

We Care

about your sobriety,
serenity and spirituality

join us as we trudge the road of happy destiny



September



The Lie

“That is the description that fits alcohol best for me; it is a lie, an evil, insidious lie. And I chased that lie for a long time—even when it was obvious that I was going nowhere and killing myself while doing it.”

— Alcoholics Anonymous, 4th Edition

For many years I chased this lie, hoping against all information around me that I was not an alcoholic. When I surrendered, somehow, as if by magic, all the issues that I blamed on life, other people and God seemed to fade away. The sun came out and I experienced the “Sunlight of the Spirit”. What a gift!

I now start the next chapter of my life, in God’s hands, knowing in my heart that if I remember where I came from, and continue with the suggestions I have been given, everything will be as it is supposed to be.

Brian A.

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The 12-Step Habit - Shape, November 1997

Should you get with the program?

Roberta Pollack Said, Ph.D.

I confess, I really look forward to my stiff cocktail every night, eat-more fat laden calories than I intended to and worry a lot - even in my sleep - about my husband, children and our careers. Am I an alcoholic? Food alcoholic? Workaholic? Codependent? Should I get off the treadmill and begin some serious 12-stepping?

You'd think so. Twelve -step recovery programs have been sweeping the nation, and an estimated 15 million to 45 million of us now participate in them. Book on codependency top best-seller lists, and in April, a cable station all about recovery, the Recovery Network, began airing two hours a day and already reports to have 15 million viewers. Even President Clinton and Vice President Al Gore use recovery lingo in some of their speeches.

It all began in 1935, when stockbroker Bill Wilson, struggling to stay sober, sought help from a fellow drinker. Wilson found that the mutual support, mixed with spirituality, was effective in keeping him sober, and he went on to write Alcoholics Anonymous (aka "The Book") which spells out the 12-step program he created.

In many ways, The Book shaped our current views of addiction by pointing out that, whether physical or psychological, it is not a contemptible moral defect; it's the product of a tragic, incurable disease. The best alcoholics can hope for is remission, which only comes with abstinence, because even a sip can trigger craving and abuse.

According to 12-step philosophy, you must get support by attending meetings with other recovering addicts for the rest of your life. The meetings are free and enforce anonymity, in part to encourage honesty: Hence the famous introduction, "Hi, my name is (first names only) and I'm an alcoholic."

A.A. Meets the '90s

By the late 1950s, applications of the 12-step model had spread from chemical dependency to compulsive behaviors (Gamblers Anonymous in 1957 and Overeaters Anonymous in 1960, for example). But in the past decade, the term addiction has ballooned to mean any activity or emotion we feel powerless to control: work, sex, shopping, love, moods, you name it. At the same time, "codependent" has expanded from its original meaning - family members of

alcoholics only - to include anyone involved in, or dependent on, any unhealthy relationship, regardless of whether alcohol is involved. By the new definitions, it seems that nearly everyone suffers from or is affected by, some sort of addiction.

Today, 12-step philosophy is pervasive. Many therapists refer patients to such programs, and courts often order convicted drunken drivers to attend A.A. Millions who struggle with destructive behavior have found healing in the 12 steps. "Try it," says Laura, a thirteen-year member of Emotions Anonymous. "If you don't like it, we'll refund your misery."

But There's a Plot Twist

New research is starting to cool the 12-step fervor. A recent study by the National Institute on Alcohol Abuse and Alcoholism indicates that A.A. is no more successful in curbing alcoholism than behavioral or motivational psychotherapy treatments. Other studies suggest that A.A.'s strict insistence on abstinence sometimes backfires.

According to Reid Hester, Ph.D. director of division of the research Behavior Therapy Associates in Albuquerque, N.M., ex-drinkers who equate "one slip" with "relapse" end up bingeing more often than those who are more tolerant of their lapses. In fact, European alcoholic treatment programs generally encourage moderation rather than abstinence.

When it comes to drugs, studies have begun to challenge the assumption that one hit of an addictive substance begins a lifelong downhill spiral of dependency that only 12-step or professional intervention can control. Most of the soldiers addicted to heroin during the Vietnam War got over their addiction simply as a result of returning home. Of those who used heroin on their return, only 12 percent became addicted again. What's more, research suggests that by age 35, most substance abusers "mature out" of the abuse and become moderate users or abstainers, without intervention.

Critics also are concerned about the psychological impact of the 12-step philosophy. Addiction often is symptom of other problems, and fellow sufferers, while often offering precious support, don't have the training to treat such problems, says Stan J. Katz, M.D., and Aimee E. Liu in their book *The Codependency Conspiracy: How to Break the Recovery Habit and take Charge of Your Life* (Warner, 1991). In addition, the authors point out that we can become hooked on the recovery programs themselves, substituting one addiction for another.

The recent codependency craze also troubles some experts. Several codependency theorists contend that the modern family is dysfunctional, leaving more than 95 percent of us with a starved "inner child" and a personality primed for dependency. Many argue that the terms

codependent and dysfunctional become meaningless when they include so many of us, and this viewpoint encourages us to perceive ourselves as victimized or diseased.

In fact, 12-step thinking may lead us to interpret potentially harmful behavior - like drinking a glass of wine every night - as an addiction. Some experts believe this label is counterproductive at best. Stanton Peele, Ph.D., author of *Diseasing of America: Addiction Treatment out of Control* (Lexington, Books, 1989), suggests that the A.A. message is dangerous because it implies that we don't have the willpower to change without help from others.

Happily Ever After

Culturally, 12-stepping may fill a deep need. "It's really a religious movement," says Harry Levine, Ph.D., professor of sociology at Queen's College City University of New York. Wilson modeled A.A. on evangelical ideas, but modern psychology infiltrated it and changed the words. You confess you're an addict as opposed to a sinner, and you seek recovery rather than salvation. In fact, the religious nature of A.A. has prompted some legal scholars to contend that courts violate the First Amendment's freedom of religion when they order drunken drivers to attend A.A., while new groups are sprouting for those who don't believe in a higher power.

Perhaps this movement just continues our historical search for perfection or the age-old struggle to deal with our destructive impulses. Surely, it has helped many improve their lives. But blaming our troubles on an addiction, or on dysfunctional upbringing, may not help us or our culture.

So before you assume you're addicted to something, consider the inner strengths you do have. Rather than nurturing your inner child in a 12-step program for the rest of your days, you might find more power in improving your coping skills and facing life's responsibilities head-on.

Roberta P. Seid, Ph.D., a historian/writer in Santa Monica, Calif., is author of *Never Too Thin: Why Women Are at War With Their Bodies* (Prentice Hall press, 1989).

Alcoholics Anonymous - Hygeia, July 1948

ALCOHOLICS ANONYMOUS

Second of seven articles on alcohol In personal and public health

We in Alcoholics Anonymous-more than 60,000 men and women-have found a way of life that for us has solved the problem of alcoholism.

To some of us the word "alcoholic" presented a problem almost as great as our abnormal drinking. Our picture of the alcoholic: The stumbling creature of the skid roads of our bigger cities; the town drunkard, half clown, half bogy man, of our smaller communities; or the hapless, hopeless, desperate "repeater" of the state and private hospitals, the "cures", the workhouses.

The majority of us weren't that kind of drinker. We maintained a home. We supported our families. We had a position in the community. True, we drank more than most people but that didn't make us fit our concept of the alcoholic.

For such of us Alcoholics Anonymous said: We believe that an alcoholic is simply an uncontrolled drinker. We believe that the alcoholic is one whose life has become unmanageable because of his drinking. We believe that, if a man's drinking is interfering seriously with a normal way of life in his domestic, social or business affairs, that the man might well examine himself honestly, objectively, to determine if he has passed the thin line that separates the uncontrolled drinker from the controlled drinker.

To others of us, the word "alcoholic" and the AA definition of an alcoholic, came as a blessed relief. The thought had nagged us that no sane man would continue to drink as we were drinking. We had drifted into the twilight zone of the mind where the real and the fancied were becoming tangled. We were beginning to fear that out-and-out insanity lay just around the bend.

To both groups bitter experience lent credence to the suggestion that certain human beings were allergic to alcohol; that certain persons were so constituted as to make them hypersensitive to the effects of alcohol; that alcohol was a disease or a symptom, perhaps, of a deeper disease.

This put a new light on alcoholism. We were not wrestling merely with a moral problem. We were not simply afflicted by darkness of intellect, weakness of will and sheer orneriness of

personality.

The next step was the attack on the obsession common to alcoholics-that somehow, somewhere, sometime they will be able to drink in a controlled manner. Despite the alcoholic's past, despite the facts of the record, there is in the alcoholic this obsession that tomorrow, the next time he can drink in moderation.

The true nature of the obsession began to appear when a cold and analytic examination of the alcoholic's record was made in company with men and women whose own records presented a startling parallel. And what did the record show? That over no considerable period had the alcoholic been able to drink in a temperate manner; that despite the devices he had tried-some elaborate, some ingenious, some just plain silly-and despite the seeming safeguards he had set up, there was always but one ending to his experiments with alcohol-he had drunk to excess.

There was the further attack on the obsession in the testimony of the group experience of Alcoholics Anonymous and in the findings of the physician and the psychiatrist, that once a man had passed the line that separates the uncontrolled drinker from the controlled drinker, there was no returning; that never again could he hope to drink in a controlled manner.

Here is the stark factual picture for the alcoholic; That never can he hope to drink except to excess; that as the years go on the little enjoyment becomes less and, if he persists in drinking, the material suffering, the physical suffering, the mental anguish grow worse. If there is any semblance of sanity left in the alcoholic, he sees the need for a decision. With the help of men and women whom he recognizes as having been through the same meatgrinder he has experienced, the alcoholic is aided in arriving at the one proper decision-to put alcohol out of his life.

When a man embraces the way of life of Alcoholics Anonymous, he makes no promise, he takes no pledge that never again will he drink.

We say to him: "Can you quit drinking for twenty-four hours?"

"Certainly," he says. "Anybody can quit drinking for twenty-four hours."

"Well," we say, "that's all we want you to strive for-to quit drinking for twenty-four hours."

And then we add: "Twenty-four hours at a time."

To the alcoholic the prospect of living out his life with never another drink opens a dim and dubious vista. It seems an endless, difficult trail.

But the thought of staying dry just for today, that seems simple, comparatively easy. And it is.

This may strike some as a childish device, a playing with words, a paltering with a problem.

What we in Alcoholics Anonymous are interested in is the result. And what is the result of this twenty-four hour program and how does it work out?

It cuts down the problem of alcoholism from a huge complex, bewildering, life-long problem to the simple task of here and now.

It closes the door on the past with its sighs over what might have been, its dolorous regrets over lost opportunity, its rankling remorse.

It bars the door to the future with its daydreams of easy conquest, its castles in Spain, its substitution of the wish for the deed.

It introduces order into the life of the alcoholic. It demands an end to procrastination.

Because it is a chain of his own forging, a chain he is at liberty to toss aside if he will, the alcoholic finds the chain easy to bear. The days slip by. And the weeks. Then the months.

The alcoholic realizes of a sudden that he has achieved a term of sobriety. Meanwhile his mind has cleared. He sees the benefits of a life without alcohol. His will to remain sober is strengthened by each day of dryness.

He has found a formula for cutting life to a size he can grapple with and he adopts it for all his affairs.

He has found new friends, close friends, friends who understand him better than those of years standing. As one alcoholic tells it: "The difference between being in Alcoholics Anonymous and trying to stay dry by myself is the difference between being at liberty and in solitary confinement." This group therapy is important, highly important.

But the driving force of Alcoholics Anonymous is spiritual, a belief in and a dependence on a Higher Power-God, as the alcoholic understands Him. No attempt will be made here at amplification of this statement because this phase of the Alcoholics Anonymous program is a highly individualistic one, a concept and a relationship that each alcoholic works out for himself.

Alcoholics Anonymous was founded 12 years ago in Akron, Ohio, in a providential meeting between an Akron surgeon and the New York investment counselor who had the thought of the program.

The New Yorker was bemoaning the fact that he couldn't persuade other alcoholics to accept the means by which he had achieved sobriety after a spectacular career in alcoholism.

The surgeon suggested maybe the New Yorker had been operating in the belief that in talking with other alcoholics, he was conferring the favor; that he was Lady Bountiful with the basket of groceries visiting the poor. Out of their discussion came the recognition that the sober alcoholic, in talking with the drinking alcoholic, is conferring the favor on himself.

This has become basic in AA procedure-that we seek to aid other alcoholics primarily to aid ourselves. This has proved out the adage that he who seeks to teach others convinces himself.

It has put our whole teaching program on a selfishly realistic basis. It has kept excesses of zeal to a minimum. It has forestalled smugness with its fatal dryrot. It has tempered the evangelistic spirit with humility and humor. It has restrained more than one well meaning sobered alcoholic from becoming a "reformer," a fanatic or a plain pest.

There is sound psychology in our work with other alcoholics. Seeing an alcoholic on his bed of pain, fresh from the horrors of a ring-tailed, chandelier-hanging binge emphasizes sharply to the sober alcoholic the contrast between his present well-being and his chaotic past.

And with each new man or woman the sober alcoholic brings into Alcoholics Anonymous comes a heightened sense of responsibility, a deeper satisfaction and a buttressed resolve to continue living without alcohol.

Many a psychiatrist has suggested to the alcoholic that interest in a hobby be one to which the alcoholic can devote the rest of his life, a hobby in which his interest will never flag. The hobby? Building himself into the kind of personality he has always wanted to be. Seeking to live his own concept of the perfect life.

We have seen alcoholics tackle lesser hobbies. We have seen how, after the first flare of enthusiasm, there was a lessening interest, finally a positive distaste-and then, more drinking.

Not so with the hobby which is himself. Nor does Alcoholics Anonymous rest content with suggesting this hobby to the new member. It provides a series of exercises in self-discipline, the help and counsel of his new friends, experienced friends, and the incentives of regained self respect, the sense of achievement and of group approval by which this personality change may be effected.

Man being a social creature hungers for companionship, for fellowship. He reaches the fullness of his powers, the fullness of his content in that society which is a larger picture of himself. So it is for the alcoholic who comes into Alcoholics Anonymous. There is complete

understand of the suffering he has undergone; there is sympathy, without condescension; pity, without the alloy of superiority; a fellow feeling which preaches most forcibly by example.

“All walks of life” is an ancient and hackneyed phrase. Yet in truth there is no phrase to describe the 60,000 men and women in Alcoholics Anonymous. Alcohol is no respecter of persons. Which is why we number in our ranks members from nearly every trade, every occupation, every profession, every station and every class.

In the early days of the movement most of the men who came to us were 40 and over, most of the women in their 30s. As word of our program spread, the average age of entrants began to drop. We started to attract men in their 30s, women in their late 20s.

Since the end of the war there has been an influx of younger men and women, just two, three, four years past their majority. Confirmed alcoholics at that age? Certainly. These young folk have found they can not drink in a controlled manner. Rather than waste years in a vain struggle with alcohol, they have courageously accepted the fact of their alcoholism and are building lives in which alcohol will play no part.

The war didn't make alcoholics of them. It simply speeded up the process. Young men away from the restraints of home began their alcoholic careers at an earlier age. Young women, bored with a comparatively manless existence, turned to drinking at “hen parties,” and the customary percentage found they were alcoholic.

How does one become a member of Alcoholics Anonymous? In most of the 1,200 communities where we have groups, there is a listing in the telephone book. If no telephone is listed in your community, a telephone call to the city editor or your local daily paper usually brings the information. Or interested persons may address the Alcoholic Foundation, P.O. Box 459, Grand Central Annex, New York City.

For the relative or friend who wishes to help an alcoholic and who hesitates at bringing up the subject, we suggest the family physician or clergyman as an effective agent in directing the alcoholic to consult our group.

Sometimes desperate wives or parents have asked that members of our group call uninvited on the alcoholic, engage him with conversation about baseball, the high cost of living or the threat of the atomic bomb, and then, presto, switch the subject to alcoholism.

This subterfuge just does not work. We are not slight of hand performers nor high-pressure salesmen. Such a procedure, we have found, may well antagonize the alcoholic and set his mind against Alcoholics Anonymous as a band of meddling busybodies.

All that we ask of the alcoholic is that he know the reason for our coming, that he give us a few minutes that we may tell our story.

We know that most alcoholics have long since ceased to enjoy drinking. We know that most alcoholics are seeking a way out of their alcoholic trap.

The comic verse about the over-whelming love of “one drunken gent for another” has a deal of truth in it. There is a bond between alcoholics. Within minutes the alcoholic and the AA members are “talking turkey.”

Often the prospect admits his alcoholism but is fearful it will become known he has joined Alcoholics Anonymous. We can assure him, and with honesty, his fears are groundless. It is accepted group practice that no member divulges the membership of another member unless he has definite and specific permission to do so, and then only under unusual circumstances. Anonymity is observed and preserved.

Many times the first visit brings the alcoholic into our group. Again it may be the alcoholic’s obsession persuades him that he can handle the problem. Or it may be that he is not ready to make a decision to quit drinking. But the seed has been planted, and usually we hear from him later-if he doesn’t die meanwhile.

If the alcoholic is not yet ready, he is not badgered to join us. We have learned that the man who joins under duress has small chances of success. We are content to wait until he makes up his mind. When that comes, we know he is well on his way to victory.

Alcoholics Anonymous is a group of people bound together by their interest in solving a problem common to them. It is a fellowship rather than an organization in the formal sense of that word. It has no officers, no initiation fees, no dues. It is open to anyone who has an alcoholic problem and a sincere desire to solve it.

It is a matter of record that our program can solve the alcoholic’s problem. As a footnote, we’d like to add that it’s fun, too.

(Source: Hygeia, July 1948)

We cried enough in the past. Now let us laugh at ourselves

This Matter of Denial!

Pinnacles of denial----from hoodwinked spouses---reported to AA intergroup office:

"One irate woman called the other day and said, 'How long does it take to join your club anyway? My husband has been trying to get in for months, and he keeps telling me you're full --- his name is STILL on the waiting list!' "

"A long-suffering (too long) husband phoned and said, 'Is there any way you can cut your dues? My wife tells me she's been having a hard time saving enough money to join!' "

(Both spouses were set straight)

This Matter of Perception!

Newcomer: "My conscience finally brought me to the Program."

Old-timer: "How so?"

Newcomer: " I kept seeing this eyeball staring at me from the bottom of the glass! I'm sure it was my conscience."

Old-timer: "Probably an olive. But never mind---whatever works!"

This Matter of Obsession!

An alcoholic was stranded on a desert island with no food or 'drink' or way to escape.

He found a bottle and dusted it off and a magic genie appeared.

"You have freed me!" exclaimed the genie, "I grant you three wishes!"

"Anything I want?" the alcoholic asked.

"Yes, any three things you want!" the genie replied.

"Oh WOW! I want a bottle of Rum that always stays full!" cried the drunk.

POOF! The bottle appeared. When a big drink was taken it was still full!

"Oh WOW Oh WOW!" the drunk exclaimed.

Still drinking the genie is looking at his watch... "You still have two more wishes!"

Holding the bottle high the drunk exclaimed "Oh WOW! I want two more of these!"



Unity
Service
Recovery

Unidad
Servicio
Recuperacion

Kern County Central Office

1234 Chester Ave., Suite 101
Bakersfield, CA 93301

(661) 322-4025

Office Hours: 11 am - 4 pm Mon.-Fri.
Meets at Central Office on 2nd Monday of
Month at 6 p.m.

aacentralofficebakersfield@yahoo.com

<http://kerncountyaa.com>

District #15

P.O. Box 1054
Bakersfield, CA 93302
Meets 4th Sunday, 4 p.m.
Alano Club
1001 34th St., Bakersfield

Kern County H & I

P.O. Box 460
Bakersfield, CA 93302-0460
Meets 3rd Monday of month, 7 p.m.
St. Marks Church, 100 Minner Ave.

<http://kernhandi.org>

AA Area 93

PMB #140
606 Alamo Pintado #3
Solvang, CA 93463

www.area93.org

KNCYPAA

Meets Sundays, 2 p.m.
809 Chester Ave., Bakersfield

<http://www.kncypaa.org>

Oficina Intergupal Hispana De AA Del Conado De Kern

626 Jackson St.
Bakersfield, CA 93305
(661) 205-0296 Espanol
(661) 322-4025 Ingles

Online Meetings

[http://www.aa-intergroup.org/
directory.php](http://www.aa-intergroup.org/directory.php)

AA-Alive.net
An Online AA Group.
Online Meeting and Chat Room
<http://www.aa-alive.net/>

AA Chat Meetings
<http://www.stepchat.com/aa.htm>

AA Online.net
Conducts open topic meetings
online very much like face-to-face
meetings
<http://www.aaonline.net/>

AA Online Meeting.net
English speaking Skype based online
Alcoholics Anonymous meeting
<http://www.aaonlinemeeting.net/>

Alcoholics Anonymous Online Group
AA Beginner / Newcomer OPEN to the
Public Discussion Forum Meeting
Online <http://www.onlinegroupaa.org/> is
mobile device friendly.

Grateful Recovering Online Women's
(GROW) Group
<http://www.g-r-o-w.com/>

Lamplighters Group of AA
We share our experience,
strength and hope with each other over
the Internet, and via email
<http://www.aa-lamplighters.org/>

Staying Cyber
AA Meeting for the WWW
<http://www.stayingcyber.org/>

GROUP	MTD	YTD
A/C Crackerbox Grp		
A/C Design for Living		\$ 95.00
A/C Fri. Spkr.		
A/C Hi-Nooners (Mon.)		\$ 100.00
A/C Hi-Nooners(Thurs.)		\$ 50.00
A/C Hi-Nooners(Tues.)		\$ 50.00
A/C Mixed Nuts Grp.	\$ 44.00	\$ 44.00
A/C Mens Stag		\$ 100.00
A/C Sat.AM		\$ 100.00
A/C Sun.Night Open Mtg.		\$ 60.00
A/C Sun. Go To Meeting		\$ 125.00
A/C Trudging the Rd.		
A/C Womens Stag		\$ 120.00
Alley Cats		
a/c Baker Street		\$ 275.00
War Fever Ran Hi. (Mens)		\$ 75.00
	\$	
Bkfld Mon. Gay Grp.	100.00	\$ 250.00
Btm.of Barrel Bk. Stdy.		\$ 575.00
Coffee on the Hill	\$ 46.00	\$ 74.00
	\$	
D.T.H. H./Start your Day	310.00	\$ 2,137.00
Eastside Action		\$ 139.00
Fireside Disc.Grp.(Wed)		\$ 450.00
Fraz. Pk. Mens Stag	\$ 50.00	\$ 100.00
Fraz.Pk.Nat.Hi.(Thurs)		
Fraz.Pk.Sat.Brkfst.Mtg.		
Fraz. Pk.OK God (Sun.)		\$ 175.00
Fraz. Pk.Tues Womens		
Frazier Pk. 101	\$ 50.00	\$ 50.00
Freebreathers(Tues.)		
Bkfld.Behave. (Mon)		\$ 110.00
Bkfld.Behave. (Tues.)		\$ 140.00
Grace of God		
Heart of Hearts		
His House Bk. Studies	\$ 100.00	\$ 430.00
Individual Donations		\$ 1,069.00
Just Another AA Mtg.		\$ 450.00
Kernville Fri. Nite		\$ 161.00
KNCYPAA		
Leaders Choice(Grif.Gt.)		
Live&Let Live (Tehachapi)		\$ 60.00

**Group
Donations
for
August
2019**

~ ~ ~

**DOES YOUR
HOME GROUP
SUPPORT
CENTRAL
OFFICE?**

~ ~ ~

**IF NOT...
ASK THEM WHY
NOT!**

~ ~ ~

**“Every AA group
ought to be fully
self-supporting,
declining outside
contributions.”**

GROUP	MTD	YTD
Lk. Is fri.Pri.Pur.		
Lk. Is. Early Risers (Fri.)		
Lk. Is. Mon. 6PM(Grpvn.)		
Lk. Is.Womens Serenity Cir.		\$ 55.00
Lk. Isab.2 nd . Sun. Bfst		
Lk. Is.Big Bk.Study(Thurs.)		
Lk. Isabella Mon. Noon		
Lk.Is.Trav.Circus		
Looney Grp. Thurs.		
Lk.Is. Mens Stag (Wed.)		\$ 50.00
Mt. Mesa Mid. of the Pk.		\$ 50.00
Mtn. Mesa Primary		
Mumblers		\$ 120.00
	\$	
New Beginings	100.00	\$ 300.00
New Horizons		\$ 220.00
Oildale Group	\$ 50.00	\$ 400.00
Pg. 135 Group		
Pine Mtn. group		
Rosewood Mon. Night	\$ 100.00	\$ 500.00
Rosewood TGIF		
Sat.Select Spkr. Mtg.	\$ 100.00	\$ 600.00
Sicker Than Others(Lk.Is.)		\$ 120.00
Sou'Westers		\$ 300.00
Spiritual Sisters	\$ 45.00	\$ 220.00
Taft AA		
Teh.Sun.Landy's Grp.		
Tehachapi Mtn.Grp.		\$ 720.00
Thank God Grp.		\$ 800.00
The Mtg. Place		
Tues.Nite Men's Stag		\$ 30.00
W Hts. Fri.Low Lt.		
W Hts. Wed.Disc.		
W Hts.Sat.Nt.Disc.		
W Hts. Sun. Solution		
W Hts.Tues.Bk.Sty.		
Wed.Winners		
Weldon Tues.7PM		
W Hts. Mon. 7 PM		
Wed,Power Hour Grp.		

Kern AA August Financial Statement

GROUP	MTD	YTD
Prayer of St.Frances Grp.		\$ 54.00
Sunlite of the Sprit Grp.	\$ 124.00	\$ 409.00
Sponson/Sponsee Lunch		\$ 476.00
Put a Lid on it Grp.	\$ 210.00	\$ 407.00
KRV.3 Legasies Grp.		
Lk.Is. A Day at a Time		
Taft Primary Purpose		
Kern River Turtles		\$ 60.00
His House Bk. Thurs. Night		\$ 100.00
Whistle Stop Grp.(The.)		\$ 369.00
Lk. Is.Wed. Mens Stag		\$ 25.00
OTK 123 Mtg.		\$ 60.00
Bear Val. Lit.Mtg.(Mon)	\$ 50.00	\$ 85.00
Paradise Cove Mtg.		\$ 50.00

Aug 19

Ordinary Income/Expense

Income

2019 Autum Family Picnic	2,282.80
Books and Literature	2,132.25
Buck a Month	48.00
Chips	1,209.99
Group Donations	1,553.00
We Care Subscriptions	24.00
wristbands	<u>16.00</u>

Total Income 7,266.04

Cost of Goods Sold

Cost of Goods Sold 2,164.62

Total COGS 2,164.62

Gross Profit 5,101.42

Expense

Business Operating Expenses

Mtg.Schedule Printing	173.70
Office Rent	495.00
Phone / Internet	212.79
Phone Answering	452.87
We Care Printing	79.56
Business Operating Expenses - Other	<u>177.61</u>

Total Business Operating Expenses 1,591.53

Payroll

Taxes (Payroll)	283.99
Payroll - Other	<u>1,703.91</u>

Total Payroll 1,987.90

Total Expense 3,579.43


Net Ordinary Income 1,521.99

Net Income 1,521.99

Samples of Group Contributions to A.A. Service Entities*

Distribution Plan of _____
(YOUR GROUP NAME)

Your Group Service # _____
(Be sure to write group name and service # on all contributions.)



To be determined by YOUR group

___% to district

___% to area committee


___% to G.S.O.

___% to intergroup or central office

___% other A.A. service entities

___% other A.A. service entities

OR



10% to district


10% to area committee

30% to G.S.O.

50% to intergroup or central office

OR

If you have no intergroup/central office.



40% to district

30% to area

30% to G.S.O.

Buck-a-Month Club

If you look at the Group Donations on pages 13 and 14, you'll see how few groups actually give anything at all the Central Office.

Do your part to keep Central Office running, the phones answered, schedules printed, Big Book and other AA literature available, and, most important, the hand of AA reaching out to newcomers who hurt as much as you once did. Join the people listed below by pledging a Buck-A-Club to Central Office.

Keep the lights on and the hope alive.

Al A.	Jerry D.	Sheri M.
Bud B.	Jim G.	Sherril N.
Casey R.	Joe K.	Shirley R.
Chris H.	Joe Mac I.	Stacey H.
Cissy T.	John D.	Steff D.
Clyde G.	John W.	Sue W.
David A.	John L.	Suzan H.
David M.	Jude B.	Tom S.
Dena F.	Karline Q.	Tony O.
Dorothy G.	Martha M.	Trent J.
Doug W.	Mary C.	Vincent M.
Elaine W.	Maureen A.	Yolanda A.
Ernie L.	Michelle G.	Karen T.
Gail M.	Norman H.	
Glenn J.	Pam M.	
Henry C.	Pat R.	
Henry D.	Parker P.	
Janet H.	Ralph H.	
	Ray H.	
	Sharon C.	

Happy Birthday!



The Birthday Plan

AA members across the country share their anniversary celebrations with others by giving a dollar or two for each year of sobriety to their Central Office, ensuring that the help they received will be available to others.

Start this year and make it an annual event. Express your gratitude by helping others. Last month's birthdays were:

Martha M.....37 Yrs.

Jim G.....16 Yrs.

Bud B.....20 Yrs.

Jack E.....44 Yrs.

Elaine W.....26 Yrs.

INDIVIDUAL DONATIONS

David S. Doug W. Jack E. Stacey H. Elaine W.

Thank you!

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Central Office of Kern County

1234 Chester Ave., Suite 101, Bakersfield, Ca. 93301

Kern County Hospitals & Institutions

P.O. Box 460 ,Bakersfield, Ca. 93303

Central California Area

606 Alamo Pintado #140, Solvang, Ca. 93463

General Service District #10 & 15

P.O. Box 1054, Bakersfield, Ca. 93302

World Services, Inc.

P.O. Box 459, Grand Central Station, NY. NY 10163

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