

Inland Empire

November 2018

Newsletter

aainlandempire.org

A publication of the Inland Empire Central Office
Serving the Inland Empire



Inland Empire Central Office
P.O. Box 189
897 Via Lata Suite A
Colton, CA 92324
(Mail to P.O. Box 189)

Open 8 AM to 4 PM, Mon.-Fri.
9 AM to 1 PM, Sat.
909-825-4700

Web site: www.aainlandempire.org



aacentral@sbcglobal.net

Intergroup Meeting
1st Wednesday of the month, 7 PM
670 Carreon, Colton

Board of Directors Meeting
3rd Thursday of the month,
7:00 PM

General Service,
District 17 GSR
1st. Tues. of the month, 6:30 PM
41735 Winchester #C
Temecula Ca. 92590

District 11 GSR
Dark

District 8 GSR
3rd Wednesday of the month,
6:00 PM GSR School
7:00 PM Meeting
5770 Arlington, Riverside

District 14
3rd Wednesday of the month,
GSR School 6 PM
District 14 GSR 7PM
Church of the Good Shepherd
308 E. Acacia X Camelita, Hemet, 92546

Hospitals & Institutions
3rd Sunday of the month 3 PM
Redlands Unity Club ,
1307 Brookside, Redlands

Area 9
Msca09aa.org

Step
Sought through prayer and
meditation to improve our
conscious contact with God as we
understood him, praying only for
knowledge of his will for us and the
power to carry that out.

Tradition
Our public relations policy is based
on attraction rather than promotion;
we need always maintain personal
anonymity at the level of press,
radio and films.

Concept
The trustees should always have
the best possible committees,
corporate service directors,
executives, staffs, and consultants.
Composition, qualifications,
induction procedures, and rights
and duties will always be matters of
serious concern.

E
L
E
V
E
N

Principle Eleven
Attunement
(Becoming as one with our
Higher Power)

Central Intergroup Office of the Inland Empire

Board of Directors

Chairman: Tom F.
Vice Chairman: George D.
Treasurer: Dan C.
Secretary: Elizabeth E.

Members At Large

Duke W.
Dennis H.

Inland Empire Editor: Carolyn V.
Office Manager: Carolyn V.

**November
Central Office Activity Report**

AA Calls	266
12 Step Calls	8
Other Calls	31
Visitors	208
TOTAL:	513

Web Site

Visitors	3568
Countries	37
Subscribers	750

TOTAL: 4355

***Thanks to all who are of service.
It makes a difference!***

Letters to the Editor or Articles for the Newsletter must be received by the 15th of the month for consideration of publication in the following month's issue.

Please submit your material for *The Inland Empire Newsletter* to:

Inland Empire Central Office
P.O. Box 189
Colton, Ca., 92324
E-mail: aacentral@sbcglobal.net

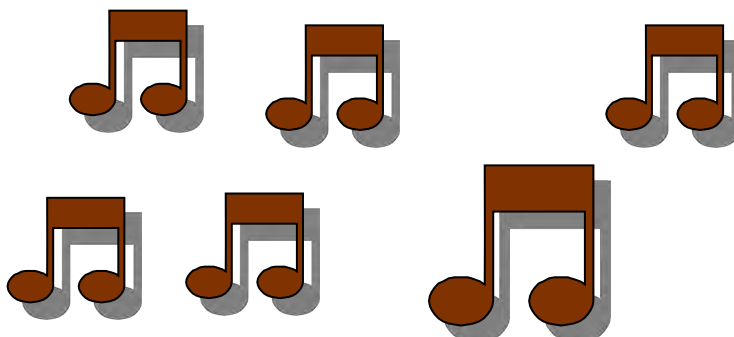
In Loving Memory

**Gary P. Martin L., Sally R.,
Doug M., Pete P.**

November 2018

Ernestine M.	18
Leanne G.	31
Gilbert S.	49
Bill S.	38
Jeanne R.	23

**Happy
Birthday**



Take a Look at This

**IEAAC
11/9-11/2018**

Please support your office by contributing to the: Buck-A-Month Club-this helps pay for your newsletters and their postage.

Birthday Club- Each year on your sobriety Birthday send us the dollar amount of the years that you have sober. This is a way to give back and we will put you in the newsletter.

November is Gratitude Month, Please pass the basket twice. One for the 7th tradition and one for Central Office.

The Alkathon needs your help!!!

The new website is up and running go to:

aainlandempire.org
You Also can donate through PayPal.!

Faithfully Yours in Service,
The Board Members



We thank all of the birthday celebrants for their contributions to the Central Office Birthday Club.

Holiday Hours:

Thanksgiving

November 21, close at noon

November 22,23, closed

Christmas

December 24, close at noon

December 25, closed

New Year

December 31, close at noon

Jan 1, closed



WHERE'S BILL & BOB???

We have
placed Bill &
Bob somewhere
in this newsletter.
All you have to do
is find them. Good
luck and HAVE FUN!!



Inland Empire Convention

Planning Committee
Meeting

is held every 2nd Thursday

at The Gonzalez Center

670 Carreon Colton

at 7 :00 pm

DONATION ADDRESSES

Please let the Newsletter know, if this information is not current!

Inland Empire Central Office

P.O. Box 189, Colton, CA 92324
SHOW CITY AND NAME OF GROUP

Mid-Southern California Area

P.O. Box 51446, Irvine, CA 92619-1446
SHOW GROUP SERVICE NUMBER

General Service Office

P.O. Box 459, Grand Central Station
New York, New York 10164-0371
SHOW GROUP SERVICE NUMBER

Hospitals and Institutions

P.O. Box 3927
Riverside, CA 92519-3927
SHOW CITY AND NAME OF GROUP

DISTRICT ADDRESSES

MSCA DISTRICT 8, P.O. Box 2673, Riverside, CA 92506-2851

Corona, Mentone, Mira Loma, Moreno Valley, Norco, Redlands, Riverside, Yucaipa

MSCA DISTRICT 11, Not active, at this time.

Big Bear, Bloomington, Colton, Crestline, Fontana, Highland, Lake Arrowhead, Loma
Linda, Rialto, Running Springs, San Bernardino

MSCA DISTRICT 14, P.O. Box 193, San Jacinto, CA 92581-0082

Banning, Beaumont, Hemet, Idyllwild, San Jacinto

MSCA DISTRICT 17, P.O. Box 1131, Temecula, CA 92593-1131

Canyon Lake, Lake Elsinore, Murrieta, Perris, Sun City, Temecula

VAGABOND GROUP

www.snafubar.com/vagabonds

**NOTICE: WE MUST HAVE YOUR RESERVATIONS AND
PAYMENT AT LEAST THREE WEEKS IN ADVANCE OF EACH
CAMPOUT TO RESERVE A SITE FOR YOU. THANKS!**

Saturday: Alanon meets 11 a.m., Potluck 5 p.m. during Standard Time and 6 p.m. during Daylight Savings
Time, followed by Business meeting and A.A. Campfire meeting. Please bring firewood.

**November 9-10, 2018
Lake Guajome, Oceanside**

Reservations required contact the
WAGON MASTER: Peggy H. 909-241-7193 \$63
w/hookups sites: 1-5,7,8,10-12 and pavillion

Directions: From Highway 15, take Highway 76 West 11 miles. Bring Firewood !!

**December 9-10, 2018
Rancho Jarupa, Rubidoux**

Reservations required contact the
WAGON MASTER: Gail & Malissa 951-845-1553
Back Row pay at gate. TBD w/hookups

Directions: Highway 60 to Rubidoux Blvd south, turn left on Mission Blvd., go to Crestmoor Road and turn right.
Bring Firewood !!

**January 13-14, 2019
Lake Cahuilla, Indio**

Reservations required contact the
WAGON MASTER: Jeannie 951-682-7881
W,E \$73 w/hookups sites: 8 44-50

Directions: Highway 10 to Jefferson offramp. GO Right and follow Park signs. Bring Firewood !!

Please Submit all of your events and / or letters we would love to put them in the newsletter.

Thank You !!

THANK YOU VOLUNTEERS!!

Thanks to these volunteers for keeping Central Office running smoothly for the past month:

Mike B., Tim M., Chris S., Amy J., Steven L., Michael , Tim A.



Thank You !!

\$9.50

Book of the month
All Grapevine Books
Normally \$11.50 - this month
\$9.50

\$9.50

Speaker Meetings



I heard it in the
rooms!!!!

Moreno Valley Sat. Night
7:00 pm

11650 Perris Blvd.

Kathy G.	Idywild	11/3/2018
Sandy S.	Wildomar	11/10/2018
		11/17/2018
Jeff Z..	Anaheim	11/24/2018

55TH INTERNATIONAL WOMEN'S CONFERENCE



February 7 - 10, 2019

*The Language of the Heart
Will Be Spoken Here*

**The Westin Bonaventure
Hotel & Suites**
404 South Figueroa Street
Los Angeles, CA, 90071
213-624-1000

'The Courage To Change'



The Straw That Broke the Camel's Back

By Debra B.

From my father's knee I was warned that alcoholism ran in our family, as even back in the 50's it was suspected to be an inherited disease. This was certainly true for both my father and sister. I had trouble with the word 'disease' when I heard alcoholics describe themselves. I thought they were trying to shirk their responsibility for their unrestrained drinking, passing it off as something physiologically beyond their control. So I looked to the experts to define the word in Webster's Dictionary. "Disease" is defined as; "*a condition that adversely effects the body or mind*", and if that doesn't succinctly define our state of affairs, then nothing does!

So forewarned of my potential alcoholism, I did not start drinking until my early 30's when I got divorced and began to frequent rock and roll night clubs. I soon discovered the 3 drink high that heated up my body core, lowered my self-restraint and boosted my morale. Back then I was acutely aware of California's drunk driving laws. Around midnight, I'd switch to plain Seven Up, which gave me a full two hours for the alcohol to leave my blood stream before I left at 2 a.m., legally sober. Wasn't I a good little conscientious pre-alcoholic?!

I loved the warm tingly sensations as the alcohol heated up my body core, lowered my sense of self-restraint, and boosted my morale. After a long weeks' labor I felt I deserved to let my hair down and reward myself for being a responsible drinker who observed the upmost respect for the power of alcohol. But I gradually graduated to four drinks in a single night to reach the stage of intoxication I desired, then onwards up to five to maintain that level. On and on I spiraled downwards until the 6th year of my drinking when I would awaken with a punishing, 7-dog hang over. If anyone had warned me then, I would have vigorously and defiantly defended my drinking as being totally under control and that I could stop anytime that I wanted.... only, I just didn't "want to".

Finally, I came out of a black out shocked to discover myself next to an unknown male companion in a 3rd rate motel. But even then I did not want to stop my drinking, only to control it. So I sought out the "experts" at the local Alano Club in Ontario, California.

I found myself behind the coffee bar and ordered myself a cup of coffee to settle my nerves. The server, Gordon, placed the cup before me and warmly welcomed me. My hands shook violently and the hot coffee sloshed over onto my hand burning me. Seeing my dilemma, Gordon didn't miss a beat and reached over, retrieved a soda straw and put it into my cup so that I could drink safely.

We talk of our "moment of clarity" and this was mine: I could now clearly see the truth. I was suffering withdrawals and this must mean that I WAS AN ALCOHOLIC! Gordon had literally administered "The Straw That Broke the Camel's Back" ...MINE! I attended my first AA meeting there on October 20, 1988 and feel lucky today to share the glorious experience of Alcoholics Anonymous with all my sisters and brothers in our wonderful fellowship all over the world.

THE END

Please pass the 7th Tradition basket twice, first for the group 7th tradition and the second time for a Central Office Gratitude donation.

Mail or deliver the November Gratitude donations to the Central office after your last meeting in November. Special envelopes will be provided.

Please begin announcements at your last October meeting and November meeting when the 7th Tradition is passed the second time.

For many decades now, we in the fellowship have formally carved out from the calendar the month of November as a time to express our collective gratitude for our individual sobriety. Interestingly, no one is exactly sure why that month was originally chosen, though its connection with Thanksgiving seems obvious. AA co-founder, Bill W., thought for a while that his sobriety had begun in November, but later calculations established the date of his new beginnings as December 11.

INLAND EMPIRE CENTRAL OFFICE
PO BOX 189
COLTON, CA 92324

For many decades now, we in the Fellowship have formally carved out from the calendar the month of November as a time to express our collective gratitude for our individual sobriety. Interestingly, no one is exactly sure why that month was originally chosen, though its connection with Thanksgiving seems obvious. AA co-founder, Bill W., thought for a while that his sobriety had begun in November, but later calculations established the date of his new beginnings as December 11.

Misty origins notwithstanding, Gratitude Month has, since the 1940s, been November and our shared thankfulness over the years has taken many forms and will continue to do so as our membership widens.

The General Service Board began giving small gratitude dinners in the 1940s. These were precursors to the much larger Gratitude Luncheons that were orchestrated during the 1960s as a Public Information effort of G.S.O. A.A. Traditions were the undeniable anchor of our new sober life, Bill W. thought when he wrote, "What then could be more appropriate than to set aside Thanksgiving week for discussion of the practical and spiritual values to be discovered in our Traditions?" The Traditions, he wrote in November 1949, "are a distillate of our experience of living and working together. They apply the spirit of the Twelve recovery Steps to our group life and security." (*The Language of the Heart*, p. 96) The first sealed and approved, official recognition of an A.A. "Gratitude Week," to be specifically designated to coincide with Thanksgiving week, dates back to 1956. That year, at the Sixth General Service Conference, delegates approved a motion to that effect, stipulating that "this action be noted in the annual pre-Thanksgiving appeals to the groups for funds to help support A.A.'s worldwide services."

Carrying the message, expressing gratitude, as well as wanting to make a gesture of appreciation for the numerous published articles, books

and radio and TV interviews relating to A.A. that year, were what motivated a number of Gratitude Luncheons. These were held, always in November, during the 1960s at New York City's Roosevelt Hotel—where, incidentally, members of the media who might care to have a drink, were assured, in the invitation by General Service Board chairman (nonalcoholic) Dr. John L. Norris, that "cocktails will be served at 12:15 in the Library, and the luncheon will end promptly at 2:00 p.m."

Well-attended functions, these luncheons drew a sizable, wide-ranging representation from the media, and G.S.O. Archives served a double purpose: to thank the writers and commentators who attended for their contributions to A.A. in the preceding year and to, in the words of a G.S.O. memo written at the time, "advance A.A.'s public relations by bringing editors, publishers, writers and broadcasters in personal contact with sources of reliable information on the movement." A typical list of invitees to the 1965 luncheon, who had published articles and books on the Fellowship were from *The New York Times*, *Medical World News*, *McCall's Magazine*, *Macmillan Publishing Company*, *The Christian Science Monitor*, and many other news and publishing organizations.

Bill W. always addressed the gatherings, as did Dr. Norris, and, in addition to a question and answer period at the end of the proceedings, there was always plenty of A.A. literature available for the guests to take along. In 1965, Bill sent an autographed copy of the newly-released A.A. *Comes of Age* to each guest.

Although those who came to the luncheons found them helpful and informative, the board thought they were too expensive a way to say thank you, when a letter from Bill, after an article or TV production was completed,

In A.A. November is Gratitude Month

A November Tradition Gratitude Month November 2018



Would have been enough. Others voiced the opinion that more cooperation offered on articles or radio and TV spots might have been more helpful. In any event, the luncheons were discontinued in 1968.

Gratitude. We all know it serves us best when it's kept alive, in our individual lives and in our group conscience. Realizing this, countless A.A. groups over the years have used the month of November (for Canadian groups, it's October), to open the door of gratitude even wider. It's a sure way of insuring a continued healthy sobriety, group unity, and to avoid complacency and stagnation. Many groups observe Gratitude Month by holding Traditions meetings and taking up special contributions to the General Service Office for A.A. services worldwide. This is an opportunity for all A.A.s to think of new and expanding ways to express and share their gratitude. For example, groups could hold topic meetings during the month on the power and different faces of gratitude: "How Grateful Are We?"; "Gratitude is not Passive"; "Giving it Away."

How about trying something new, something your group has never done before, which will make the members' gratitude more tangible and real? Traditions meetings, of course, always bring home to us all over again the richness of our A.A. heritage, strengthening not only our gratitude but the sobriety of A.A.s, old and new. In deepening our appreciation of A.A.'s Traditions during Thanksgiving week, Bill wrote, "We could thus reinforce our faith in the future by these prudent works; we could show that we deserve to go on receiving that priceless gift of oneness which God in his wisdom has so freely given to us of Alcoholics Anonymous in the precious years of our infancy." (*ibid.*)

So how about it? Let's give Gratitude a real send-off this year!

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News and Notes from the General Service Office of A.A.®

www.aa.org

Vol. 63, No. 3 / Fall 2017

■ Intergroup/Central Office: Then and Now

Established and supported by local groups to carry out the functions of a centralized office, intergroups have provided thousands of desperate alcoholics with their first contact with Alcoholics Anonymous, either over the phone, in person, or, increasingly, online. With 469 intergroups/central offices listed with G.S.O. in the U.S./Canada alone (and nearly 700 worldwide), A.A. is so easily “searchable” these days that we often forget that, at one time, it played a little hard to get. Back in the early days, “A.A. wasn’t that easy to find,” wrote one oldtimer. “A carefully selected group of priests, judges and policemen knew about A.A.; our phone number wasn’t listed, and it could be gotten only by dialing Information.” This was a deliberate attempt to ensure that anyone wanting to get sober was sincere enough to make a real effort. But gauging the level of someone else’s desire to quit drinking was an often subjective judgment that the Third Tradition fortunately did away with.

In the very beginning, there was the Central Committee in Cleveland, Ohio, where by October 1939 a group of seven members convened on a regular basis to coordinate efforts regarding hospitalizations and sponsorship, doing crucial work at a time when the slip of just one member or the dissolution of just one group seemed to threaten the very existence of A.A. itself.

What Bill W. called “A.A.’s first organized service center” — the forerunner of today’s intergroup — sprang up in the Chicago suburb of Evanston. Around 1940, an A.A. member named Sylvia used the proceeds of her monthly alimony check to rent an apartment and establish a phone line. In 1941, after publication of the Jack Alexander article about A.A. in the *Saturday Evening Post*, Sylvia’s apartment began to resemble, according to Bill, “a sort of Chicago Grand Central,” with so many phone calls that Sylvia had to enlist the aid of Grace Coultice, a nonalcoholic secretary. Eventually, Sylvia and Grace upgraded to an office in the Loop (only a few blocks from where the current Chicago Area Service Office now has its offices), where they welcomed, Bill wrote, “a stream of applicants for Twelfth Step attention, hospitalization, or other help.”

Most early intergroup offices were nowhere near as elaborate as this: they were simply phone lines listed as belonging to A.A. but that were in fact connected to members’ homes. But Sylvia’s office inspired the opening of numerous early intergroup/central offices all over the Midwest, notably ones in Green Bay, Wisconsin, and



Minneapolis, Minnesota.

On the East Coast, New York Inter-Group essentially started when the doors of the 24th Street Clubhouse at 334½ West 24th Street opened in June 1940 and began serving the members of Alcoholics Anonymous in the metropolitan area. By 1942, the Club, as it was called, began to serve as more than a meeting place and to function as a de facto central committee for over 20 A.A. groups, with two paid clubhouse secretaries who answered phones and manned the desk 12 to 14 hours a day. These were some of A.A.’s first “special workers,” as articulated in Tradition Eight, who were paid to make A.A. Twelfth Step work possible, as opposed to individual A.A. members who, on a voluntary basis, carry the message as part of their own Twelfth Step efforts. Eventually, in 1946, New York Inter-Group was established, moving away from the clubhouse (it was difficult to carry on the work of intergroup in a social atmosphere that included an endless poker game and, at one point, a restaurant) to a space on West 75th Street.

By the time of the first General Service Conference in April 1951, at least 16 intergroup/central offices were serving local groups. Since they predated the formation of the general service structure and performed a different A.A. function, they were not a part of the A.A. structure (except in Chicago, where the area service office and area committee are essentially one). At times over the years, there has been an overlapping of services, but, for the most part, intergroups and general service have come to work in harmony.

Matthew C., office manager of the Ventura County Central Office (VCCO), is the epitome of a contemporary

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Mail address: P.O. Box 459, Grand Central Station
New York, NY 10163

G.S.O.'s A.A. Website: www.aa.org

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intergroup/central office manager, dealing with all the rewards and challenges that this entails. The image of A.A. volunteers answering phone calls from suffering alcoholics, or A.A. members seeking a meeting or information, is still a relatively accurate one. “We rotate shifts of volunteers — we have at least one in the office at all times, and 60 to 70 willing to have calls forwarded to their homes after hours,” Matthew says. They get about 500 to 600 calls a month at VCCO, but this is down from previous years because of the Internet, which has proved, for better or worse, a game-changer for intergroup/central offices. Since so many people are bypassing phone calls and going to the VCCO website, the beta test site that Matthew is rolling out is geared heavily toward newcomers, opening with a banner that reads, “New to A.A.? Have Questions?” and a home page that addresses the most commonly occurring questions.

Matthew feels that there is a “certain comfort” about being able to explore the answers to questions individuals may have about their drinking without having to speak to someone, but there is also something that may be lost: “that one-on-one connection with another person. So, the website does encourage people to call, 24/7.” When they do call, miracles can occur. Like so many of the intergroup/central office workers, Matthew has war stories. Once, an alcoholic attempting to detox himself called VCCO, certain that he was having a heart attack. “He was in bad shape,” Matthew says, “and after a long conversation we convinced him to call EMS and get to an emergency room.” Several years later, that same alcoholic — sober now — walked into the office and thanked them.

In Chicago, office manager Katie M. describes a very successful web presence for the Chicago Area Service Office (CASO). The website averages over 100,000 visits per month, and, out of these, roughly 26 percent are coming to the site for the first time.

Katie describes CASO as “an anchor” for the greater Chicago area and Cook County. “We have a bookstore, and all of our standing committees — like corrections, H&I, Grapevine, etc. — meet here in the evening, and other districts come down here to participate, so we connect people to the service structure.”

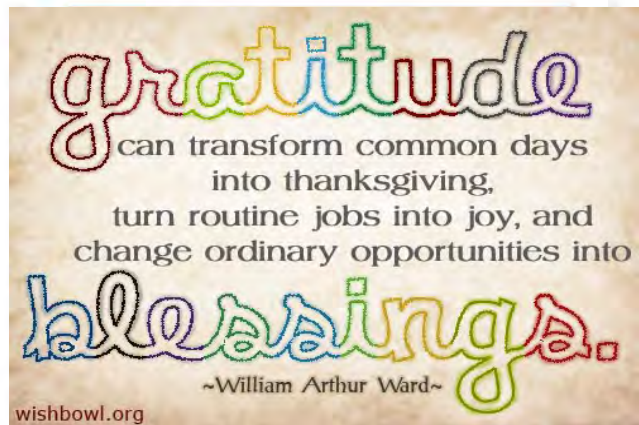
CASO does receive roughly 700 phone calls a month,

Katie adds, but she senses that they are somewhat different from the intergroup calls of the past. “The majority of the calls are not necessarily people wanting to go to a first meeting, or to talk about their drinking problems. We get calls from social workers, for instance, who are trying to help alcoholics connect with a meeting, often a bridging-the-gap kind of thing.”

Like many intergroup/central office managers, Katie is concerned about the finances of the office. Like all intergroups, CASO acts as a clearinghouse for information about local groups and meetings and is directly responsible to the groups it serves. In turn, these groups provide volunteers for Twelfth Step work (i.e., answering the phones), supervise office policies and procedures via their intergroup reps, and offer financial support. CASO has a strong prudent reserve, but Katie is always looking for measures to cut costs, particularly since contributions from the groups have been declining. “Only 23 percent of the groups support the office,” Katie says, “and individual contributions [which can be up to \$3,000 annually] make up only 5 to 10 percent.” And e-commerce affects the way they can do business. “People can get the Big Book cheaper and faster from non-A.A. online stores than they can coming down here to the bookstore and purchasing it from us.”

One answer to this problem is outreach to the groups. Katie M. sends out an appeal letter every November, and intergroup reps discuss the need for financing at every area assembly. Pauline D., office manager of the Northern Virginia Intergroup (NVI), agrees on how crucial outreach is: “We had a terrible year a couple of years ago,” she says. So, we did a major outreach, letting people know just how intergroup works and how it is financed. We asked all of our intergroup reps to bring word back to their groups that intergroup needed their help. We really pushed Birthday Plans in November. And we had the intergroup chair visit each of the 14 districts we serve and talk about our mission. And that seemed to work very well for us.”

(Pauline and NVI are hosting the 32nd Annual Intergroup/Central Office/AAWS/AAGV Seminar, October 6-8 this year. This annual seminar provides a forum for the exchange of ideas and shared experience for those on A.A.'s front line. Attendees are intergroup/



central office managers, intergroup representatives, G.S.O. and Grapevine staff, and members of the A.A.W.S. and Grapevine Boards.)

Jennifer R., office manager of Miami-Dade Intergroup — an office with a long history, dating back to the 1940s — has seen the number of groups in the area decline. Phone calls to the hotline average only two or three a day, perhaps as a result of the website or the Meeting Finder app that many people use today. With so many groups closed and others facing increased rent, contributions to Miami-Dade Intergroup are down. Both Jennifer and another employee are part-time; despite this, they are incredibly productive, producing and distributing meeting directories, managing the website, selling A.A. Conference-approved literature, providing service materials, preparing a monthly newsletter, and making sure the phones are answered 24/7 by A.A. volunteers. Jennifer speaks Spanish, and one of her many jobs is cooperation with the Spanish-speaking intergroups, which do not have a separate office, but pass the phone from one group to another, one month at a time.

Young people coming into A.A. need to be educated about intergroup, Jennifer says, and need to learn to volunteer. An A.A. without intergroup would not be A.A., really. “If we are not here, if someone calls for help and there is no one to pick up the phone, then A.A. has failed them.”

Coco T., executive secretary of New York Inter-Group (NYIG), agrees that a thriving intergroup is incredibly important to the A.A. community it serves — in the case of NYIG, a community that includes 1,438 active groups registered with the NYIG office and 3,642 meetings in the meeting book. It’s no wonder that NYIG’s Seventh Avenue offices are open 365 days a year from 9 a.m. to 10 p.m., with phone volunteers available from 9 a.m. to 2 a.m. “We don’t miss any opportunity to share our experience, strength and hope with other alcoholics,” Coco says, especially since the web has changed the intergroup paradigm. Up until August 2016, when their new A.A. meeting finder appeared on the website, NYIG averaged 4,500 to 4,800 calls a month. At that point, the calls were almost immediately reduced to 3,000 to 3,200 per month.

It’s a mixed blessing, of course. More and more people are able to find meetings quickly and efficiently, but, says Coco, the loss of 20 to 30 phone calls a day “is physically very noticeable. When alcoholics actually call on the phone for help, they get the benefit of the A.A. volunteer who may have been taking phone calls for five years and can really connect with another alcoholic. Now we get hundreds of emails asking us to make contact with a person about their drinking. It’s a challenge to answer these, and also removes the value of that one-to-one connection, the immediate Twelfth Step element.”

To provide human connection, Coco helps ensure that the NYIG office is a welcoming place. “There’s a library and an archives area where people can and do come from all over for a cup of coffee and to read a book and look at some historic items. You can check out a book if you want. No one is ever turned away. Even in an electronic age, we are committed to providing hard copies of every flyer we produce — not everyone, particularly homeless people, has access to the Internet.”

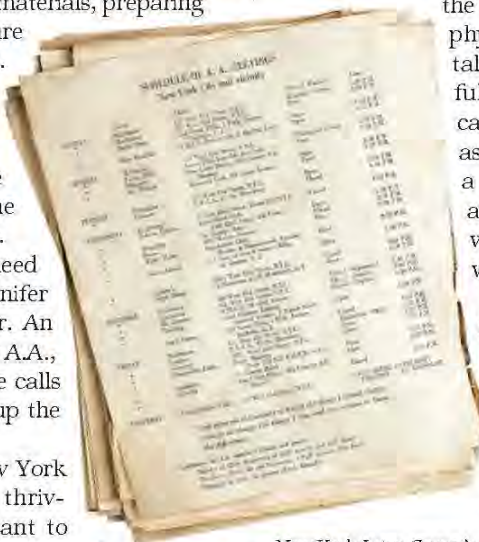
And the connection benefits not just the alcoholics reaching out to NYIG, but those 635 to 700 alcoholics with over one year of continuous sobriety who volunteer there. “You can’t stop these volunteers,” Coco says. “Even if there’s six feet of snow outside, they’ll be here.” She tells

the story of one 90-year-old volunteer — a physician who knew Bill W., and used to talk about how he had tried, unsuccessfully, to get Bill to stop smoking — who came in once a week, year after year, even as his health failed, showing up dressed in a suit and tie. “He was a man of elegance and grace,” Coco says. “He used to tell his wife, ‘I have to go help people.’ His life’s work was to carry the message.”

The Area 87 Central Service Office in Montréal, Québec (which is hosting the 2018 Intergroup/Central Office/AAWS/AAGV Seminar), carries the message to both English- and French-speaking alcoholics. According to executive assistant Ginette W., their help line receives roughly 500 to 600 English-language calls monthly, with perhaps three times that many in French. “We are officially bilingual, but we also have a Spanish-speaking presence,” Ginette adds. “There are about 12 Spanish-speaking groups locally that have their own intergroup, but we host them at our office and make literature available in Spanish.”

Like most intergroup/central offices, some of the phone calls the Area 87 Central Service Office receives are from alcoholics who are lonely and simply want to talk, which can be a drain on resources. “We never cut these calls off,” says Ginette, “but we work to direct these people to meetings, where real, face-to-face recovery can begin. We also have a group of volunteers who are willing to talk on the phone from their homes, which frees up our other workers.”

Replenishing the pool of volunteers is a constant concern. “We have to keep reminding groups that things don’t happen by magic in A.A.: there is hard work in carrying the message. Our area’s 27 districts have 550 groups, and we reach out to all of them via our newsletter and through intergroup reps going to meetings. We also make a point of educating groups about why we need money, not how much. We need to pay for literature, for phones, for the website. The A.A. message of recovery is free; for intergroup to pass it on costs money.”



New York Inter-Group's first meeting schedule — 1946.

Area 87 Central Service Office has a brand new website that features a special portal dedicated to newcomers. Ginette puts it simply: "We need to be where the people are. And, these days, people are on their computers and smartphones. So that is where intergroup has to go."

Many of those who have never had occasion to call intergroup (or who look up meetings on websites in strange towns without quite thinking of who is maintaining that website) wonder why they should support intergroup/central office with their financial donations. While cooperating closely with G.S.O. and local general service district and area committees, it is not unusual for intergroup/central offices to seem apart from the general service structure. However, as noted in *The A.A. Service Manual* (page S42), "Many areas find that a liaison between the intergroup/central office and the area committee is very helpful in maintaining good relations and communication. In some areas the liaison has a vote at the assembly; in others, a voice but no vote." And further, the General Service Office publishes Guidelines and other service material that share the accumulated experience of intergroups and central offices in the United States/

Canada and worldwide. These define an intergroup as "an A.A. service office that involves partnership among groups in a community — just as A.A. groups themselves are partnerships of individuals. It is established to carry out functions which are best handled by a centralized office.... It exists to aid the groups in their common purpose of carrying the Alcoholics Anonymous message to the alcoholic who still suffers."

According to Coco T., the NYIG office pays \$10,000 a month in rent alone — a relatively modest fee, considering Manhattan real estate prices, but not a stroll in the park either. When asked what the future might hold for intergroups, she replies, "We answer to the Fellowship; we are responsible to the groups. Ultimately, our future depends on them. I owe my life to Alcoholics Anonymous, and I would hope intergroup is always there."

As Matthew C. at VCCO sees it, the idea of intergroup is the idea of A.A. itself: "A suffering alcoholic talks to someone who is feeling the way they are feeling, who understands and has been through the humiliation they have experienced, who helps them know that they are not alone after all."

"Reprinted from Box 4-5-9, Fall 2017 with permission of A.A. World Services, Inc."



53rd Annual Christmas Alkathon



**YOU ARE CORDIALLY INVITED
TO PARTICIPATE**

**12:00 noon December 24 to
8:00 pm December 25**

**Knights of Columbus Hall
1729 East Base Line Street, San Bernardino**

**WE NEED YOU TO BE OF SERVICE
PLEASE JOIN US AT OUR PLANNING MEETINGS**

**First Saturday at 4:30 pm
Unity Club, 1307 Brookside
Ave. Redlands, CA 92373**

**YOUR \$\$\$ DONATIONS ARE APPRECIATED
Please Contact: Ramon (909) 801-1133**

October 3, 2018

The Intergroup meeting was canceled due to an event at the Gonzales Center. We handed out newsletter's and had discussions in the parking lot. Regular meeting will resume in November.

Thank You,
The Board



ON THE BEAM



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

ACTION
CONSIDERATE
FAITH
GIVING
HONESTY
LOVE
MODESTY
SELF-FORGIVENESS
TRUST

CALM
COURAGE
FORGIVENESS
GRATEFUL
HUMILITY
MODERATION
PATIENCE
TOLERANCE

Inland Empire Central Office Of Alcoholics Anonymous BAM September 2018

Name	Amount
Service	
Contributions	
Individual Donations	
BAM Individual Donations	
Barbaradee F.	16.00
Debbie R.	14.00
Ernest G.	10.00
Gil L.	10.00
Jeano M.	38.00
Jeff O.	4.55
Leanne G.	12.00
Pete P.	25.00
Pete R.	10.00
Richard C.	25.00
Sam H.	26.00
Steven D.	12.00
Total BAM Individual Donations	202.55
Birthday Donation	
Debra B.	30.00
Gilbert S.	49.00
Jay L.	9.00
Total Birthday Donation	88.00
Coffee Kitty	
Anonymous	7.84
Coffee Kitty	5.00
Coffee Kitty	8.01
Redlands Unity	0.13
Total Coffee Kitty	20.98
Personal Donations	
Anonymous	20.00
Bill W.	20.00
Gil L.	40.00
Trenton	4.00
Yasmin G.	80.70
Total Personal Donations	164.70
Total Individual Donations	476.23
Total Contributions	476.23
Total Service	476.23
TOTAL	476.23

IN ATTENDANCE

MEETING
WAS
CANCELED

31ST ANNUAL
INLAND EMPIRE CONVENTION
NOVEMBER 9, 10, 11, 2018

Double Tree • San Bernardino, CA
(By Hilton)



IEAAC 2018

www.ieaac.org

*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.*

HOSPITALS & INSTITUTIONS COMMITTEE

TREASURER'S REPORT - SEPTEMBER, 2018

August 20-September 16, 2018 (Respectfully submitted by Gary B. Treasurer).

GROUP / INDIVIDUAL	AMOUNT	GROUP / INDIVIDUAL	AMOUNT
ARROWHEAD- TUES NITE MEN'S STAG	36.98	REDLANDS- BMC 6:30 DAILY ATTITUDE(2ea)	355.00
BANNING-7AM 12x12 STEP STUDY	15.00	REDLANDS- BMC FRI.7PM WOMEN'S CANDLELIGHT	5.00
BANNING-FRIDAY HAPPY HR.	5.00	REDLANDS-DISCOVERY GROUP	14.00
BANNING-THUR NOON MEN'S STAG	12.50	REDLANDS-GRP # 000134210	50.00
BANNING-TUE 7AM A DAY AT A TIME MTG	12.50	REDLANDS-WOMEN'S CANDLELIGHT MON EVE	23.02
COLTON-TUESDAY NOON	43.69	RIVERSIDE- THE POINT IS TUESDAY MEN'S	66.00
CORONA- TUESDAY NIGHT LIVE	21.15	RIVERSIDE- NEWMAN CENTER TUES & THUR NOON (\$25 ea)	50.00
CORONA- GRP# 637536	10.00	RIVERSIDE-6:30 AM ATTITUDE ADJUSTMENT HOUR	112.00
FONTANA-ATTITUDE ADJUSTMENT 6:30/730 AM	139.78	RIVERSIDE- AS BILL SEES IT	107.08
FONTANA-KAISER WED.NITE SPEAKERS MTG	30.00	RIVERSIDE-CAME TO BELIEVE	34.80
GRP# 625424-09- 11	5.00	RIVERSIDE-GRP # 1216570908	7.53
HIGHLAND- IT WORKS	71.35	RIVERSIDE-NEW DAWNING GRP	13.00
LOMA LINDA-SUNDAY NITE CANDLELIGHT	25.00	RIVERSIDE-SALAD BOWL	120.00
LYNN E. INDIVIDUAL DONATION	25.00	RIVERSIDE-SOBER STEPS	67.32
MORENO VALLEY - WOMEN IN SOLUTION	90.00	RIVERSIDE-STEP SISTERS FRIDAY NIGHT	90.60
		RUBIDOUX-UNITY GROUP(2EA)	200.00
JEANNIE S. INDIVIDUAL DONATION	50.00	SAN BERNARDINO- INDIAN SPIRIT ARID CLUB	25.00
PEGGY M.- INDIVIDUAL DONATION	16.00	SAN BERNARDINO- STRAIGHT-UP-AA	36.07
		YUCAIPA- MEN'S STAG	165.00
		YUCAIPA-ATTITUDE ADJUSTMENT	16.00
		YASMIN G. INDIVIDUAL DONATION	40.35
SUB TOTAL	\$ 608.95	SUB TOTAL	\$ 1,597.77
		TOTAL DONATIONS	\$2,206.72
		LITERATURE COSTS	\$1,959.74



53rd Annual Inland Empire Christmas Alkathon

Knights of Columbus Hall 1729 East Baseline Street – San Bernardino, CA

Schedule of Meetings by Day, Time and Group



Christmas Eve Day

Meeting 1 – Noon to 1:30 pm

Colton Tue 12:00 pm *Water Walkers*
Fontana Thur 7:30 pm *BYOB*
Perris Mon 7:00 pm *River of Light*
Redlands 6:30 am *Attitude Adjustment*
Riverside Mon 6:00 pm *Not All Saints*
Riverside Sat 8:00 pm *Fellowship*
San Berdo All Meetings *Arid Club*
Yucaipa Sat 10:30 am *Men's B/B Study*
Highland Fri 8:00 pm *Roundtable*
San Berdo Sat. *Straight Up AA*

Meeting 4 – 7:00 pm to 8:30 pm

Banning *All meetings*
Corona *All meetings*
Hemet Tue 12:00 pm *Sober Seniors*
Riverside Mon 12:00 pm *Brown Baggers*
San Berdo Mon 8:00 pm *Inland Group Spkrs*
San Jacinto *All meetings*
Redlands Thurs. 7p.m. *Men Book Study*
Green Valley Lake *All meetings*
Alta Loma *All Meetings*
Sun City/ Unity Hall *All Meetings*

Meeting 2 – 2:30 pm to 4:00 pm

Alta Loma *All meetings*
Covina All Meetings *502 Club*
Lake Arrowhead Sun 10:00 am *Speakers*
Lake Elsinore *All meetings*
Pomona All meetings *Triangle Club*
Rancho Cucu All Meetings *Alano Club*
Redlands Tue 7:30 pm *Tuesday Nite Live*
Riverside Mon 7:00 pm *B/B Winners*
Moreno Valley Tues. 6:00 pm *Woman*
San Berdo All Meetings *Dawn Patrol*

Meeting 5 – 9:00 pm to 10:30 pm

Big Bear *All meetings*
Colton *All meetings*
Chino *All meetings*
Hemet Mon 5:30 pm *Happy Hour*
Lytle Creek Mon 6:00 pm *Watering Hole*
Rancho Cucu Sun 10:30 am *Coffee Talk*
Redlands All Meetings *BMC Alumni*
Riverside Tue 7:30 pm *By the Book*
San Berdo Sat 7:00 pm *Serenity Club Spkrs*

Meeting 3 – 5:00 pm to 6:30 pm

Loma Linda Sun 7:30 pm *Candlelite*
Redlands Fri 7:00 pm *Men's Stag*
Hemet All Meetings *All About Me*
Lake Arrowhead Tue *Men's Stag*
Rancho Cucu Wed 5:30 pm *Upper Room*
Redlands Tue 6:30 pm *Discovery Group*
Riverside Mon 6:00 pm *Mon Night Live*
Running Springs *All meetings*
Redlands Sat 7:00 pm *Care/Share*
Redlands Woman *All meetings*

Meeting 6 – 11:00 pm to 12:30 am Birthday Meeting At Midnight (All December Birthdays)

Corona All meetings *Serenity Club*
Mentone *All meetings*
Rancho Cucu Thur 7:30 pm *24 Hours*
Ontario *All Meetings*
Riverside Tue 6:00 pm *Men's Stag*
Yucaipa *All Meetings*
Riverside/ *Salad Bowl*

Christmas Day

Meeting 7 – 12:45 am to 1:45 am

Banning Fri 7:00 am *As Bill Sees It*
Corona */Serenity Club*
Hemet *Sober Seniors*
Hemet *Mother Hens Chicks*
Mentone *Where's the Beach*
Riverside Tue 5:30 pm *Sober Sisters*
Rubidoux All meetings *Alano Club*
San Berdo/ All Meetings *10th St Alano Club*
Temecula/ *All Meetings*

Meeting 10 – 4:30 am to 5:30 am

Beaumont *All meetings*
Hemet Thur 6:00 pm *Chicago Style*
Moreno Valley All Meetings *Awakenings Club*
Redlands Wed 7:30 pm *Free "4" All*
Riverside Wed 7:00 pm *Men's Stag*
San Berdo Sun 9:00 am *Indian Spirit*
Sun City *All meetings*
Beaumont Thur 7:00 pm *Big Book Study*
Corona Thur 7:00 pm *New Pair of Glasses*

Meeting 13 – 9:00 am to 10:30 am

Claremont *All meetings*
Laverne *All meetings*
Lytle Creek *All meetings*
Mead Valley *All meetings*
Moreno Vly Tue 6:30 am *Plug in the Jug*
Mount Baldy *All meetings*
Riverside Thur 12:00 pm *Lunch with Bill*
Upland Fri 8:30 pm *Everyone Welcome*
Anza-Idyllwild/ *All Meetings*

Meeting 16 – 3:00 pm to 4:30 pm

Chino *All meetings*
Etiwanda *All Meetings*
Norco *All meetings*
Rancho Cucamonga *All meetings*
Riverside Mon 6:30 am *Serenity Sunrise*
Riverside Fri 6:30 pm *Step Sisters*
Riverside Wed 7:30 pm *Cele. Sobriety*
San Berdo *All Meetings*
Betty Ford Alumni
Big Bear Mon 10:00 am *Women*

Meeting 8 – 2:00 am to 3:00 am

Banning Fri 12:00 pm *Step Study*
Corona Thur 7:00 pm *Church*
Hemet Wed 12:00 pm *Lucky Ladies*
Moreno Valley Sun 10:30 am *Speakers*
Redlands Wed 6:30 pm *Women's*
Riverside Wed 6:30 pm *Men's The Point Is*
Rubidoux *All meetings*
San Berdo Sat 7:30 pm *Oakwood 2*

Meeting 11 – 5:45 am to 6:45 am

Fontana/Grupo/ *Por Fin liege*
Colton 10/ *De Juno*
San Bndol *La Mission*
Riverside/ *Bienvenidos*
Ontario/ *Nuevo 24*
Highland/ *All Meetings*
Riverside/ *Cypress Alano Club*
Upland *All Meetings*

Meeting 14 – 11:00 am to 12:30 pm

Bloomington *All meetings*
Chino Mon 7:30 pm *Calvary Church*
Crestline / *All Meetings*
Moreno Valley Fri 8:00 pm *Here's How*
Rialto All Meetings *Stepping Stones*
Riverside Thur 8:00 pm *Casa Blanca Spkrs*
Upland All Meetings *Older Than Dirt*

Meeting 17 – 5:00 pm to 6:30 pm

Colton Thur 8:00 *La Cadena Group*
Crestline Wed 7:00 pm *Easy Does It*
Fontana *All Meetings*
Norco *Attitude Adjustment*
Yucaipa Sun 10:00 am *11th Step*
Riverside Wed 7:30 *Celebrate Sobriety*
San Jacinto *All Meetings*
Upland *All Meetings*
Running Springs *All Meetings*
Blue Jay Alano Club *All Meetings*

Meeting 9 – 3:15 am to 4:15 am

Hemet All Meetings *Attitude Adjustment*
Moreno Valley *All Meetings*
Quail Valley *All meetings*
Rainbow *All meetings*
Riverside Tue 8:00 pm *Men's Stag*
San Berdo Sat 4:30 *Alano Club*
Inland Empire *All Meetings Intergroup Reps*

Meeting 12 – 7:00 am to 8:30 am

Perris/ *Dose Pasos*
Moreno Valley/ *Nueva Vida*
Rubidoux/ *Nuevos Horizontes*
Rancho Cucamonga/ *Hoy*
Pomona/ *19 De Enero*
Moreno Valley Tue 12:00 pm *Step Study*
Sun City/ *Unity Hall/ All Meetings*
Hemet Sat 6:00 pm *Saturday Night Live*

Meeting 15 – 1:00 pm to 2:30 pm

Chino Wed 6:30 pm *Men's Only*
Glen Avon *All meetings*
Grand Terrace *All meetings*
Moreno Valley Sat 8:00 pm *Speaker*
Norco Wed 5:30 pm *St Mel's*
Riverside Sun 10:45 am *AM Speakers*
Riverside Fri 7:30 pm *We Care*
Vagabond Group
Yucaipa All Meetings *Attitude Adjustment*

Meeting 18 – 7:00 pm to 8:00 pm

Yucaipa Tue 7pm *Mens Stag*
Colton Fri 5:30 pm *Friendship Group*
Devore All Meetings *Serenity Castle*
Fontana Wed 6:00 pm *Speakers*
Norco Fri 7:30 pm *Big Book Study*
Riverside All meetings *Attitude Adjustment*
Riverside Sat 7:00 pm *As Bill Sees It*
Inland Empire *All Meetings Secretaries*
Riverside Thur 6:30 pm *Sober StepGs*

**Please check the web site (www.inlandempireaa.org) for any changes
since the printing of the newsletter.**

November Newsletter 2018

Inland Empire Central Office Of Alcoholics Anonymous Profit & Loss YTD Comparison September 2018

	Sep 18	Jan - Sep 18
Ordinary Income/Expense		
Income		
Credit Card Surcharge	50.28	447.41
Donations		
BAM	202.55	1,670.76
Birthday Donations	88.00	1,241.00
Group Contributions	5,402.46	46,197.72
In Memory Of	0.00	75.00
Personal	185.68	1,309.42
Total Donations	5,878.69	50,493.90
Funds Recovered	0.00	652.30
Investments		
Interest-Savings, Short-term CD	1.67	16.23
Total Investments	1.67	16.23
Net Sales Income		
Book Covers	210.00	765.00
Books	3,636.25	42,530.53
CD-DVD-Audio	4.00	124.29
Directories	451.50	3,992.28
Grapevine	89.05	711.70
Medallions	1,100.20	10,663.10
Misc. Literature	363.69	4,160.31
Pamphlets	201.45	1,728.08
Total Net Sales Income	6,056.14	64,675.29
Refunds	0.00	0.00
Total Income	11,986.78	116,285.13
Cost of Goods Sold		
Cost of Literature	4,158.11	45,700.48
Total COGS	4,158.11	45,700.48
Gross Profit	7,828.67	70,584.65
Expense		
Business Expenses		
Business Registration Fees	0.00	60.00
Total Business Expenses	0.00	60.00
Contract Services		
Accounting Fees	0.00	360.00
Total Contract Services	0.00	360.00
Facilities and Equipment		
Equip Rental and Maintenance	46.41	1,291.37
Rent	902.95	8,126.55
Utilities	202.40	1,161.25
Total Facilities and Equipment	1,151.76	10,579.17

Inland Empire Central Office Of Alcoholics Anonymous Profit & Loss YTD Comparison September 2018

	Sep 18	Jan - Sep 18
Operations		
Alarm	0.00	222.24
Merchant Service Fee	101.84	833.62
Newsletter	0.00	228.44
Office Help	280.00	1,160.00
Postage, Mailing Service	-2.95	204.50
Printing	0.00	53.57
Register Over/Short	-0.52	8.45
Supplies	22.88	347.42
Telephone, Telecommunications	185.06	1,694.37
water	4.14	116.33
Total Operations	590.45	4,868.94
Other Types of Expenses		
Insurance - Liability, D and O	0.00	998.00
Total Other Types of Expenses	0.00	998.00
Payroll Expenses		
Employee Hourly	184.00	5,887.00
Medical	500.00	4,851.43
QB DD Fee	10.50	94.50
Salary	4,000.00	36,000.00
Taxes		
Federal Unemployment	1.10	412.39
Mediare	60.66	607.36
Social Security	259.40	2,596.99
State Unemployment	12.19	343.19
Training Tax	0.18	12.89
Total Taxes	333.53	3,972.82
Total Payroll Expenses	5,028.03	50,805.75
Travel and Meetings		
Conference, Convention, Meeting	1,040.96	1,483.23
Total Travel and Meetings	1,040.96	1,483.23
Total Expense	7,811.20	69,155.09
Ordinary Income	17.47	1,429.56
ome	17.47	1,429.56



November Newsletter 2018

Inland Empire Central Office Of Alcoholics Anonymous Inland Empire Central Office Of Alcoholics Anonymous
Group Donations Group Donations
September 2018 September 2018

Inland Empire Central Office Of Alcoholics Anonymous

Group Donations

September 2018

Inland Empire Central Office Of Alcoholics Anonymous


Group Donations

September 2018

Inland Empire Central Office Of Alcoholics Anonymous
Group Donations
September 2018

**Redlands Tuesday Noon
will be dark on
Christmas Day.**

**They will be attending the
Christmas Alkathon
at the
Knights of Columbus**



101 out of approximately 800 groups contributed to Central Office so far this fiscal year.
That represents roughly 13% of the meetings in the Inland empire.

Inland Empire Central Office

P. O. Box 189

Colton, CA 92324

Return Service Requested



Inland Empire Newsletter Donation Form

Name: _____

Address: _____

City: _____

State: _____ Zip code: _____

Phone: _____

BUCK-A-MONTH

Please mail the Form with your
monthly or annual
donation of \$1.00 to the front of the
Newsletter for your
Central Intergroup Office.

Don't miss an issue, have the
Inland Empire Newsletter
delivered to your mail or
e-mail
box each month