

# Community News

East Bay Intergroup, Inc.

June 2008

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## THE SHORT FORM:



It's June! The outdoor season is upon us. This is the season that seems to win the most popularity contests, and it's not hard to see why. The weather smiles. The days are longer. We just feel more like getting out and being active.

Now, when I was drinking, I spent a fair amount of time outside, myself. I was a bar drinker. This meant getting from bar to bar. I also tended to lose the car, which meant walking around looking for it. I can also recall standing outside the liquor store in the early morning, waiting for it to open. In addition, I remember being thrown out of a few places—dancing alone, falling asleep at the bar—and that had the effect of more time spent outside, too.

Due entirely to the grace of my Higher Power, I haven't had to do that for some years, now. In the outdoor season I can spend my outdoor time gardening, or going to the beach, or walking in Tilden Park, or hiking in the mountains.

Here's one outdoor activity that's among my very favorite things: doing service. It not only gets you outside and to someplace where ideas other than your own are being discussed, it puts you in a place where, I guarantee it, you'll feel better about yourself and your life when you've done it.

Come volunteer at Central Office! Or secretary a meeting. Get on the 12th-step list and go visit someone whose life you may be helping to save. Join one of the service committees: Hospitals and Institutions, General Service, Intergroup, Public Information/Cooperation with the Professional Community, be part of the Beginner's Meetings, or get involved with Special Events. (And if you *must* stay home, join the Phone Committee! And of course, there's also online AA these days!)

If that isn't enough, there will be a variety of outdoor AA events happening this summer. A group of us very recently got together for an Oakland A's game, complete with tailgate party, evening game, and fireworks afterwards! During the summer there will be several picnics put on by AA groups, and I happen to know that there is an AA motorcycle-riders' group that gets together, rides to some beautiful area, and then has a meeting and maybe even a picnic together!

And don't miss All Groups Day on July 4th!- *Kate G.*

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## COMMUNITY NEWS

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Please send comments and contributions to:  
Community News Editor at Central Office.

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Submission deadlines for articles, flyers,  
letters to the editor, announcements, etc.:

July issue: Wednesday, June 18, 2008

August issue: Wednesday July 16, 2008



May represents my first anniversary of acting as the Office Administrator for Central Office. This is mentioned by way of saying thanks. Members warned me that it would be uniquely difficult to serve the AA community. But exactly to the contrary, I have found us as a community generous, forgiving and eager to help. I am reminded of and echo Dr. Bob's four reasons for service: I do feel a sense of duty—a sense that what we are doing is right and good. Certainly, it has been a pleasure. My work does represent something of a continuing repayment to those who have helped and guided me; and without question the experience has served to help deepen the spiritual groove I try to track in and helps preserve my sobriety. Many thanks to everyone!

**Financial Report** April continued our steady improvement. We posted a gain of \$3,207 for the period and are tracking in the black for the year, \$14,751. We are expecting to make a significant reduction of our prudent reserve deficit, if this continues. Hip, Hip, Hooray!

**All Groups' Day is Friday July 4 at the First Congregational Church, 27th and Harrison!!!** All Day Barbeque! Workshops! Speaker Meeting! Dance! And this year, the Delegates Report from the General Service Conference! Planning meetings start on Saturday May 31 at 5 p.m. at Central Office and every Saturday thereafter. Please come to help!

**As we go to press**, tickets to the June 7 A's baseball game will have sold out. One hundred of us will be going to tailgate, watch the A's, and then the fireworks!! Anyone still wanting to go can buy tickets directly from the A's. Tailgate is in Lot B and Seating in section 129.

**People are pitchin' in.** Just this month, too many people to mention have been donating other things beyond our Seventh Tradition calling. Thanks to **Charlie S.** for the donation of some much needed computer equipment. Thanks to **Richard L.** for his contribution toward new bike racks. Thanks to **Gordon O.** and **Lynn S.** for building shelves and drawing up plans for new lockers. Thanks to **Jac W.** and **Michael** and **Alex** for the afternoon of scrubbing our meeting room floor. Thanks to **Catherine B.** for taking on the migration of our database. Thanks to the **Men's Answer Group** and **Men's Single Topic** for collecting money to provide the food and drinks for our upcoming All Groups Day on July 4. Many thanks to **Dave** and other gardener volunteers who have helped keep our rent low at

(Continued on page 10)

## GENERAL SERVICE REPORT

The 2008 General Service Conference has concluded, and we in general service will hear our Delegate, Sharon B., report to us on what happened at the Post-Conference Assembly in Lakeport on May 17. The rest of the Fellowship can hear her report at this year's All Group's Day in Oakland on Friday July 4th. Please check with Central Office for details.

The early bird edition of Box 459 (a publication put out by the General Service Office) reports that the 134 members who make up the General Service Conference had a busy week in New York City, and that the theme of this year's Conference was: Communication and Participation - The Key to Unity and Self-Support.

The members of the General Service Conference include the Delegates from the 93 general service areas in the U.S. and Canada, seven Class A, amateurs (nonalcoholic), and fourteen Class B. boozers (alcoholic), Trustees, and directors and staff members from the two corporate boards – A.A. World Services, Inc. and The A.A. Grapevine, Inc. There were also four observers from other general service boards: two from Great Britain and two from Mexico.

The number of reported groups in the U.S. and Canada is: 60,699, and the number of reported groups outside the U.S. and Canada is: 52,496, for a total worldwide of: 113,168. The estimated number of AA members in the U.S. and Canada is 1,375,598, and the estimated number outside of the U.S. and Canada is 669,057, for a total worldwide of 2,044,655. GSO is aware of AA activity in more than 180 countries, including sixty autonomous general service offices in other lands. Our General Service Office supports these other countries' work, and our Seventh Tradition contributions to GSO fund that effort. On the issue of GSO being totally supported by group contributions, as opposed to the current scheme by which profits from AA literature sales provide part of the support for GSO, the Conference voted to ask the Trustees' Finance and Budgetary Committee to gather information on the benefits and liabilities, both spiritual and practical, of fully funding GSO by voluntary group and member contributions, and that their findings be provided to the 2009 Conference Committee on Finance.

The Conference also voted that a draft of the revised pamphlet "The AA Member - Medications and Other Drugs" be brought to the 2009 Conference for review.

The Conference also voted in some new Trustees, one of whom replaces, Vince Keefe, a Class A (nonalcoholic) Trustee, who has served for many

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**INTERGROUP MINUTES**

APRIL 16, 2008

I. Opening (Simon A. subbed as meeting chair; Susan S. subbed as minutes recorder)

Meeting opened with the Serenity Prayer and 12 Traditions. New reps were welcomed: Willis, *The Upper Room*; Sonia, *El Cerrito*; Mary, *Monday Piedmont*; Julianne, *Tuesday Piedmont*

II. Minutes of March meeting reviewed and approved.

III. Committee Reports were attached to the packet handed out to meeting attendees. Steve highlighted:

- There is a printed Financial Summary available for the first quarter of 2008, with comparisons for the same period for 2007. *KEEP UP THE GOOD WORK* of maintaining increased group contributions.
- *Community News* is free; more subscribers and contributors will make it more useful.
- Cassette donations are welcome for the new "Lending Library" near the Meeting Room door.

**REQUEST TO ANYONE IN THE PROGRAM WHO IS**

**BILINGUAL:** Please consider being part of a 12<sup>th</sup> Step resource list. When calls come from people who need help in languages other than English, you would be contacted. Call Central Office to learn more and/or volunteer.

IV. Old Business (none)

V. New Business

a. If Central Office gets the meeting minutes from the recorder promptly, they will be glad to email the minutes to all representatives who have given them an email address.

b. Bruce is ending his service as Central Office Coordinator. Please contact him at 510-334-8907 for a service description, or contact Central Office. Susan S. and Gordon S. will join Bruce to form a Search Committee; they hope to bring nominees to the May Intergroup Meeting and to have a vote at the June Meeting. Jac W., the Telephone Committee Chair, announced that we need a Twelfth Step Coordinator and hotline volunteers.

Discussion Topics

a. TechSoup: Steve recapped the March Business Meeting conversation about whether receiving hardware/software from TechSoup, a nonprofit distributor of goods provided by computer companies such as MicroSoft, would violate our 7<sup>th</sup> Tradition. The discussion that followed reiterated most of the points that had been made at the previous meeting. An initial vote was taken on a motion to authorize Central Office to obtain goods from TechSoup, resulting in 17 yes, 7 no, and 6 abstentions. After it was explained to those who had abstained that they

had the "right of decision" to vote their conscience, another vote was taken, resulting in 19 yes, 9 no, and 2 abstentions. According to Roberts Rules of Order, abstentions are not counted when determining vote percentages, so the total votes cast were 28, of which 19 is 68 percent. A two-thirds majority is considered to be substantial unanimity, so the motion passed.

Minority Opinion: After the vote, one person chose to give a minority opinion, saying that she viewed the topic as a distraction from our primary purpose and potentially divisive; therefore, her opinion was that Central Office has enough money to purchase what it needs at retail cost.

b. Speaker List: The topic of whether Central Office should create and maintain a Speaker List will be discussed at the May Business Meeting.

A MESSAGE FROM THE CHAIR OF OUR PUBLIC  
INFORMATION AND COOPERATION WITH THE  
PROFESSIONAL COMMUNITY (PI/CPC)  
COMMITTEE

My name is Tall Paul. We in PI/CPC could use your love and service. we need your help! We have many presentations monthly to community DUI classes, local health fairs, and other organizations, and right now we particularly need some female AA members, as well as younger AA members, both male and female

Our monthly PI/CPC meeting is held at Central Office at 6 p.m. on the third Wednesday of every month. Please feel free to call me for more information.

Your grateful servant,

*Paul C., PI/CPC Chair*

## INTERGROUP REPORTS

### CENTRAL OFFICE REPORT

Steve F. - 510-839-0709

**Financial Report** - We always make a lot of noise when we are in the red, so perhaps we should blow our collective horn for a minute. March concludes our first quarter of 2008 and we did so strongly. Revenues climbed 36% over prior year- advanced by strong group contributions (+45%) and literature sales (+71%) while operating expenses stayed flat. The bottom-line is that we are \$11,544 in the black for the quarter and are considering moving our profits into the prudent reserve. Prudence dictates wait until after May because historically May is our worst month and begins a summer decline in contributions. Congratulations to all members for helping preserve our great gift. See Quarterly Statement.

### Foreign Language 12-Step List is being assembled.

- Any bi-lingual members willing to help new alcoholics who have a language barrier to hearing our message are encouraged to sign up with Central Office. With our expanded foreign literature selection and willing, fluent members to interpret or sponsor, we can make a real difference. Requests for help come almost every week. Please sign up.

**Raiders Game this fall.** We don't have all the details yet, but Paul E. is spearheading a group trip to see a Raiders game. We do know that the tickets will be \$40 each and that includes a coupon for a hot dog, chips and a soft drink. Invite friends and family for a sober day of NFL Football!

**Secretary Workshop-** Hosted by and at Central Office May 31, 3:00 to 4:30 pm. Review of the suggested role and responsibilities of the job with sharing of experiences and problem solving. All secretaries and any interested members are encouraged to attend and contribute.

### Community News for Free! - Circulation reaches 350- shooting for 1,000

- We have increased our readership of *CN* over 50% over the past three months and want to get all members on board. We are offering **free 12 month subscriptions** to all new subscribers. Please notify us at [centraloffice@eastbayaa.org](mailto:centraloffice@eastbayaa.org), call us (510) 839-0709 or sign up on line at [www.eastbayaa.org](http://www.eastbayaa.org) and tell us where to send your new subscription.

### New Products for Sale!

**New Black-Enamel, Fancy Medallions are in stock.** Red and Blue also. Only 1, 5 10, 15, 20, 25, 30, 35, 40 years. Others can be special ordered, \$14 each (gift box \$1).

**Emotional Sobriety** on CD (vol.1 & 2) for \$15 ea. and **Living Sober** (4 CD set) for \$15 per set are now available on CD!

**The 3<sup>rd</sup>, 7<sup>th</sup> & 11<sup>th</sup> Step Prayer laminated wallet cards** and other AA inspirational texts only \$.40 each.

### Foreign Language Big Books on sale!

Armenian to Hindi to Thai spread the word!

**San Francisco-Marin AA Meeting Directories** are available on sale at Central Office.

**Community Bulletin Board** at Central Office! Now you can reach other sober members for job postings, rides, apartments, services for hire. (Be sensible and prudent when responding to any ads.)

### SERVICE COMMITTEE REPORTS

#### Office Coordinator

Bruce F.

Over the past couple of months it has been exciting for me to observe the healthy growth of support for Intergroup and the activities of East Bay Central Office. The response of the fellowship to our recent Seventh Tradition discussions is truly amazing. In my experience over some nineteen years in AA, it's always been my contention that once the fellowship is made aware of a need, it always manages to step up. And so we now seem at long last to be running in the black, thanks to the generous support of the fellowship.

I commented some time ago to our Office Administrator Steve F. that he had things so well under control that there was little for me as Office Coordinator to really do. As luck would have it, I now have a new project to work on (remind me to be careful what I wish for!)

I am currently working on drafting an Operations Manual for Central Office. This will take some time and effort to complete, but ultimately will result in the documentation of the standard practices employed at Central Office, for experience retention and as a tool for knowledge transfer as new volunteers and paid service workers (and Service Committee members) come and go. And speaking of coming and going, my term as Office Coordinator will soon be over. If you know of members willing to make themselves available, please let me know, or contact Central Office!

#### Beginners' Meeting Chair

Bob W.

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# **ALCOHOLICS ANONYMOUS EAST BAY INTERGROUP FIRST FRIDAY SPEAKER MEETING**

**JUNE 6, 2008**

**SPEAKER: TROY M., OAKLAND**

**HOST GROUP: GOOD MORNING AMERICA, OAKLAND**

**FELLOWSHIP 7:30 PM MEETING 8:00 PM BIRTHDAY MARBLES**  
COME AND CELEBRATE YOUR AA BIRTHDAY. GET ONE OF YOUR MARBLES BACK.

**FIRST CONGREGATIONAL CHURCH OF OAKLAND,  
2501 HARRISON ST. AT 27TH ST.**

## **SECOND SATURDAY BIRTHDAY GROUP OF ALCOHOLICS ANONYMOUS**

**Monthly Birthday/Speaker Meeting 8:00 PM**

**AA**

June 14

Bill B.

Sunnyvale CA

Open meeting - Non-smoking - Book and Gift Raffle  
Family, Friends, and Quiet Children Welcome

## **Birthday Chips and Cake to Celebrate All Birthdays During the Month**

First United Methodist Church  
1600 Bancroft Ave., San Leandro, CA  
(on Bancroft between Dolores and Maud)

East Bay Intergroup of Alcoholics Anonymous, 295 27th St., Oakland CA 94612-3802

# EBY PAA

East Bay Young People of Alcoholics Anonymous  
Second Annual

## Comedy Night

June 14th, 2008

Meeting 7:30/Comedy 9 p.m.

\$8

Donation

Valley View Middle School

181 Viking Drive

Pleasant Hill, CA 94523

Contact Info: Dan (925) 285-8477

*EBYPAA*

## *YUBA XVII*

*July 11, 12, and 13, 2008*

*American River Resort*

*6019 New River Road,*

*Coloma, CA 95613*

- *Camping on the river rapids*
- *Swimming pool*
- *Bonfire meetings*
- *And much, much more!*

*\$20/person*

*Contact Info: Dan (925)285-8477*

*Courtney (925) 899-7489*

**Intergroup Reports** (Continued from page 5)

Commitments are filled through July and all who have chaired the meeting report true progress—they all stayed sober! Thanks.

**Special Events Chair:**

Gordon O.

As our Talent Show flyer said, “You’re sure to have fun and laughter,” and those who made it did. We had some great talent this year and I would like to thank all those who performed. I had a lot of help pulling this event off and I would like to give a special thanks to our sound person, lead judge, and the equipment requisition person—they all did a great job! (Continued We had a good turnout and although this event was about having fun and fellowship (which we did), we managed to make a little money too.

Our next official special event is All Groups Day on July 4, 2008. Along with the usual events, workshops, speakers, etc., there will be a barbeque and a banner contest as well. All Groups Day will be held at 27<sup>th</sup> & Harrison (First Congregational Church).

This is always a great event we hope to see all of you there.

**Booked Special Events** are listed below All events will be held at The First Congregational Church of Oakland, 2501 Harrison St. at 27th St.

Event	Date	Time
All Groups Day	Fri., 7/4	10 am–10 pm
Gratitude Night	Tues., 11/25	7 pm–9:30 pm
New Years Dance/Party	Wed., 12/31	8 pm–12:30 am

**Telephone Committee:**

Jac W.

I’m the grateful new Hotline Coordinator, who’s thrilled to have this commitment and looking forward to serving our AA community. Thanks to Kenny’s excellent organization skills and ability to work with others through kindness and consideration, the Hotline is in tiptop condition, making my job so much easier. All my thanks and good wishes to Kenny for all his hard work.

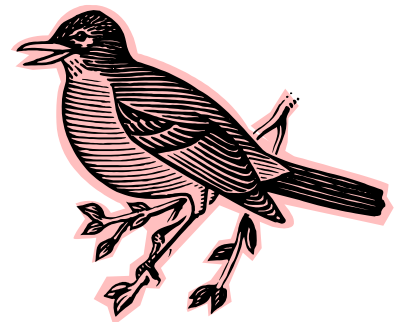
The Hotline is presently staffed with our very own diligent and dedicated volunteers. We have 7 alternates willing to cover all the hours needing coverage as needed. We have some of those folks who are on the waiting list to take a shift over when it becomes available. The Diverter Hotline has now gone online and it will be available to the Hotline Volunteers only as they need it. It’s also becoming a great way to communicate with each other on news, events concerning only the Hotline, and shifts needing coverage. All incoming calls are being answered in the spirit of love and service.

**PI/CPC Chair:**

Paul C.

The PI/CPC committee is always seeking new volunteers. We will continue to request the AA service committee members to inform their home groups, and to have the GSRs to inform their various groups of the ongoing need for assistance from the fellowship. The month of March provided many opportunities to be of service to the public, as well as to the professional community. We are most grateful for those members who took time to be of service. We provided volunteers to the various community DUI classes, as well as to some of the local health fairs and organizations that requested we provide PI/CPC volunteers.

I would like to take this opportunity to thank the Intergroup and Service Committees for allowing me to be of service as the new PI/CPC chair, and will do the best that I am able to provide service and guidance to our fellowship and PICPC members. We look forward to seeing some of you, as we trudge the road of happy destiny.



NORTHERN CALIFORNIA COUNCIL OF ALCOHOLICS ANONYMOUS  
61ST ANNUAL SUMMER CONFERENCE  
San Ramon Marriott Hotel, 2600 Bishop Drive  
SAN RAMON, CA

July 18-20, 2008  
Fellowship, Workshops, Speaker Meetings, Marathons, Drawing, Dance

Juntas en Español

PREREGISTRATION \$10.00 — AT THE CONFERENCE \$15.00

VISIT THE NCCAA WEBSITE, [www.nc-aa.org](http://www.nc-aa.org) FOR DETAILS AND REGISTRATION

FIFTH ANNUAL LANGUAGE OF THE HEAT

WOMEN'S AA BRUNCH  
11:00 AM TILL 3:00 PM  
SUNDAY, JULY 8, 2008

DUBLIN RADISSON  
6680 REGIONAL ST., DUBLIN

REGISTER BY JUNE 2, 2008  
CALL CENTRAL OFFICE, 510-839-8900 FOR INFORMATION

General Service Report (Continued from page 3)

years as AA's Treasurer. This was also the last General Service Conference at which Greg M. will be serving as General Manager of GSO. I want to pay tribute to these two men, with whom I have often disagreed over the years, but who have always been willing to talk with me in person, over the phone, via e-mail and by letter, about my disagreement *de jure*. They have spent a good part of their adult lives working in behalf of AA. Vince in particular, who is not even an alcoholic, has done us alcoholics a great service by his hard work and example, but if you ask him why he's done it, he will tell you that he gets more out of it than he gives. This, by God's grace, is the kind of normy we attract, my friends. We are truly blessed.

Come join us in general service; its fun, believe it or not! District 07 (Oakland and North) meets at the First Christian Church, 29th and Fairmount in Oakland at 7:30 p.m. on the 4th Wednesday of every month, and District 70 (South of Oakland) meets at Trinity Baptist Church, 557 Olivina Ave., Livermore, at 7:30 p.m. on the 4th Monday of each month. May God bless and keep you.

*Kris W., District Chair (DCMC), Dist 07*

**Twenty-nine Five** (Continued from page 3)

the First Congo by pitching in to help. Thanks to **Paul E.** for setting up our Raiders game. Thanks to all our **Grateful Givers** who continue to go beyond the call to support our efforts. Thanks to all the trusted servants at Intergroup and the Service Committee, our outgoing Office Coordinator, **Bruce F., Paul C., Jac W., Bob W. and Gordon O.**... what a wonderful, committed bunch! And more thanks, to **Joyce S.** and all the volunteers for the **Hotline, Twelfth-step list** and **Central Office helpers** who keep the hand of AA always present. Thank you so much.

And a personal thank you to **Richard M.**, my predecessor, for continuing to support and mentor me and my sidekick and co-worker, **Sonya C.**, who helps make my job fun and does much of the really hard work at Central Office.

**Foreign Language 12th-Step List:** Still looking for bilingual recovering alcoholics to assist non-English speakers. Please call Central Office.

**Okay here's the deal, mark your calendar:**

**Raiders vs. Chargers.** Sunday, September 28. You get a \$36 ticket, a coupon for a hot dog, chips and soda (\$10), an Official Raiders Cap (\$9) for group rate of \$36. Good deal! Big Fun! Great company!

### **Community News for Free!**

**Circulation reaches 515- shooting for 1,000.**

We are offering **free 12 month subscriptions** to all new subscribers. Please notify us at [centraloffice@eastbayaa.org](mailto:centraloffice@eastbayaa.org) or call us at (510) 839-0709 and tell us where to send your new subscription, or sign up on line at [www.eastbayaa.org](http://www.eastbayaa.org) .

- Steve F.



### **WHAT TO DO WHEN THE BUZZ WEARS OFF**

What do you do when you no longer spend your free time drinking? Here are a few suggestions: Go to school. Take up golfing. Enjoy "the fine art of goofing off." Read a book. Learn to dance. Learn to sit. Listen. Learn to swim. Get to know your family. Learn how to not do anything. Enjoy eating. Enjoy breathing. Go to meetings. Look around you. Read a newspaper. Take on civic activities. Take a walk. See. Care about someone. Start doing those things you've "always wanted to do, but never have the time." Start wanting and stop wanting. Pray. Introduce yourself to yourself. Play a musical instrument. Taste food. Sew. Learn how to enjoy staying home. Learn how to listen to quiet. Feel. Live. Learn how to "get a buzz" without chemicals. Learn how to learn. And be glad you can be thinking about what to do when the buzz wears off. For that matter, be glad you are; and be glad you can be thinking about anything. In fact, be glad – period.

- Good News, NCCAA

## READERS CONTRIBUTIONS

**HUGGING IN AA**

The coffee is brewing and the folks are filing into the church basement after an especially long weekend. All are preparing to see the other members of their AA group. Julie, a lovely twenty-something with a warm grin, spots Lily M., a lovely grey-haired member of 25 years and they embrace. There's a clear joy and comfortable tenderness between them. They chat as others enter the room.

Church door opens and an attractive red-head named Lisa enters. She scans the room a bit wearily. It's her first visit to an AA meeting. Lucas, sixty-five, enthusiastically walks over to her with his arms wide. Lisa recoils. Lucas continues to approach her and cordially says, "Welcome to AA." Lisa reluctantly endures the well-intentioned embrace, but her discomfort is obvious. Lucas, oblivious to Lisa's uneasiness, moves on to greet another member.

Within the AA community the act of hugging is quite commonplace. Hugs are symbolic of warmth and a shared expression of love within our Fellowship. Chapter 2, of our *Big Book* speaks to the experience of fellowship within AA. It reads in part, "We are people who normally would not mix. But there exists among us a fellowship, a friendliness, and an understanding which is indescribably wonderful. We are like the passengers of a great liner the moment after rescue from shipwreck when camaraderie, joyousness and democracy pervade the vessel from steerage to Captain's table." (1)

A warm embrace after reaching the distant shore with others who have endured a common peril seems fundamental, natural, and human. There are, however, some in our Fellowship who find hugging a very different experience.

There are men and women alike who simply don't prefer hugging as a form of affection. You've met them before. They thrust out their hand when you approach them with open arms, or they simply say, "I don't hug." The cues are clear. However, there are members who are clearly distressed at the idea of an approaching hug, but choose not to voice their disapproval.

Their body language virtually screams, "DO NOT HUG ME." For example, they may turn their bodies or avoid eye contact. Perhaps they stiffen or *hug* without actually embracing and/or are clearly uncomfortable.

In an effort to gather diverse opinions on hugging in AA, interviews with members were conducted. Here are some brief responses to questions posed.

1. *Reprinted from Alcoholics Anonymous, p17, with permission of A.A. World Services, Inc.)*

Do you like hugging in AA?

Yes, hugs heal.

Yes, I feel good about it.

I feel more comfortable hugging women than men [a male member]

Now I like to be hugged. I did not like it at all in early sobriety.

As a rule, I don't hug. I do believe there is a lack of asking for permission (e.g. "May I hug you")

What social cues do you pick up that someone doesn't want to be hugged?

Awkward response

They hold up their hands to say they don't want to be hugged — I respect that.

They turning their bodies sideways.

Some folks avert their eyes or stare at the ground.

They give off a vibe

They tell me, "I don't hug."

They keep their hands in their pockets

Have you ever been hugged inappropriately in AA?

Nothing has ever occurred in my twenty-two years of attending meetings

When I was through hugging and the other person didn't let go fast enough.

Yes I have. Sometimes it is too much, too long.

There have been times when the hands of the other person travel throughout my back. I don't like that.

I have never felt unsafe at an AA meeting.

I wouldn't say inappropriately, but I would say excessively. I prefer to hug someone as something special (i.e., after a share that resonated with me) but not in lieu of shaking hands.

Sometimes I felt as though I was being hit on, which didn't feel good at all.

In AA, most see hugging as an outward expression of the love we have for one another. Following the shipwreck of our former lives as active alcoholics, we are gathered together for a common solution. The desire to embrace each other in joy and celebrate our harmonious action on the shoreline of recovery is special, necessary, and certainly human. Nonetheless, not all in the AA community are keen on such physical contact for whatever reason. Not yet, or not at all. Sensitivity to such members can be met with love, tolerance, a warm handshake, and kind thoughts.

After all, we are sure God wants us to be happy, joyous, and free.

- Sonya C.

We goofed! Last month we failed to get April's AA anniversaries into this space, so this month we're offering congratulations to all the following members, who celebrated their AA anniversaries both in April and in May at the First Friday Speaker Meeting:

Jackie B.	4/1/1978	Sunday Step Discussion	Norman B.	4/27/1990	Park Street Center
Alison	4/4/1982	Step Sisters	David A.	4/26/1994	Berkeley Fellowship
Carl	4/3/1983	Men's Stag	Christine P.	3/9/1996	Monday Night Young People's
Donna	3/16/1987	Sisters in Sobriety	Breeze M.	4/12/1997	Monday Night Young People's
Fran	4/4/1987	Up To My Neck	Gary M.	4/29/1997	Berkeley Fellowship
Patricia	4/1/1988	Women's	John T.	4/29/1997	Berkeley Fellowship
June	3/12/1989	Step Sisters	Larry E.	5/6/1997	The Answer Group Men's Stag
Gilbert	3/11/1991	Berkeley Fellowship	Timothy R.	3/5/1999	In-Between Fellowship
Vera H.	2/4/1994	Sunday Step Discussion/GMA	Tim R.	4/23/1999	College Bay
Marie	3/15/1994	Sunday Step Discussion	B. F.	4/4/2001	The Wild Bunch
Brenda P.	3/13/1997	Sisters in the Solution	Chris M.	4/19/2001	Tuesday Night AA
Donna	3/15/1997	Women's Mtg	Lucy S.	4/22/2001	Monday Night Young People's
Timothy R.	3/5/1999	Serenity Central	Andy M.	4/22/2001	College Bay
Joe G.	3/22/1999	El Cerrito Fellowship	D'borah P.	4/6/2003	Berkeley Fellowship
Todd S.	3/4/2001		Billie Jean N.	4/18/2004	Good Morning America
John S.	2/5/2002	Safe Haven	John S.	3/7/2005	The Wild Bunch
Jahowa	3/8/2003	A Common Solution	Rita D.	4/4/2005	Good Morning America
Nika	3/11/2003	Step Sisters	Julia S.	4/26/2005	Rockridge Fellowship
Tricia J.	3/22/2003	Berkeley Fellowship	Lesley F.	4/28/2005	El Cerrito Fellowship
Shunkila	1/4/2004		Esmeralda O.	5/2/2005	Good Morning America
Chelsea	3/11/2004		Molly B.	3/3/2006	Monday Night Young People's
Joe	3/16/2004	Just the Book	Michael L.	4/13/2006	
Jessica K.	3/27/2004	College Bay	Morgan T.	4/18/2006	Monday Night Young People's
Liz E.	4/4/2004	Berkeley Fellowship	Naomi B.	4/27/2006	Good Morning America
Edward G.	7/23/2004	Sunday Step Discussion	John T.	4/9/2007	
Cloia S.	9/16/2004		Emily	4/19/2007	Tapestry Women's Group
Mindy R.	12/12/2004		Tara	4/28/2007	Extreme Makeover
Harry S.	2/26/2005	Noonie Tooners	Sandy J.	7/9/2007	Noonie Tooners
Kate S.	4/3/2005	Rockridge Fellowship	Amy S.	7/11/2007	El Sobrante Fellowship
Mary H.	4/4/2005		Diana N.	8/1/2007	Rose Garden Inn
Rebecca F.	2/25/2006	The Upper Room	Thomas D.	10/4/2007	
Jilala F.	3/15/2006	The Upper Room	Leann F.	10/14/2007	
Nikoli L.	12/29/2006	Just the Book	Don M.	10/15/2007	The Upper Room
Marcia M.	3/19/2007	Safe Haven	Michele M.	10/27/2007	Twelve and Twelve
Erica B.	3/19/2007	Rockridge Fellowship	Keith	11/2/2007	
Bridget H.	3/24/2007	College Bay	Brett L.	11/14/2007	Park Street Center
Sam B.	3/26/2007		Martin	1/1/2008	Rockridge Fellowship
Gary H.	4/4/2007	Men's Single Topic	Shirley J.	1/14/2008	In-Between Fellowship
Jerry N.	6/29/2007	Godless Heathens	Kira P.	1/14/2008	Rockridge Fellowship
Evella H.	12/17/2007	In-Between Fellowship	Darrin S.	1/17/2008	
Deborah R.	1/11/2008		Valerie	1/25/2008	
Byron	1/18/2008		Shannon P.	2/4/2008	
Valerie	1/25/2008	The Upper Room	Alfredo M.	2/18/2008	Monday Night Young People's
Tomas	1/25/2008		Chaz	2/27/2008	
Jose	1/27/2008		Bob	3/1/2008	Rockridge Fellowship
Rocky	2/4/2008	College Bay	Mike	3/3/2008	
Analisa	2/6/2008	Godless Heathens	Ana N.	3/20/2008	
Paul R.	2/10/2008	Good Morning America	Otis J.	3/23/2008	
Sonia	2/20/2008	Rockridge Fellowship	Allen H.	3/28/2008	Rockridge Fellowship
Donna R.	2/20/2008	Rockridge Fellowship	Monica F.	4/1/2008	
Jesse B.	2/24/2008	Good Morning America	Travonne S.	4/6/2008	
Aaron	3/15/2008		Michelle R.	4/18/2008	Girl's Night Out
Jordan H.	3/19/2008	Good Morning America	Sophia M.	4/28/2008	
Lewis	3/27/2008	The Upper Room	Adam		Sunday Step Study
Keith B.			Rick B.		
Chris B.					
John H.	4/19/1975	Last Chance			
Elizabeth L.	4/27/1975	Up To My Neck			
Tim M.	1/25/1986				
Mark T.	3/1/1989	In-Between Fellowship			



## MORE READERS CONTRIBUTIONS

**ANYBODY KNOW A GUY NAMED BILL W.?**

Grace was a flight attendant and had been suspended from her job with a major airline due to her untreated alcoholism. She had been stealing the little miniature liquor bottles and drinking in airport bars in uniform, etc. Her employer, realizing she needed help, sent her to treatment.

After the eight week program, it was suggested to her it might be a good idea to solidify her foundation in recovery before returning to work as she would be working in a high-risk environment (serving alcohol, being out of town alone, etc. ). Grace did, however, return to work shortly after completing outpatient treatment. One day while she was departing from a plane at the end of long day a major craving for alcohol overpowered her. There she was, in the Los Angeles International Airport, pulling her roller-bag behind her when this massive craving to drink came over her. She tried to *just think through* it, or *just forget about it*, but it was too powerful. It was so powerful, in fact, that she had resigned to herself that she would just go drink.

Grace thought, "Oh, heck with it, I'll get another job; or maybe no one will find out anyway." But deep down inside Grace did not want to drink. She truly wanted to stay sober, but she was in trouble. On her way to the bar in the airport, Grace had a moment of sanity. She stopped, picked up the airport paging phone and said, "Will you please page friends of Bill W.?" She paused, quickly looking around for an empty gate. "To come to Gate 12?" Within minutes, over the paging system in one of the world's major airports, came, "Will friends of Bill W. please come to Gate 12. Will friends of Bill W. please come to Gate 12." Most people in recovery know that asking if you are a friend of Bill W. is an anonymous way to identify yourself as a member of AA.

In less than five minutes there were about fifteen people from all over the world at that gate. It brought tears of amazement, relief, and joy to Grace. They had a little meeting there in that empty gate, total strangers prior to that moment. Grace discovered that two of these people had gotten out of their boarding lines and missed their flights to answer the call for help. They had remembered what they had seen on many walls of meeting rooms: "...When anyone anywhere reaches out for help, I want the hand of A.A. always to be there. And for that I am responsible."

Grace did not drink that day. I would venture to guess that none of the people who came to Gate 12 drank that day either. Instead, Grace had a moment of sanity, realized she could not do it on her own, took the

action of asking for help, and received it immediately. This help is available to all of us if we want it and sincerely ask for it. It never fails.

- Steve F.

**GET YOUR MOTOR RUNNIN',  
HEAD OUT ON THE HIGHWAY!**

Some of the blessings of sobriety are my motorcycle and the wind in my hair.

Having an AA meeting as a destination seems like a wonderful way to combine two loves.

The Road of Happy Destiny group will be started as a meeting on two (or three) wheels, and all makes, models, and cc's are welcome! Some destinations will be Fellowships for meetings, others will be open meetings at some chosen place, maybe some beautiful outdoor spot. I am happy to be the organizer and point person for notifying members of the group. It is my thought that there are more riders, than I who would enjoy combining a love of riding with a gratitude for the program.

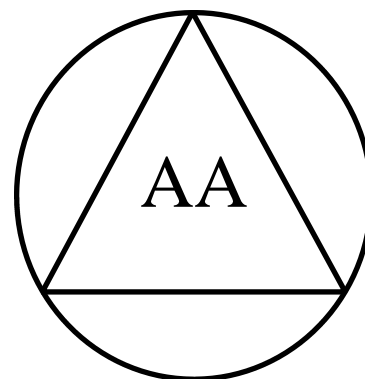
If you are interested in helping to organize this group, or just being a ride-along member of the group, please call Central Office and they will put you in contact with me.

I am looking forward to some nice, warm, wonderful rides in sobriety this summer.

Please join me as I "trudge the Road of Happy Destiny." Non-AA spouses and SO's are welcome.

All on-the-road meetings will be "open" meetings and non-AA people on the rides can choose either to participate or not in the meeting at our Happy Destination

Ginger N.



## FROM THE GRAPEVINE

### Happy Vacation--With a Few Safeguards

To continue the celebration of our Tenth Anniversary we asked a former editor to write an article for us (see page 12), and we are here reprinting a favorite piece from the years of his editorship.

So, you're going to take a vacation, we hope.

Well then, you know by this time in AA, certain unchanging facts, we also hope.

You know, for instance, that alcohol and salt water don't mix, any more than gasoline and beer. You know that high dives when drunk mean a nose dive; that the fish that bites on a worm isn't as dumb as you are if you start nibbling, because the fish doesn't know any better.

You know, too, that no real golf course, or at least no course that you should be playing, has a nineteenth hole. The course stops at the eighteenth, and you should start counting from one again. And the wise AA, when he stops for the pause that refreshes makes sure that the drink is something that really refreshes, not regresses. (That's no ad--make it buttermilk if you wish, but just don't make it you-know-what).

Vacation time can be and is meant to be pleasant, relaxing and fun. It won't be for any AA who permits it to get him off the beam.

A few simple precautions have helped many an AA to get the fullest enjoyment out of a vacation even though far from the home group and temporarily cut off from the usual AA connections.

1. Remember that the axiom, "Once an alcoholic, always an alcoholic," holds in any locality in the world and is just as true at the seashore as atop the Rocky Mountains.
2. Before leaving, get the addresses of the groups nearest to the place or places you are going to visit.
3. Re-adopt, or carry on, the twenty-four-hour plan.
4. Read a little now and then along the way, or whenever possible, from AA literature or kindred books.
5. Drop a postcard, or if more energetic, a letter, to some AA back home. You don't even have to mention the subject. Writing a few words of greeting will help to keep the AA ties strong for you.
6. While loafing, take a mental inventory of how much you have gained since you stopped drinking.
7. Remind yourself of how much you stand to lose if you take the first drink.
8. Take conscious notice of how pleasant it is to get up in the morning without a hangover.

9. Let your imagination play occasionally on how many more opportunities now lie ahead for a useful and interesting life.

And remind yourself, chum, that you didn't do it all by your own little self.

Simple and perhaps crude as these suggestions may be, they work.

Nearly everyone is smart enough to rub on some kind of oil before he goes out to loll on the beach. He knows that he'll get sunburned if he doesn't.

Why not apply even that slight degree of intelligence to the other aspects of vacation time?

Cases of mishap and misery of the AA on vacation can often be traced to a failure to set up safeguards against the effects of changing the daily routine. Anyone is likely to be more vulnerable to distractions and disturbances when he is operating out of his usual orbit.

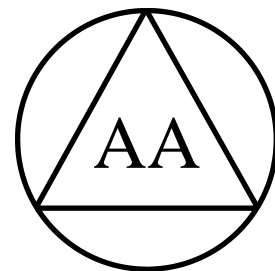
But, it is a fortunate fact that one can hold to his usual orbit of thinking wherever he is. The mind is not earth-bound.

There need be no mishaps for any AA who sincerely wants to stay on the beam.

Or, if that statement sounds dogmatic, at least it is true that he can minimize the dangers almost to the vanishing point by taking a few precautions which in themselves should add to the pleasures of a vacation.

As somebody once said, it's not so much a matter of learning something new as it is of being reminded of what we already know.

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### FINANCIAL REPORT

INCOME	YEAR	
Member. Contributions	\$ 606.14	\$ 3,404.21
Group Contributions	12,303.89	39,805.78
Special Events	1,407.00	1,407.00
Meeting Room	2,121.00	5,738.78
Literature	3,761.19	23,139.17
Directories & Cards	861.51	3,034.05
Chips, other items	703.39	2,118.81
Shipping	24.00	42.03
<b>Total Income</b>	<b>\$21,788.12</b>	<b>\$78,682.33</b>

EXPENSES	YEAR	
Office Expenses	\$ 765.64	\$ 2,996.01
Lease costs	2,813.27	11,439.01
Insurance	325.00	994.67
Building Maintenance	0.00	50.00
Telephone Committee	236.30	1,283.36
Community Outreach	1,805.96	5,249.49
Payroll Expenses	6,015.66	22,677.98
Special Events	645.00	3,236.95
Meeting Room	122.47	846.58
Literature	5,392.29	14,635.75
Birthday Chips, etc...	456.60	754.95
Write Off	2.41	8.36
<b>Total Expense</b>	<b>\$18,580.60</b>	<b>\$64,173.11</b>
<b>Net Income</b>	<b>\$3,207.52</b>	<b>\$14,501.72</b>

### GROUP CONTRIBUTIONS

GROUP	APRIL	YEAR
ALA Equal Time Grp	\$ 243.77	\$ 243.77
ALA Happy Hour	0.00	45.00
ALA Morton	0.00	120.00
ALA Park St. Center	792.00	3,255.60
ALA Serenity	0.00	155.00
ALA Women's	159.64	159.64
ALA Women's Serenity	60.00	120.00
BRK Berkeley Fellowship	100.00	630.35
BRK Drunks R Us Grps.	1,908.29	4,084.22
BRK Flatlands Mens Grp	452.89	452.89
BRK Nooney Tuners	0.00	200.00
BRK Sun Candlelight	0.00	273.83
BRK Sun Nite GLBT	175.25	453.93
BRK Walnut Square	0.00	877.01
BRK Walnut Square Friday	0.00	333.19
BRK Walnut Square Tuesday	193.17	307.70
BRK Walnut Square Wed Grp	232.83	232.83
BRK Women's Book Study	199.82	199.82
CSV Back to Basics	0.00	75.00
CSV Camel Castro Valley Serenity	0.00	67.00
CSV Gratitude Grp	122.47	423.78
CSV Irregulars	0.00	123.40
CSV Serenity by the Lake	101.00	251.48
CSV Serenity Group	114.90	159.68
CSV Sunday Nite	102.69	324.06
EIC Godless Heathens Group	0.00	15.50
ELS El Sobrante Fellowship	64.20	149.59
FMT Centerville Fellowship	60.00	60.00
FMT Five Cities Fellowship	0.00	100.00
FMT Mission San Jose Grp	0.00	360.00

FMT Wed. Nite N/S Stag Group	\$ 0.00	\$ 70.20
HWD BYOB	0.00	100.00
HWD Road to Recovery	0.00	60.00
HWD Step By Step Mens Stag	0.00	135.60
HWD Sunday Joy	240.00	480.00
HWD Women In Sobriety	42.40	42.40
Intergrp - 3rd Wed	45.32	382.25
Intergrp 1st Fri Spkr Mg	413.00	1,300.84
NWK Newark Fellowship	100.00	320.00
OAK A Vision for You	243.86	655.74
OAK Adeline Group	0.00	100.26
OAK Breath of Fresh Air	120.40	1,081.96
OAK Clinton Group	104.30	196.25
OAK Diamond Link	0.00	63.62
OAK Finally Friday Group	0.00	78.45
OAK Good Morning America	172.18	865.27
OAK Howe St., How It Works	0.00	253.20
OAK In-Between Fellowship	180.00	480.00
OAK Interest in Our Fellows	60.52	142.75
OAK Lady A Group	0.00	39.60
OAK Lake Shore Lushes	0.00	241.57
OAK Last Chance	0.00	273.60
OAK Late Show-Wed	0.00	113.50
OAK Lincoln Square	167.00	167.00
OAK Men's Single Topic	0.00	528.58
OAK Mon Night Men's Lit Study	48.37	48.37
OAK Montclair Group	15.00	518.06
OAK Nursery # 1	126.00	324.00
OAK NUTS	100.00	100.00
OAK Old Timers	274.00	625.00
OAK Podium Participation	0.00	215.10
OAK Practice These Princ.	646.73	1,215.23
OAK Rockridge Fellowship	2,000.00	5,365.00
OAK Safe Haven	0.00	112.62
OAK Sat. Night Gay & Lesbian	106.00	106.00
OAK Saturday Night Live	0.00	18.00
OAK Serenity Central	0.00	230.00
OAK Sisters in Sobriety	64.39	283.94
OAK Sober 51/50s	27.00	112.00
OAK Sun 9am Step Study	228.42	807.79
OAK Sweet & Condensed	0.00	94.04
OAK The Upper Room	266.64	819.82
OAK Thirsty Thursdays	93.10	247.80
OAK Tues Nite AA	478.80	478.80
OAK Up to My Neck Group	0.00	411.64
OAK Workenders #2 Fri	0.00	178.35
OAK Workenders Mon Night SS	31.79	31.79
OAK Young People	0.00	831.61
PMT East Bay Grp	202.56	427.35
PMT Group Six	0.00	198.97
PMT Montclair Weekenders	0.00	370.76
PMT Piedmont Group	0.00	390.24
PNL We're Here	0.00	20.35
PTR Tue Pt Richmond BB	0.00	25.00
SLN Book Worms B/B	191.19	320.79
SLN Mon Women's BB Study	0.00	120.00
SLN Second Sat Birthday Grp	102.00	102.00
SLN The Answer Grp Men's Stag	0.00	1,167.05
SLN Triple Twelve	80.00	120.00
SLN Wed Night	0.00	180.00
SLN Women's Heart to Heart	120.00	120.00
SLZ End of the Bridge Grp.	100.00	100.00
SLZ Fireside Grp	120.00	200.00
SLZ Joy Of Living Grp	0.00	120.00
SLZ Mon Night	0.00	344.76
SLZ Morning Recovery Grp	60.00	180.00
SNP Women of AA	0.00	170.00
UNC New Start Grp	0.00	110.64
UNC The Unkn Heroes	0.00	165.00
<b>TOTAL</b>	<b>\$12,453.89</b>	<b>\$40,555.78</b>

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(Where money and spirituality mix)

## SPEAKER MEETINGS

### 1st Friday Speaker Meeting

Monthly, 8:00 PM, First Congregational Church of Oakland, 2501 Harrison St. at 27th St., Oakland

### 2nd Saturday Birthday Speaker Meeting

Monthly, 8:00 PM, First United Methodist Church 1600 Bancroft Ave., San Leandro

### El Cerrito Fellowship

Saturdays, 8:30 PM, birthday chips 2nd and last Saturday, 11157 San Pablo Ave., El Cerrito

### El Sobrante Fellowship

Last Saturday of each month, 7:30 PM San Pablo Alano Club, 2426 Church Lane, San Pablo

### Fremont Fellowship

Saturdays, 8:00 PM, and Sundays, 10:30 AM 37365 Centralmont Pl., Fremont

### Hayward Fellowship

Saturdays, 8:30 PM, 16250 E. 14th St., San Leandro

**Island Fellowship**, Last Saturday of each month, birthday speaker meeting, 8:00 PM, Island Fellowship, 1828 Lincoln Ave., Alameda

### In-Between Fellowship

Fridays, 8:15 PM, 4710 International Blvd., Oakland

### Park Street Center

2nd Friday of each month, 8:00 PM, 1510 Oak St., Alameda

### Newark Fellowship

Last Saturday of each month, 8:00 PM, birthday cake and chips, 7115 Rich Ave., Newark

### Triangle Fellowship

Last Saturday of each month, 8:00 PM, 26663 Mission Blvd., Hayward

## SERVICE MEETINGS

### Hospitals and Institutions — Area 53

1st Wednesday of each month, 7:30 PM, First Christian Church of Oakland, 29th St. at Fairmount St.

### Public Information/Cooperation with the Professional Community (PI/CPC)

3rd Wednesday of each month, 6:00 PM, Central Office, 295 27th Street, Oakland

### Intergroup Meeting

3rd Wednesday of each month, 8:00 PM, Central Office, 295 27th Street, Oakland

### General Service District 07

4th Wednesday of each month, (3rd Wednesday in Nov and Dec), 7:30 PM, First Christian Church of Oakland, 29th St at Fairmount St.

### General Service District 70

4th Monday of each month, 7:30 PM, 20080 Redwood Rd., Castro Valley

## EAST BAY AA CALENDAR

JUNE2008

4

1st Wednesday

7:30 pm, Hospitals and Institutions (Area 53)  
First Christian Church of Oakland  
Fairmount St., at 29th St

6

1st Friday

8:00 pm, First Friday Speaker Meeting  
First Congregational Church of Oakland  
2501 Harrison St., at 27th St.

7

Saturday

3:00 PM Tailgate Party in lot B, 6:00 PM First Pitch  
Oakland As Ballgame Event  
Call Central Office for Ticket Info

13

2nd Friday

8:00 pm, Speaker and Birthday Meeting  
Park St. Center  
1510 Oak St., Alameda

14

2nd Saturday

8:00 pm, Birthday Speaker Meeting  
First United Methodist Church  
1600 Bancroft Ave., San Leandro

18

3rd Wednesday

6:00 pm, PI/CPC  
8:00 pm, East Bay Intergroup Meeting  
Central Office  
295 27th St, Oakland

23

Fourth Monday

7:30 PM, District 70 General Service Meeting 20080  
Redwood Rd., Castro Valley

25

4th Wednesday

7:30 pm, District 07 General Service Meeting  
First Christian Church of Oakland  
Fairmount St. at 29th St

28

Last Saturday

8:00 pm, Speaker and Birthday Meeting  
Island Fellowship  
1828 Lincoln Ave., Alameda