tracy S., opened meeting with the Serenity Prayer.
 Purpose of Intergroup: Read by Donna T.
 Concept 11 from the 12 Concepts of World Service: Read by Nancy S.
 New Members: Henry (visitor)
 May 2011 Minutes:
 Reviewed October 2011 Minutes.
 Motion carried to accept October 2011 Minutes as written.
 Reports:
 Financial Report: Theresa M.
 Summary of finances for August 2011 (sent to group via email):
 Cast Account = \$56.87
 Literature Fund = \$3092.14
 Operating Account = \$4936.24
 Prudent Reserve = \$10,000.00 (at limit)
 Wells Fargo Unity Fund = \$3568.58 (cap is \$2500)
 Total Liabilities & Equity = \$28,585.86
 Net Income/Loss for August = \$ 1,226.86
 Group contributions for August = \$ 789.81
 Motion carried to accept financial report for August 2011 as written.
 Summary of finances for October 2011:
 Cash Account = \$ 56.87
 Literature Fund = \$ 3148.05
 Operating Account = \$ 3837.69
 Prudent Reserve = \$ 10,000.00 (at the limit)
 Wells Fargo Unity Fund = \$ 2500.00 (cap is \$2500)
 Total Liabilities & Equity = \$ 27,356.14
 Net Income/Loss for October = \$ -840.70
 Group contributions for October = \$ 1,136.30
 Motion carried to accept financial report for October 2011 as written.
 Board Report: Cathie C.
 VSC new location: New signage is up; still in process of decor; received deposit back from old location.
 Outreach flyer: Distributed flyers; take back to groups/members for input, specifically, hours/types of services of VSC, volunteer sign-up, Birthday club, Valley View Newsletter.
 VSC Office Procedures Manual: Work in progress of reviewing.
 Office Manager: Trish C.
 Valley View Newsletter: Updating mailing list; Seeking input for newsletter; can make contributions by gifting to VSC via Gratitude month or Birthday Club & name goes in newsletter.
 Annual Intergroup/Central Office/AAWS/AAGV Seminar in AZ: Has a report from seminar; ask Trish for copy if you would like.
 Volunteering at VSC: If volunteer alone at VSC, 2 year sobriety requirement; otherwise, can volunteer by helping file while someone else is there.
 General Service District 70: Nancy S.
 H&I Liaison & Archives Representative Needed: Meeting is the 4th Monday of every month @ Faith Lutheran Church, 20080 Redwood Rd, Castro Valley. Archives Representative also meets 1x month in Petaluma & 1x month in Concord, 2 years sobriety requirement.
 E Literature: Will be available starting next month.
 Wall and pocket calendars: Available at VSC.
 H&I Liaison: Terry S.
 Finances: Continue to be an issue; announce at meetings that H&I can use more support; Pink Can should be passed separate & after 7th tradition basket & donate to 7th tradition first.
 Letter from General Chair of H&I: Reviewed letter & distributed copies. Letter reviews new literature policy regarding ordering literature. Monies for literature contributed by groups goes toward literature needs rather than who is donating. Due to lower contributions, limiting literature orders to pamphlets, the Big Book and the 12 Steps & 12 Traditions texts.
 Service Opportunities: Meetings at institutions (Cronin House, Healthy Babies, Thunder Road, Cherry Hill Detox, East Oakland Community Project) need support of speakers and meeting attendees. Business meeting is the 1st Wednesday of the month @ 7:30 pm (Newcomers Orientation @ 7 pm); 1st Christian Church, 29th & Fairmount, Oakland.
 PI/CPC Chairperson: Molly C.
 PI Training Workshop: Chair from PI/CPC presented; went well; 15 volunteers signed up.
 Service Opportunities: Young people are still needed to provide AA info. at DUI classes at AXIS Community Health, 6666 Owens Dr., Pleasanton. Contact Molly C @ (925) 989-6892 for more information.
 Workshop Liaison: Billie K.
 Step 12 WORKshop: (11/19/11) 1-3 p.m. at John Knox Church.
 Step WORKshop Series: Successful year of Step WORKshops. If you have suggestions for future Step WORKshops, contact Billie at (925) 548-2467 or by email kort36@yahoo.com.
 Special Events Chairperson: Sue B.
 VSC Anniversary Dinner: (1/21/2012) @ Shannon Community Center @ 11600 Shannon Ave, Dublin. Speaker will be Mike S. from Riverside, CA.
 Planning Meeting: Saturday, 11/19 @ 11 a.m. @ Shannon Community Center. A few commitments remain (2 clean up [EBYPAA to take] & drawing). Updated commitment spreadsheet to be emailed out.
 Have the facility from 1:30-10:30 p.m.
 Chef will provide work chart & menu by planning meeting.
 Final flyer with price to be ready by planning meeting (still deciding cost).

Tickets: Available in December. No tickets will be sold at the door.
 Save the Date flyer: Distributed to group.
 Outreach Chairperson: Laura H.
 No report.
 Hotline Chairperson: Mark S.
 Hotline: 525 minutes were used. 52 Missed calls that were picked up via email.
 Hotline/12 Step Sign Ups: Distributed sign up sheets to take back to groups/members.
 EBYPAA Liaison: Stephan K. (Zoi V. absent)
 EBYPAA: AA Meeting + "We Are Not A Glum Lot" Comedy Show & MC Battle (11/12/2011) @ First Congregational Church, 2501 Harrison St., Oakland. Potluck @ 6 pm, Meeting @ 7:00 pm, Comedy Show @ 8:30 pm & MC Battle @ 10:30 pm. Go to <http://baypaa.org/eventslist.html> for more info.
 NCCAA Liaison: Billie K. (Penny P. absent)
 Northern California Council of Alcoholics Anonymous (NCCAA) 65th Annual Spring Conference (3/16-3/18/12) @ Marriott Hotel, 2600 Bishop Drive, San Ramon. Pre-registration \$10/on-site \$15. Go to www.ncc-aa.org for more info.
 NCCAA Committee: Will be forming (Chair Gary C); allowed 2 delegates per meeting, and allowed 2 votes.
 Old Business:
 Open PI/CPC Chairperson position for rest of term (3/2012).
 Molly C. voted in as PI/CPC Chairperson for rest of term (3/2012).
 New Business:
 Intergroup Nominating Committee: Looking for volunteers to sign up and serve on this committee at our next Intergroup Meeting.
 Committee will be recruiting members to serve Intergroup positions starting in March 2012.
 Positions available: Chairperson, Secretary, General Service Liaison, Workshop Liaison, H & I Liaison, Outreach Chairperson, PI/CPC Chairperson, Special Events Co-Chairperson and two Board of Director positions.
 Allyson to email out VISC pamphlet describing positions.
 Group Announcements:
 By the Book (Sue B): book study; Tuesdays @ 7:30pm; St. Clare's Church, Pleasanton.
 Ladies Lifeline (Barbara McD): discussion women's mtg; Tues @ 6:30 pm; Trinity Lutheran Church, Pleasanton.
 Women Staying in the Book (Anny O): women's book study; Thurs @ 5:30 pm; Tri-Valley YMCA, Pleasanton.
 Jaywalkers (Laura H): book study; Saturdays, 9-10:00 am; St Phillips Church, Dublin.
 Back to Basics (Diana C): closed/discussion mtg; 7:30 pm; St. Michael's Catholic Church, Livermore.
 Primary Purpose (Billie K): speaker mtg. (two 10-min; one 30-min); Thurs @ 8 pm; St Phillips Church, Dublin
 Monday Night Live (Stephan K): open/discussion mtg; 8 pm; Resurrection Lutheran Church, Dublin.
 Letting Go Group (Pam T) – topic/discussion mtg; Tuesdays @ 7:30pm, Concannon & Holmes, Livermore.
 Friday Night Live (Doug H) – open/discussion mtg; 7 pm; St. Philips Lutheran Church, Dublin.
 Words of Wisdom (Barbara McD) – open/discussion mtg.; Fridays @ 6 pm; St Augustine's Church, Pleasanton.
 Rebellion Dogs (Donna T) – book study; Sat, 8:30-9:30 am; Ashbury United Methodist Church, Livermore.
 Tri-Valley Fellowship (Amby L) – mtgs 4x/day 7x/week; Fri/Sat midnight mtgs. Old Santa Rita Rd, Pleasanton.
 Recap of Meeting:
 Service Opportunities:
 H & I: Meetings @ institutions (Cronin House, Healthy Babies, Thunder Road, Cherry Hill Detox, East Oakland Community Project) need support of speakers and meeting attendees. Business meeting is the 1st Wednesday of the month @ 7:30 pm (Newcomers Orientation @ 7 pm); 1st Christian Church, 29th & Fairmount, Oakland.
 PI/CPC: Young people are still needed to provide AA info at DUI classes at AXIS Community Health, 6666 Owens Dr., Pleasanton. Contact Molly C @ (925) 989-6892 for more info.
 General Service District 70: Needs an H&I Liaison & Archives Representative. Meeting is the 4th Monday of every month @ Faith Lutheran Church, 20080 Redwood Rd, Castro Valley.
 VSC Anniversary Dinner: (1/21/2012) a few commitments remain and need volunteers. Planning Meeting on Saturday, 11/19 @ 11 a.m. @ Shannon Community Center @ 11600 Shannon Ave, Dublin. For more information contact Sue B. @ sue_beville@yahoo.com.
 Intergroup Nominating Committee: Looking for volunteers to sign up and serve on this committee at our next Intergroup Meeting on Monday, 12/5 @ 7:30 p.m. @ Trinity Lutheran Church, 1225 Hopyard Road, Pleasanton.
 Events:
 EBYPAA: AA Meeting + "We Are Not A Glum Lot" Comedy Show & MC Battle (11/12/2011) @ 1st Congregational Church, 2501 Harrison St., Oakland. Potluck @ 6 pm, Meeting @ 7pm, Comedy Show @ 8:30 pm & MC Battle @ 10:30 pm. Go to <http://baypaa.org/eventslist.html> for more info.
 Step 12 WORKshop (11/19/11) 1-3 p.m. at John Knox Church. For more information or suggestions for future Step WORKshop series Contact Billie K. (925) 548-2467 or by email kort36@yahoo.com.
 VSC Anniversary Dinner: (1/21/2012) @ Shannon Community Center @ 11600

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	October '11	March '11 -	% of		October '11	March '11 -	% of
		February-12	Income			February-12	Income
Income				Expense			
<u>Contributions</u>				<u>General Office Expenses</u>			
Back to Basics		\$ 90.00	0.43%	Bank Charge		\$ (12.00)	-0.06%
Broken Elevator Group		183.08	0.88%	Corporate fee			0.00%
By the Book	45.25	414.28	2.00%	Insurance	\$ 89.54	716.32	3.46%
Crossroads Fellowship	90.00	810.00	3.91%	Internet Service	30.00	240.00	1.16%
EBYPAA		501.52	2.42%	Licenses and Permits	11.00	11.00	0.05%
Friday Nite Slag Kaiser		300.00	1.45%	Miscellaneous, Bus			0.00%
Friday Nite Live	86.45	289.16	1.40%	Office Equipment			0.00%
Friday Night Slag			0.00%	Office Manager Expense	1,040.00	5,800.00	28.00%
Hard Knox Group		113.00	0.55%	Office, Misc.	423.12	453.12	2.19%
Hilltop Group	53.02	204.52	0.99%	PVCPC			0.00%
How It Was			0.00%	Postage and Delivery		137.85	0.67%
Intergroup Meeting	23.00	180.38	0.87%	Rent - Intergroup		300.00	1.45%
Jay-Walkers	13.05	425.21	2.05%	Rent - Office	(80.00)	3,266.00	15.76%
Ladies Lifeline	111.92	1,145.89	5.53%	Sales Tax		779.00	3.76%
Letting Go Group	251.62	540.12	2.61%	Subscriptions - Grapevine		101.97	0.49%
Monday Night Live			0.00%	Supplies, Bus		153.40	0.74%
New Meeting/other group		32.96	0.16%	Travel - Office Mgr Meeting	546.88	957.33	4.62%
Primary Purpose		977.90	4.72%	Web Services		293.33	1.42%
Rebellion Dogs		185.80	0.90%	<u>Total General Office Expenses</u>	\$ 2,060.54	\$ 13,197.32	63.70%
San Ramon Community Center	220.00	220.00	1.06%	<u>Literature Purchases</u>			
Saturday Morning Breakfast	60.00	630.48	3.04%	Birthday Chips			
Serenity Seekers	76.00	229.40	1.11%	Book & Pamphlet Purchases	\$ 197.20	\$ 206.74	1.00%
Sunday Breakfast Blackhawk			0.00%	<u>Total Literature Purchases</u>	\$ 197.20	\$ 206.74	1.00%
Sunday Morning Coffee	105.99	321.81	1.55%				
Sunday Morning Serenity			0.00%	<u>Printing & Reproduction</u>			
The Unscripted Men's Group			0.00%	Meeting Schedules		\$ 415.20	2.00%
Tri-Valley Fellowship		960.00	4.63%	Misc. Copying		30.36	0.15%
Women Staying in the Book		292.01	1.41%	Newsletter	24.85	206.12	0.99%
Women's Tuesday San Ramon		63.35	0.31%	<u>Total Printing & Reproduction</u>	\$ 24.85	\$ 651.68	0.03
Words of Wisdom		725.85	3.50%				
<u>Total Contributions</u>	\$ 1,136.30	\$ 9,836.72	47.48%				
				<u>Unity Function Expenses</u>			
<u>Literature Sales</u>				Anniv. Dinner Expense			0.00%
Book and Pamphlet Sales				Traditions Breakfast			0.00%
Book & Pamphlet Sales	\$ 496.20	\$ 5,176.80	24.99%	Unity Day Picnic Exp.	\$ (50.00)	893.77	4.31%
Chip Sales	208.75	1,108.70	5.35%	Workshop Expenses	\$ 46.75	1,058.05	5.11%
Newsletter		12.00	0.06%	Unity Fundraisers - Other			
<u>Total Literature Sales</u>	\$ 704.95	\$ 6,297.50	30.34%	<u>Total Unity Function Exp</u>	\$ (3.25)	\$ 1,951.82	9.42%
<u>Other Income</u>							
Donations		\$ 18.00	0.09%				
<u>Total Other Income</u>	\$ -	\$ 18.00	0.09%				
<u>Unity Functions</u>				<u>Telephone</u>			
Anniversary Dinner		\$ 50.00	0.24%	925 829 0666 - Hotline	\$ 22.65	\$ 288.82	1.39%
Traditions Breakfast			0.00%	925 829 3160	35.59	358.03	1.73%
Unity Picnic	80.00	2,881.45	13.91%	Automated Hotline	37.71	294.71	1.42%
Workshops	99.96	1,634.09	7.89%	<u>Total Telephone</u>	\$ 95.95	\$ 941.56	4.54%
<u>Total Unity Functions</u>	\$ 179.96	\$ 4,565.54	22.04%				
<u>Total Income</u>	\$ 2,021.21	\$ 20,717.76	99.86%	<u>Total Expense</u>	\$ 2,375.29	\$ 16,949.12	81.81%
Cost of Goods Sold	\$ 486.62	\$ 4,433.99	21.40%				
<u>Gross Profit</u>	\$ 1,534.59	\$ 16,283.77	78.45%	<u>Net Income/Loss</u>	\$ (840.70)	\$ (665.35)	-3.36%

DECEMBER 2011

<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
NOVEMBER 27	28 Meeting 6:45 PM 6990 Village Pkwy Ste 214 Dublin, CA	29	30 Thump This Birthday Mtg. Each & Every Wednesday	December 1 Primary Purpose Speaker/Birthday Meeting 8:00 PM	2 Friday Nite Live Birthday Meeting 7:00 PM	3 Valley Service Center Open House 3-6 PM 6990 Village Parkway Suite 214 Dublin CA
4	5 Valley Intergroup Service Council Trinity Lutheran Church 1225 Hopyard Road Rm 3 7:30 PM & Monday Nite Live Birthday Meeting	6	7 H&I Mtg 7:30 1st Christian Church 29th & Harrison Oak-town & Thump	8 Primary Purpose Speaker/Birthday Meeting 8:00 PM	9	10
11	12 Sub. District 6:45 PM Resurrection Lutheran Church 7557 Amador Valley Blvd Dublin	13 7PM Tri-Valley's General Membership Business Meeting	14 PICPC Meeting Eastbay IG Office 6 PM & Thump This Birthday Mtg	15 Primary Purpose Speaker/Birthday Meeting 8:00 PM	16	17
18	19 General Service 7:30 Faith Lutheran Church 20080 Redwood Rd Castro Valley	20 Ladies Life Line Birthday Meeting 6:45 Pm & Sunol Birthday Meeting 8:00 PM	21 Thump This Birthday Mtg & Hilltop Group Birthday Meeting 7:30pm	22 Primary Purpose Speaker/ Birthday Mtg 8:00 PM & Sunol Birthday 7:30 PM	23	24
25	26 VISC Board Meeting 6:45 PM 6990 Village Pkwy Ste 214 Dublin, CA	27	28 Thump This Birthday Mtg. Each & Every Wednesday	29 Primary Purpose Speaker/Birthday Meeting 8:00 PM	30 Friday Nite Live Birthday Meeting 7:00 PM	31 Happy New Year! Tri-Valley & Crossroads Birthday 8 PM Meetings & Crossroads Biz Meeting 9 AM

- 1st Monday is Intergroup 7:30 @ Trinity Lutheran Church in Pleasanton & Monday Nite Live Birthday Meeting
- 1st Wednesday is H&I 7:30 @ 29th & Fairmont in Oakland
- Every Wednesday is a birthday meeting @ Thump This in Livermore
- Every Thursday Primary Purpose Cakes taken Spkr Mtg in Dublin
- 1st Friday is Friday Nite Live Birthday meeting
- 2nd Tuesday is Tri Valley General Members Meeting 7 PM
- 3rd Monday is the GSR Sub District meeting 6:45 @ Resurrection Lutheran Church 7557 Amador Valley Boulevard, Dublin
- 4th Monday GSR meeting @ 7:30 20080 Redwood Rd, Castro Valley
- 4th Saturday Tri Valley & Crossroads Speaker/Birthday meetings
- Last Tuesday & Thursday in Sunol Birthday meetings
- Last Wednesday is Hilltop Birthday meeting in Pleasanton

Let's add your Birthday meeting to our calendar! Call 829-3160

SPECIAL EVENTS

- ◆ **January 22, 2012 Valley Service Center**
42nd Anniversary Dinner
Please see page 9 for the flier.
- ◆ **January 20-22, 2012 Sobriety Under The Sun**
Puerto Vallarta, Mexico
<http://www.sobrietyunderthesun.com>
- ◆ **January 26-29, 2012 WACYPAA 15**
Las Vegas
<http://wacypaa15.org>
- ◆ **May 18-20, 2012 41st H & I Conference**
Redding, CA
<http://handinorcal.org/Conference/conference.html>

For registration forms visit us @ the Valley Service Center

(CONTINUED FROM PAGE 2) Holiday Recipe—For Sobriety

spects to the hosts and such of their friends as may still be functioning, and checking out soon.

Nostalgia--As many drunks have gotten fried in Nostalgia as have fallen on their faces in the corner saloon. Suggestions: attend AA meetings. Associate with fellow AAs at other times. A number of AAs make holiday appointments in advance with fellow AAs, if only for quick meetings over coffee. Those who take this or similar precautions seem to stay sober. An honest appraisal of the "good old days" will rout any nostalgia that ever afflicts this writer. Twelfth Step work helps to keep the past in perspective.

Self Pity--Closely allied to nostalgia. No reason why it should be confined to the holiday season, and it isn't. Neither are parties nor any other of the alcoholic's problems. Hut, self pity seems to roll up in a great flood at Christmas time. Suggestions: a straight look at the last Christmas the subject spent in wassail. Twelfth Step work.

Admittedly, this survey of problems attendant on the holiday season has been cursory. From his own experience, the writer can say that the suggestions offered can be helpful. He believes that, for him, one of the most important things is to review once more, in preparation for the holiday or any other season, what drinking really meant in his life; then, to appraise life as it has been without alcohol. If he does this honestly, the admission is inevitable that one more drink might mean the end--forever--of highly-prized sobriety. It is entirely possible that he has had his last chance. Another morale-booster is: be grateful. Remember to count blessings, and among them the biggest is: thank God I'm sober and able to enjoy this holiday season!

It is the opinion of this writer that the recipe for a happy holiday season--and, synonymously, a sober one--is printed inside the front cover of this magazine. It involves Twelve Steps. And:

"First, you don't take a drink. . ."

Anonymous
Manhattan, NY

All of the articles in this publication are reprinted with the permission of AA World Services, Inc. and AA Grapevine, Inc.

HAVE YOU SEEN THE VISC SURVEY?

We would like to know if the Valley Intergroup Service Council/Center is meeting your needs! Ask your Intergroup Rep!

WANTED

10 OR MORE PEOPLE TO BE FOUND BY February For Service

REWARD : SOBRIETY

Nominations Intergroup February 6th
Elections Monday March 5th
7:30 pm 1st Monday of each month
1225 Hopyard Rd Pleasanton

The Intergroup Nominating committee will be talking to all people interested before elections in March

Intergroup Position	Sobriety requirement	Sentencing
Chairperson	5 years	1 yr I/G & 2 yrs BOD
Recording Secretary	1 year	1 year
Hotline Chair	1 year	1 year
Special Events Vice Chair	1 year	1 year
H&I Liaison plus H&I mt	1 year	1 year
Workshop Coordinator	1 year	1 year
GSR Dist 70 Liaison	1 year	1 year
PL/CPC Chairperson	1 year	1 year
Outreach Liaison	1 year	1 year
NCCAA Liaison plus NCCAA meetings	1 year	1 year
2 Board of Director Members	5 years	2 years

Valley Service Center
6990 Village Parkway Suite 214
Dublin Ca. 94568-2343

925-829-3160

The Danville-Diablo AA Speaker Meeting

Meets the 1st Saturday of every month
8:15pm in the Main Sanctuary
Community Presbyterian Church
222 W. El Pintado, Danville

Upcoming scheduled speakers:

- November 26-** Ruth H. from Oakland, CA
- January 7, 2012 -** Gordon L. from Danville, CA
- February 4 -** Michealine F. from Escondido, CA
- March 3 -** Bob K. from Pleasant Hill, CA
- April 14 -** Maggie A. from Sacramento, CA

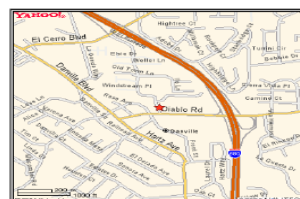
No Smoking Allow



Come celebrate your AA birthday & stay for the speaker's message!



Signing for the Deaf & Hard of Hearing!!!



Directions to the Danville-Diablo Speaker Meeting from Hwy 680:

- Exit Diablo Road.
- Go West onto Diablo Road.
- Go Right onto W. El Pintado (1st Light on the right).
- Turn Right into the church parking lot.

(CONTINUED FROM PAGE 3) 11..2011 INTERGROUP MEETING MINUTES

Shannon Ave, Dublin. Speaker will be Mike S. from Riverside, CA. Flyers will be ready late Nov.; tickets available in Dec. Contact Sue B. @ sue_beville@yahoo.com, for more info.

Northern California Council of Alcoholics Anonymous (NCCAA) 65th Annual Spring Conference (3/16-3/18/11) @ Marriott Hotel, 2600 Bishop Drive, San Ramon. Pre-registration \$10/on-site \$15. Go to www.ncc-aa.org for more info.

Misc.:

VSC: take back outreach flyer to groups/members for input, specifically hours/types of services of VSC; volunteer sign-up, Birthday Club, and Valley View Newsletter. Wall & pocket calendars available at VSC.

H & I: Finances continue to be an issue. Announce at meetings that H&I can use more support; Pink Can should be passed separate & after 7th tradition basket & donate to 7th tradition first.

Next Intergroup Meeting: will be Monday, 12/5 @ 7:30 p.m.

Volunteer to do Concept 12 in December: TBD

7th Tradition: Basket passed and donations collected.

Birthdays since we last met: Diana C, 7 years; Billie K, 15 years; Mark, 5 years.

Closed with the Responsibility Statement: "I am responsible...when anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that, I am responsible."

The Valley Service Center has moved to a new location; at 6990 Village Parkway Suite 214



The phone number & office hours will remain the same:
 925-829-3160
 Monday 5-7:30 PM
 Wednesday 6-8 PM
 Saturday 10:30 AM-2:30 PM



2012 Wall Calendar
 See striking photographs that reflect the joy of living, serenity and other sobriety themes. Full-color photographs taken by our readers, accompanied by brief quotes selected from Grapevine articles. The quotes aren't directly related to either AA or alcoholism, so the calendar may be displayed anonymously. Trilingual (English/Spanish/French)



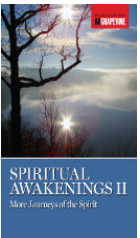
2012 Pocket Planner
 A companion to the Wall Calendar, the Planner features a month-at-a-glance spread and quotations from the Calendar. Great for keeping anniversary dates.

Spiritual Awakenings II

The greatest gift that can come to anybody is a spiritual awakening"- Bill W. Grapevine, December 1957 Only in the challenging, dynamic daily lives of AA members do the Twelve Steps come to vibrant life. In these stories from the pages of Grapevine, published since 1944, sobriety's message of miracles and redemptions is shared with passion and humor in 74 colorful voices.



Spiritual Awakenings II
 More Journeys of the Spirit



Western Area Conference of Young People in Alcoholics Anonymous



Enter to win a FREE room upgrade and register at: www.WACYPAA15.org

Questions? Contact Lorie: registration@wacypaa15.org or 702-769-3620
 Alexis Park Resort
 Reservations: 800-582-2228 group code: WACYPAA 15
 Please Detach and mail form to: WACYPAA 3635 Fort Apache Rd #200-810 - Las Vegas NV, 89147
 Price is 20\$ and will be going up to 25\$ October 1st.

*The Valley Service Center Presents
The 42nd Annual Anniversary
Dinner & Speaker Meeting*

*Saturday, January 21, 2012
Speaker: Mike S from Riverside*

*New Location:
Shannon Community Center
11600 Shannon Avenue, Dublin, CA*

*Doors open at 5:00 pm
Dinner at 6:00 pm
Tickets are \$25
(no ticket sales at door)*

*For more information contact:
Sue B (925-548-1893) or
Billie K (925-548-2467)*

*Come join us for an evening of
fun and unity.*

Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober—an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.



1 *Line up extra A.A. activities for the holiday season.* Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.



2 *Be host to A.A. friends, especially newcomers.* If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.



3 *Keep your A.A. telephone list with you all the time.* If a drinking urge or panic comes—postpone everything else until you've called an A.A.



4 *Find out about the special holiday parties, meetings, or other celebrations*

given by groups in your area, and go. If you're timid, take someone newer than you are.



5 *Skip any drinking occasion you are nervous about.* Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.



6 *If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.*



7 *Don't think you have to stay late.* Plan in advance an "important date" you have to keep.



8 *Worship in your own way.*



9 *Don't sit around brooding.* Catch up on those books, museums, walks, and letters.



10 *Don't start now getting worked up about all those holiday temptations.* Remember—"one day at a time."



11 *Enjoy the true beauty of holiday love and joy.* Maybe you cannot give material gifts—but this year, you can give love.



12 *"Having had a . . ."* No need to spell out the Twelfth Step here, since you already know it.

VALLEY SERVICE CENTER

**6990 VILLAGE PARKWAY #214
DUBLIN, CA 94568
925/829-3160**

Place
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Here



**WE'RE BEING OF SERVICE TO YOU,
SO YOU CAN BE OF SERVICE TO OTHERS**

IT'S FREE TO READ
AND DOWNLOAD
ON THE WEB AT
www.valleyservicecenter.org

PLACE ADDRESS HERE

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TO A HARD COPY OF THE VALLEY VIEW?**

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To do so, please send the following to:

VSC, 6990 Village Pkwy, Suite 214 Dublin 94568

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Address

City

State and Zip

Make your check payable to Valley Service Center.