Inland Empire
Newsletter
aainlandempire.org
A publication of the Inland Empire Central Office
Serving the Inland Empire

November 2026



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

Open 8 AM to 4 PM, Mon.-Fri.

909-825-4700
Web site:www.aainlandempire.org

office@aainlandempire.org

Intergroup Meeting
1st Wednesday of the month, 7 PM

Zoom ID: 909 825 4700
Password: intergroup

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

General Service, District 8
3rd Tuesday of the month
7:00 PM
Magnolia Center Church of Christ
6160 Riverside Dr, Riverside CA 92506
https://us02web.zoom.us/j/81358831671

District 14
3rd Wednesday of the month
GSR School 6 PM
District 14 GSR 7PM
Arid Club
120 S. Harvard, Hemet 92543

https://us02web.zoom.us/j/8960076690
Pw:District14

Hospitals & Institutions
3rd Sunday of the month, 3 PM
Redlands Unity Club ,
1307 Brookside, Redlands 92373

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.

ELEVEN

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

Our Fellowship In Action

Attunement Gratitude Service

Central Intergroup Office of the Inland Empire

Board of Directors
Chairman: Duke W.

Vice Chairman: **Teresa C.**
Treasurer: Wilson W.
Secretary: Ryan K.
Members At Large
Elizabeth E.
One Open Position

Board Rotation Is Coming! Be of service on the central Office board of Directors! QUALIFICATIONS: min 3 years of sobriety. Any qualified A.A. member who is currently or has been a past active Intergroup Representative. Term is 2 years. Nominations in November for December election

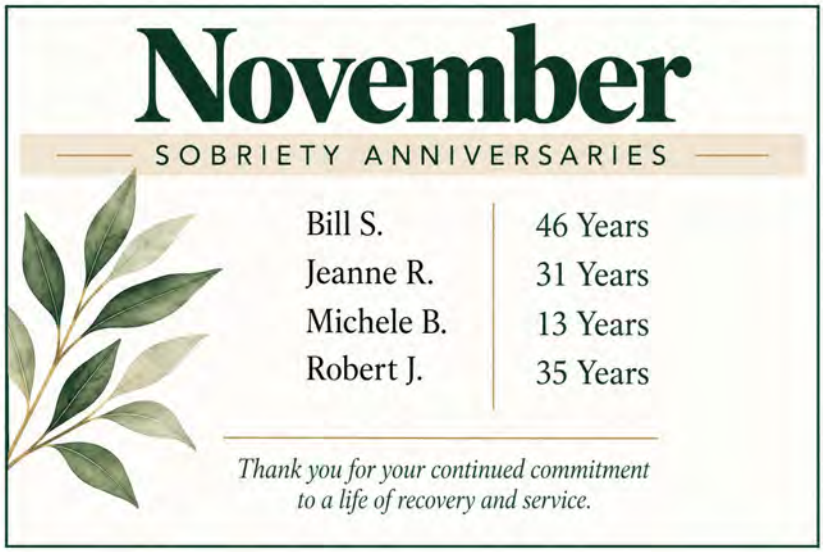
Office Manager: Carolyn V.
Office Worker: Amy A.
Inland Empire Editor: Amy A.

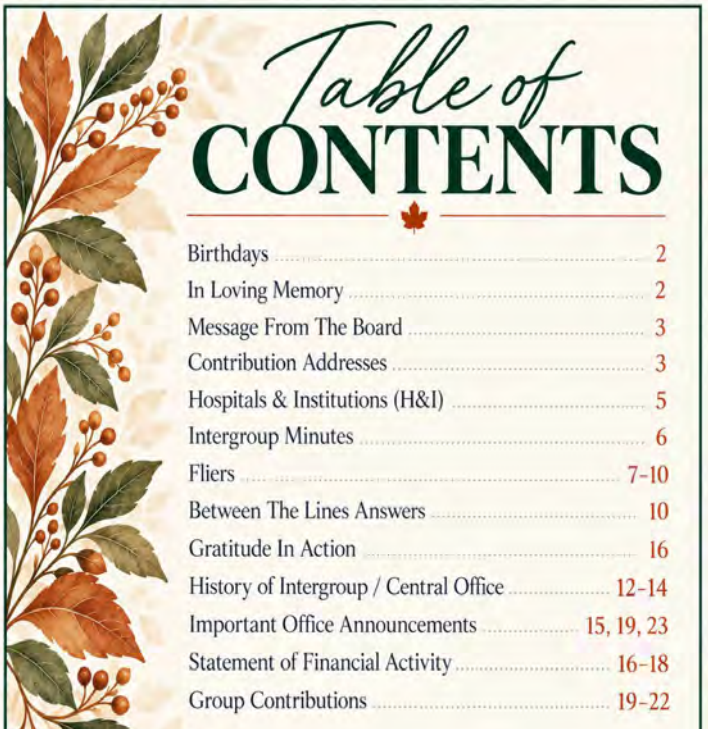
November
Central Office Activity Report

AA Calls	445
12 Step	11
Calls Other	28
Calls Visitors	113
TOTAL:	**597**
Web Site	
Visitors	27.9K
TOTAL:	**28,497**



Share With Our Fellowship
Newsletter submissions are due by the 15th for consideration in the following month's issue. Submissions:
office@aainlandempire.org





Grateful for every member who helps carry the message.

Take a Look at This

Please support your office by contributing to the:

Buck-A-Month Club – Those little bucks can make a meaningful difference!

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

Central Office volunteers are needed to fold and staple directories, pamphlets, cut paper, clean the office, and stock shelves. Set up a time to contribute your skills.

Join us at this year's Alcathon at 2:30pm Christmas Eve

Faithfully Yours in Service,
The Board Members



CONTRIBUTION 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
General Service Office
Post Office Box 2407
James A Farley Station
New York, NY 10116-2407

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

DISTRICT CONTRIBUTION ADDRESSES

MSCA DISTRICT 8, P.O. Box 2673, Riverside, CA 92506-2851
Norco, Corona, Mira Loma, Rubidoux, Riverside, Mentone, Redlands, Moreno Valley, Yucaipa, Calimesa, Big Bear, Bloomington, Blue Jay, Colton, Crestline, Fontana, Grand Terrace, Highland, Lake Arrowhead, Loma Linda, Rialto, Running Springs, San Bernardino - are all served by District 8.
PayPal address: Mid Southern California Area Assembly of Alcoholics Anonymous

MSCA DISTRICT 14, P.O. Box 186, San Jacinto, CA 92653
Banning, Beaumont, Hemet, Idyllwild, San Jacinto

Thank you for your contributions!

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 13-14, 2026
Yucaipa Regional Pk

Reservations required, Contact the
WAGON MASTER: Kim & Tim 909-512-2319
Sites# 12,14abc,15-19,38-41 W,E 3/11:30 $124 hookups

Directions: Follow I-10 E to Live Oak Canyon Rd in Yucaipa. Take exit 85 from I-10 E Bring Firewood!

December 13-14, 2026
Rancho Jurupa, Rubidoux

Reservations required, Contact the
WAGON MASTER: Gil & Malissa 951-845-1553
11 Sites # 230-234, 254-261 $122 w/hookups

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

January 8-9, 2026
Lake Cahuilla, Indio

Reservations required, Contact the
WAGON MASTER: Peggy H. 909-241-7193
Sites # 43-53 $103 w/hookups

Directions: At Junction I-15 and on I-91 head east. Exit at Hwy 71 and go North at Euclid go right to the Park. Bring Firewood !! Tents allowed 19 &20

Thank You !!

Thank You !!

THANK YOU VOLUNTEERS!!

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

Anonymous, Cheryl D., and Lisa H.

Inland Empire Central Office Of AA

Personal Contributions

September 2026

	CONTRIBUTIONS	INDIVIDUAL DONATIONS	BAM INDIVIDUAL DONATIONS	COFFEE KITTY	TOTAL INDIVIDUAL DONATIONS	TOTAL CONTRIBUTIONS	TOTAL
Candice J.			2.00		2.00	2.00	$2.00
Coffee Kitty				14.44	14.44	14.44	$14.44
Duke & Stacy W.				0.85	0.85	0.85	$0.85
Riverside Alano Club Group				13.21	13.21	13.21	$13.21
Valley Alano Club - Rancho				6.28	6.28	6.28	$6.28
Not Specified				1.84	1.84	1.84	$1.84
TOTAL	**$0.00**	**$0.00**	**$2.00**	**$36.62**	**$38.62**	**$38.62**	**$38.62**

BETWEEN THE LINES

A.A. LITERATURE TRIVIA

Which FIVE of these bird-related expressions actually appear in the Fourth Edition of Alcoholics Anonymous?

- ☐ **A.** "The goose hung high"
- ☐ **B.** "Boiled as an owl"
- ☐ **C.** "Reserved this privilege to the birds"
- ☐ **D.** "That was for the birds"
- ☐ **E.** "Cold-turkey selling"
- ☐ **F.** "Free as a bird"
- ☐ **G.** "A sitting duck"
- ☐ **H.** "Soared like an eagle"

Answer below - no peeking until you have made your picks.





HOSPITALS & INSTITUTIONS COMMITTEE

TREASURER'S REPORT-JULY 20 THRU AUGUST 16, 2026

Respectfully submitted by Gary B.Treasurer)

BEAUMONT PLAIN WRAP MEN'S MTG	6.00	REDLANDS- SUNRISE REFLECTIONS GROUP	10.00
CABAZON- UNKNOWN GROUP	50.00	REDLANDS-BMC 6:30 DAILY ATTITUDE	30.00
CORONA - GRP # 657831	10.00	REDLANDS-FRIDAY NIGHTS MEN'S STAG	30.00
HIGHLAND GRP# 716761	46.00	RUBIDOUX UNITY GRP	50.00
EVA LYNN KEYLON-ZELLE	16.62	RIVERSIDE - ATTITUDE ADJUSTMENT-ZELLE	119.27
SUB TOTAL	**$ 128.62**	**SUB TOTAL**	**$ 239.27**
		TOTAL DONATIONS	**$ 367.89**
		TOTAL LITERATURE	**$ 449.47**

Funding for our committee's activities is provided by contributions collected in the H&I Pink Cans passed at A.A. meetings, and by other contributions from individual members and groups. Over the years, these monies have enabled us to provide books to tens of thousands of confined alcoholics who would otherwise not have access to the life-saving message of A.A.'s literature. Because we are governed by the Twelve Traditions and guided by the spiritual principles embodied in the Twelve Concepts, H&I is committed to full transparency and accountability in all our financial activities.



So-Cal H&I Intergroup Meetings 2026

https://us02web.zoom.us/j/2907556393?pwd=c3BQbUJrS1JraVRJWWVKdTVDWEpGZz09

ZOOM: 290 755 6393 Passcode: 2025

Jan 25. 2026	Ventura County - The Buck- 321 Aviador st. #115, Camarillo 93010
Feb 22, 2026	Kern County – Tehachapi Alano Club, 303 E. H Street, Tehachapi 93561
Mar 22, 2026	N C San Diego Harding Community Center 3096 Harding St., Carlsbad 92008
Apr 26, 2026	SFV – Lance's Ranch 25548 Sand Canyon Rd, Canyon Country, 91387
May 24, 2026	Harbor Area -
Jun 28, 2026	S. Orange County- The Canyon Club 20456 Laguna Canyon Rd, Laguna Beach, CA 92651
Jul 26, 2026	Inland Empire – Redlands Recovery 1235 Indiana Court Suite 12 Redlands, Ca 92374
Aug 23, 2026	San Diego – Machinists Hall 5150 Kearny Mesa Road, San Diego 92111
Sep 27, 2026	Central Coast – Oddfellows Hall 710 Harbor St., Morro Bay
Oct 25, 2026	Temecula – Serenity Circle Hall, 27574 Commerce Center Dr., Temecula 92050
Nov 22, 2026	Inter-Valley 502 Club, 510 S. 2nd Avenue, Covina 91723

Inland Empire Intergroup Meeting
10/07/2026
Board Members: Duke W., Teresa C., Wilson

12 Traditions: Brandon M.

Last month's minutes: read by Teresa C.

No new reps

Treasurer's Report for August: read by Wilson, errors noticed by Brandon M., will make corrections. Motioned by Carrie, 2nd by Phil.

P.I. Report: George – Drafted wallet cards and submitted to Intergroup board members for approval. The wallet cards ask for 1) groups to contribute to Central Office, 2) groups to have intergroup representatives, and 3) direct members to www.aainlandempire.org.
In addition to reaching out to: Norco Community College, Bloomington H.S., Slover Mountain H.S., Washington H.S. will reach out to Entrepreneur H.S (Highland), Pacific H.S. (San Bernardino), San Andreas (Highland) to offer information sessions and to discuss Central Office as a local resource

H&I Report: N/A

Office Manager Report: Amy A.: "It's been fun!" Last Saturday (10/03) was closed and upcoming Saturday 10/10 will be closed. Amy has been very busy learning . AA groups have been contributing, and books are being bought. Central Office is here to help newcomers, and people are coming in.

12 Step Phone List: not provided

General Service: N/A

New Business: Intergroup Board needs another board member to fill the member at large vacancy. Qualifications: members must have at minimum 2 years sobriety, and must attend 3 Intergroup meetings before board can vote them in. Brandon M. has 24 days until his 2nd sober birthday.

Teresa C. shared that the Christmas Alka-Thon will have a service panel with Intergroup, H&I, and General Service on 12/24/2026 @ 2:30pm during the meal after the Long Timer's meeting. More info to come.

Tradition 10: read by George

Tradition 11: Sierra S. has volunteered
Birthdays: none

Announcements: Pamela H.: Area 9 History of Group Meetings- groups can tell the history of how their meeting came about. Will e-mail the form to Area 9 Archives. https://msca09aa-archives.org/ (951) 785-0845

Motion to Close: Brandon M., 2nd Carrie

31st Annual Southeast Woman-to-Woman Conference

"Secrets Women Don't Share"

A Conference for Sober Alcoholic Women with Al-Anon Participation

No children permitted in conference rooms.



August 20-22, 2027, Raleigh-Durham, North Carolina

Sheraton Imperial Hotel RDU at RTP, 4700 Emperor Blvd, Durham, NC 27703

Contact- 919-941-5050 **Room Rate $159** plus tax (cutoff 7/27/2027)

Chair: Cathy A.	**Co-Chair: Cherise M.**	**Registration: Korin N.**
sew2w2027@gmail.com	sew2wcochair@gmail.com	sew2wregistrar2027@gmail.com

Mail-In Registration & Payment

✓ Complete this form and mail with payment

✓ Money orders only

✓ Payable to: **Southeast Woman to Woman**

Mail to:

SEW2W
P.O. Box 187
Cary, NC, 27512

Please complete the form on the back.

OR

SCAN THE QR CODE TO PAY ONLINE

2026 Inland Empire Christmas Alkathon

Book your meeting time slot

SCAN ME

On the calendar go to December 24 or 25 and select a time slot.
1 slot per group 30 min time slots

Closing calendar and assigning remainder of slots to complete the schedule by October 31st.

Need Help, Text 909-649-6940

61ST ANNUAL AA CHRISTMAS ALKATHON

PLANNING COMMITTEE MEETINGS

UNITY SERVICE AA RECOVERY

Be of Service!

Everyone Welcome!

Together We Carry the Message!

Join us each Sunday as we plan our 61st Annual Christmas Alkathon.
Your ideas, input, and help make it happen!

COMMITTEE MEETINGS
EVERY SUNDAY
IN NOVEMBER & DECEMBER
4:00 PM

AT THE UNITY CLUB
REDLANDS, CA
All are welcome to attend!

ALCOHOLICS ANONYMOUS
TWELVE STEPS
TWELVE TRADITIONS
SERVICE

SAME COMMITMENT ❄ SAME PURPOSE ❄ BRIGHTER DAYS AHEAD

Together We Carry the Message!

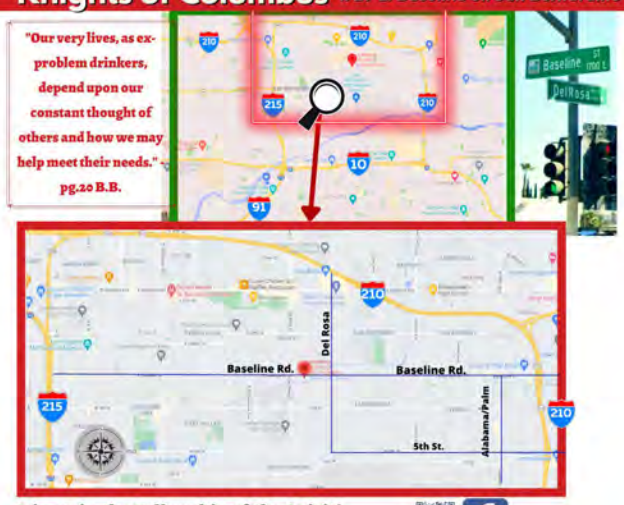
2026 61st Inland Empire Christmas Alkathon

33 Hours of meetings & Feedings

Birthday/Chips	OLD-timer's (35+ yrs.)	LONG-timer's [25-34 yrs]	50/50 & Raffles
5:00pm Christmas Eve! & 4:00pm Christmas Day	Christmas Eve. - 24th 12:00pm	Christmas EVE - 24th 3:00pm	9:30pm Christmas Eve! & 7:45pm Christmas Night

Knights of Columbus 1729 E. Baseline St. San Bernardino

"Our very lives, as ex-problem drinkers, depend upon our constant thought of others and how we may help meet their needs." pg.20 B.B.



Join us in the Fellowship of the Spirit!
1st Meeting at 12:00PM Christmas Eve.
1st Meal at 1:30PM
Closing Meeting at 8:00PM Christmas Day!

Join our Facebook Group
I.E.ChristmasAlkathon

- A 50/50 WINNER EACH DAY
- FOOD & FELLOWSHIP
- MUSIC, & LAUGHTER
- WAYS TO BE OF SERVICE

Contributions by check to:
Christmas Alkathon or
PayPal or Zelle at
christmasalkathon@gmail.com

Join us in planning this event. We meet EVERY Sunday in Nov & Dec @4pm at Redlands Unity Club. Call 909-307-4024 for more info!

21st ANNUAL JOE BENITEZ DESERT MEN'S BANQUET

"INTO ACTION"

Sunday, November 1st, 2026

Fantasy Springs Resort-Casino

Indio, CA

Exit Golf Center Parkway, Off I-10 FWY

4PM – Meet & Greet

5PM – Dinner / 6:30PM -Speaker

$65.00 per person / $650.00 per table

For more information, please contact:

Al S. 310-344-1210

David H. 719-859-3200



https://internationalwomensconference.org/

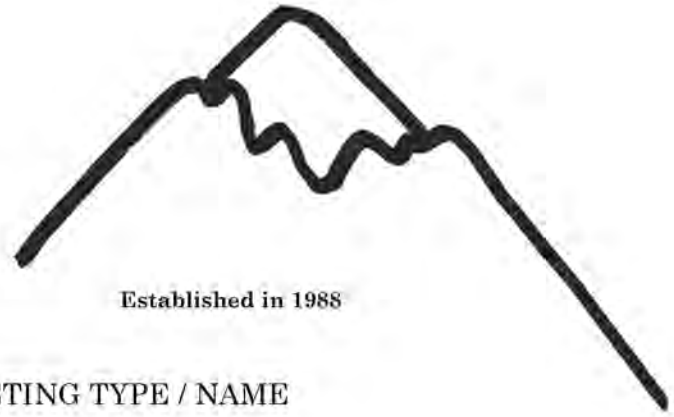






MEETING UPDATE

12 Step Mountain Group of Alcoholic's Anonymous



Off Palo Alto on Commercial Way, Running Springs

(Across from the Public Restrooms)

Established in 1988

DAY	TIME	MEETING TYPE / NAME
Sunday	- - - - -	*(No Meeting)*
Monday	- - - - -	*(No Meeting)*
Tuesday	7 to 8 pm	**AA** Big Book Study/Recovery Discussion
Wednesday	7 to 8 pm	**AA** As Bill Sees It/Recovery Discussion
Thursday	6 to 7 pm	**AA** 11th Step Conscious Contact /Meditation
Friday	7 to 8 pm	**AA** Twelve by Twelve Book Study/Recovery Discussion
Saturday	6 to 7 pm	**AA** Recovery Discussion (Annual Birthdays the Last Saturday of each month with Potluck between 5 and 6 pm)

The Running Springs Mountain Group Meetings are Open to Anyone Who Has a Desire to Stop Drinking.

October 2026

TRIVIA ANSWER — A, B, C, D & E

Where to find them in the Fourth Edition:

A - p. 14 B - p. 152 C - p. 52 D - p. 219 E - p. 258

For this question, only the five quoted expressions count. Kitty Hawk, goose-flesh, wings, flying, swallowing, and Bill are excluded.

Yes, a bill is part of a bird. No, Bill W. does not count.





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Carry the Message Project

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from the Apple App Store or Google Play.

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Grapevine's weekly podcasts are available at no charge

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Read or listen to every issue • Track sobriety and spiritual practices

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12 printed issues • Digital access not included

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12 printed issues plus full website, archive and app access

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aagrapevine.org
English 800-631-6025 • Spanish 800-640-8781

THE A.A. SERVICE MANUAL
combined with
TWELVE CONCEPTS FOR WORLD SERVICE
by Bill W.



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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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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.

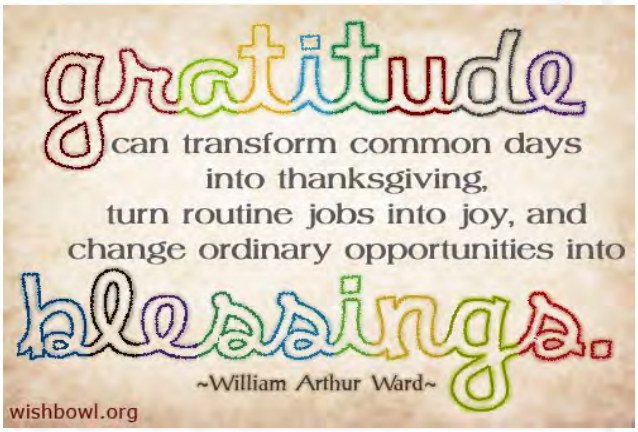
Katie describes CASO as "an anchor" for the greater Chicago area and Cook County. "We have a bookstore, and all of our standing committees — like corrections, H&I, Grapevine, etc. — meet here in the evening, and other districts come down here to participate, so we connect people to the service structure."

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/



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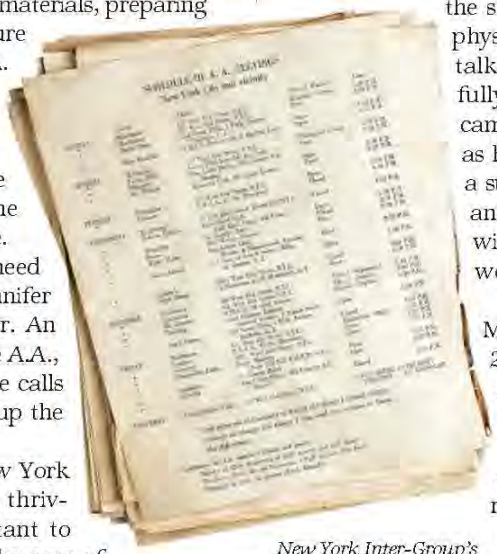
central office managers, intergroup representatives, G.S.O. and Grapevine staff, and members of the A.A.W.S. and Grapevine Boards.)

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."



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

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."

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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."

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NOVEMBER

Gratitude Month

A TIME TO REFLECT • A TIME TO GIVE • A TIME TO CARRY THE MESSAGE



Gratitude in Action

More Than Saying Thank You

Gratitude is more than a feeling—it's a way of life. It shows up in how we participate, how we support the services that help us stay sober, and how we make it possible for the next person to find A.A.

A Tradition of Gratitude

November has long been recognized in Alcoholics Anonymous as Gratitude Month—a time to reflect on the gift of sobriety, the fellowship that sustains us, and the people who freely give their time to carry the message of recovery.

Over the years, many A.A. groups have made it a tradition to pass a second basket during November—an additional, voluntary Seventh Tradition contribution to support their local Central Office. This tradition is one way groups express their gratitude for the services that help keep A.A. available and accessible in their community.

Supporting Inland Empire Central Office

A November Gratitude contribution to Inland Empire Central Office (IECO) helps ensure these services continue, so the message of recovery is always available to the next alcoholic who reaches out.

Your contributions support:

- Telephone assistance and information
- Connecting people to their meetings
- Keeping the shelves stocked with A.A. literature
- Maintaining the website and meeting information
- Supporting service committees
- And providing many ways for members to be of service in the Inland Empire.

A Group Conscience Decision

Passing a second basket during November is a voluntary contribution, and each group decides through its own group conscience whether and how to participate.

Whether your group is able to contribute this month, support can also be provided at any time during the year.

Thank you for helping keep A.A. available in the Inland Empire.

GRATITUDE IN ACTION.
SERVICE IN MOTION.

Inland Empire Central Office Of Alcoholics Anonymous

Statement of Activity
September 2026

	TOTAL	
	Sep 2026	Jan 1 - Sep 30 2026 (YTD)
Revenue		
Contributions		
BAM	6.41	65.90
Birthday Contributions		393.11
Group Contributions	5,850.75	56,166.55
In Memory Of		50.00
Personal Contributions	41.62	1,662.80
Total for Contributions	**$5,898.78**	**$58,338.36**
Investments		
Interest-Savings, Short-term CD	351.18	2,971.96
Total for Investments	**$351.18**	**$2,971.96**
Misc. Literature		
Sales of Product Revenue	262.63	2,754.26
Total for Misc. Literature	**$262.63**	**$2,754.26**
Net Sales Income		
Book Covers		
Sales of Product Revenue	30.00	630.00
Total for Book Covers	**$30.00**	**$630.00**
Books		
Sales of Product Revenue	5,191.45	43,640.80
Total for Books	**$5,191.45**	**$43,640.80**
CD-DVD-Audio		
Sales of Product Revenue		28.05
Total for CD-DVD-Audio		**$28.05**
Directories		
Sales of Product Revenue	222.00	1,479.00
Total for Directories	**$222.00**	**$1,479.00**
Grapevine	5.98	52.36
Medallions		
Sales of Product Revenue	1,044.20	11,032.26
Total for Medallions	**$1,044.20**	**$11,032.26**
Pamphlets		
Sales of Product Revenue	75.45	1,414.06
Total for Pamphlets	**$75.45**	**$1,414.06**
Sales Tax Rounding Error		-0.48
Total for Net Sales Income	**$6,569.08**	**$58,276.05**
Refunds		-13.05
Sales of Product Income		0.23
Shipping Revenue		0.70
Total for Revenue	**$13,081.67**	**$122,328.51**

Inland Empire Central Office Of Alcoholics Anonymous

Statement of Activity
September 2026

	TOTAL	
	Sep 2026	Jan 1 - Sep 30 2026 (YTD)
Cost of Goods Sold		
Cost of Goods Sold	4,258.04	39,429.80
Inventory Shrinkage	56.00	56.00
Total for Cost of Goods Sold	**$4,314.04**	**$39,485.80**
Gross Profit	**$8,767.63**	**$82,842.71**
Expenditures		
Business Expenses		94.00
Contract Services		
Accounting Fees		350.00
Total for Contract Services		**$350.00**
Facilities and Equipment		
Equip Rental and Maintenance		40.00
Property Insurance		1,206.86
Rent	1,302.49	11,162.41
Utilities	291.50	1,779.12
Total for Facilities and Equipment	**$1,593.99**	**$14,188.39**
Operations		
Alarm		503.64
Merchant Service Fee	67.24	833.31
Office Help		90.00
Postage, Mailing Service	6.42	262.15
Quickbooks Payroll Fee	128.00	633.00
Register Over/Short		17.00
Software	5.00	57.95
Supplies	5.98	354.10
Telephone, Telecommunications	170.56	919.78
Water	22.00	117.00
Website	96.00	214.00
Total for Operations	**$501.20**	**$4,001.93**
Other Types of Expenses		
Insurance - Liability, D and O	198.50	322.00
Total for Other Types of Expenses	**$198.50**	**$322.00**
Payroll Expenses		
Medical	1,000.00	5,570.65
Taxes	276.49	4,590.60
Wages	3,614.17	48,661.39
Total for Payroll Expenses	**$4,890.66**	**$58,822.64**
Total for Expenditures	**$7,184.35**	**$77,778.96**
Net Operating Revenue	**$1,583.28**	**$5,063.75**

Inland Empire Central Office Of Alcoholics Anonymous

Statement of Activity
September 2026

	TOTAL	
	Sep 2026	Jan 1 - Sep 30 2026 (YTD)
Other Expenditures		
Picnic acct.		0.00
Total for Other Expenditures		**$0.00**
Net Other Revenue		**$0.00**
Net Revenue	**$1,583.28**	**$5,063.75**

AN INVITATION TO SERVICE

Board Rotation Is Coming!

LEADERSHIP THROUGH SERVICE • GUIDED BY OUR PRINCIPLES

The Inland Empire Central Office Board of Directors helps ensure that the services connecting alcoholics with A.A. remain available to those who need them.

QUALIFICATIONS

- At least 3 years of continuous sobriety
- Presently, or has been, an active member of Intergroup
- Sufficient time to fulfill Board responsibilities
- Family members should not serve on the Board simultaneously.

TERMS & ELECTIONS

- Directors serve 2-year terms.
- Nominations take place at the November and December Intergroup meetings.
- Elections are held at the December Intergroup meeting.
- Board officers (Chairperson, Vice Chairperson, Secretary, Treasurer) are elected annually by the Board.

THE SPIRITUAL GIFT OF SERVICE

Board service is an opportunity to practice humility, responsibility, unity, and trust. It asks us to listen thoughtfully, seek the group conscience, and remember that leadership in A.A. is rooted in service rather than authority.

Attunement invites us to listen, cooperate, and place our common welfare first.

Interested in Serving?

Contact Inland Empire Central Office
909-825-4700
OR ATTEND AN INTERGROUP MEETING TO LEARN MORE ABOUT THE NOMINATION PROCESS.

Inland Empire Central Office Of Alcoholics Anonymous

Group Contributions

September 2026

	TOTAL	
	SEP 2026	JAN - SEP, 2026 (YTD)
676781	140.00	280.00
716761		91.00
Alta Loma Sun. 730 As Bill Sees It 84761		100.00
Alta Loma Woman to Woman	100.00	200.00
Banning Mon. Noon Big Book	60.00	60.00
Banning Sat. 7am	350.00	1,100.00
Banning Sun 7 AM 91310		200.00
Banning Thursday 10am Mens Stag		153.60
Banning Thursday Womans There Is A Solution 677820		312.65
Banning Unknown		100.00
Banning Wed. Nooners 674140		60.00
Beaumont Big Book Study Monday 6pm	130.00	230.00
Beaumont Plain Wrap Mens Mtg		282.37
Big Bear Friday 11 am 12x12 639192	150.00	225.00
Big Bear Monday As Bill Sees it	100.00	200.00
Big Bear Thurs 5.30 PM New Comers		25.00
Big Bear Tuesday Men's Stag		19.42
Big Bear Womens Reflection Tue pm		75.00
Central Office Picnic		8,284.82
Chino Mon730pm "There's a Way Out" #170364		148.02
Chino Sunday Night 11th Step		157.50
Chino Umbrella Group		200.00
Chino Womans Zoom 11th Step 123088	42.75	42.75
Christmas Alkathon	51.40	51.40
Claremont Monday Woman's Step Study		70.00
Claremont Sunday 11th Step Group 8am 000157902		703.98
Claremont Unknown	100.00	200.00
Colton As Bill Sees It-Sat. Noon		100.00
Colton Happy Hour Big Book Study 5pm		50.00
Colton Tue Straight Edge 530 pm		201.00
Colton Tue. Noon		402.23
Colton We Are Not A Glum Lot		18.08
Colton-La Cadena Group Thurs		50.00
Corona Sunset Sisters		20.00
Corona 28753		100.00
Corona 7am Zoom	7.75	92.65
Corona Lucky Ladies Wed 6pm 15328		465.92
Corona New Pair of Glasses 657831		120.00
Corona The Lucky Ones 660859	140.00	240.00
Corona We Are Not Saints Monday 7pm		225.00
Corona Wed Night Men's Stag 262104		400.00
Crestline Bridge to Shore	30.00	30.00
Fontana Attitude Adjustment	63.08	372.87

Accrual Basis Thursday, October 1, 2026 10:44 AM GMT-07:00

Inland Empire Central Office Of Alcoholics Anonymous

Group Contributions

September 2026

	TOTAL	
	SEP 2026	JAN - SEP, 2026 (YTD)
Group 716617		62.00
Hemet 000036570		34.73
Hemet Att. Adj. 7am Daily		1,050.00
Hemet Freeway Group		500.00
Hemet Highway Happy Hour 000742006		195.53
Hemet Monday Nite 12X12 7 PM #25087		208.00
Hemet Mother Hens Chicks DARK		90.00
Hemet Saturday Nite Live 64116	100.00	100.00
Hemet Sober Seniors Tue. 1pm 135164	15.00	15.00
Hemet Women in Recovery		66.00
Highland 716716		5.00
Highland 7pm Fri. Round Table		350.00
Highland Wed Night Bookstudy		132.60
Idyllwild		380.00
IE Amazing Grace Womens Banquet		900.00
Inland Empire Men's Banquet		1,250.00
Inland Empire Spring Fling		2,534.00
Mentone Where's The Beach	200.00	375.00
Moreno Valley 6pm Thursday Living Sober Gals 6pm Zoom		309.32
Moreno Valley 930am Sat Morning Woman Daily Reflection Group	65.00	92.27
Moreno Valley Awakenings Club Sunday 7pm		30.00
Moreno Valley Sunday Morning Speaker	50.00	50.00
Moreno Valley The Awakenings Club		1,200.00
Moreno Valley Thurs. 5pm	60.00	60.00
Moreno Valley Tues. Women in Solution 174247		168.00
Moreno Valley Unknown Group @Awakenings		49.00
Moreno Valley Wed.5pm Awakenings	100.00	300.00
Moreno Valley Wednesday Women Topic Meeting 6pm		230.94
Nelson House		326.00
New Dawning Sunday 031789		510.00
Norco 6th Street Big Book 691348	75.00	75.00
Norco St. Mel Wed Night Zoom 707782		38.00
Norco Sunday 3rd Step Group 671825		114.00
Rancho Cucamonga "Older Than Dirt" 0042410		170.00
Rancho Cucamonga Inland Empire Legacy Group 396905		145.04
Rancho Cucamonga Sacred Heart Book Study 696282		239.64
Rancho Cucamonga Tue 630 Woman to Woman		100.00
Rancho Cucamonga Valley Monday night BS		50.00
Rancho Cucamonga Wed. 530 109364	120.00	360.00
Redlands 630AM Attitude Adjustment 100740		720.00
Redlands Att. Adj. 0140541	200.00	200.00
Redlands BMC Daily Attitude Adjustment 100307160	120.00	240.00
Redlands Discovery Group		100.00

Inland Empire Central Office Of Alcoholics Anonymous

Group Contributions

September 2026

	TOTAL	
	SEP 2026	JAN - SEP, 2026 (YTD)
Redlands Friday Nite 7pm Men's Stag 134210	120.00	960.00
Redlands Friday Woman's Big Book		233.80
Redlands Inland Group Mon 730pm	734.00	2,303.15
Redlands Mon. 7pm First Nighters		310.00
Redlands Monday Woman's Candlelight 35569		240.00
Redlands Sat Night Caring and Sharing 176781	296.40	794.76
Redlands Sunrise Reflections		100.00
Redlands Thurs Nite 7pm Men's Big Book 119899		156.00
Redlands Tues 7PM Zoom This Too Shall Pass Group		345.30
Redlands Unity Group		500.00
Redlands Womans12x12 Mon Noon 25503	50.00	100.00
Redlands Women's Friday night Candlelight 140637		265.41
Redlands Women's Wed. 630 #35839		113.00
Riverside Pigs No More Fri. 7pm Men Stag		150.00
Riverside (RAAH) Attitude Adjustment Hr.	803.53	4,516.41
Riverside Friday Step Sisters 688626		90.00
Riverside Friday We Care	200.00	200.00
Riverside GTBA Sat. 730 #715536		745.50
Riverside Mon. Salad Bowl 60853		225.00
Riverside Monday 7PM Story Time		50.00
Riverside Monday Noon Brown Baggers		43.25
Riverside Monday Winners Big Book	92.00	92.00
Riverside New Dawning # 127984		240.00
Riverside Not All Saints	85.00	671.58
Riverside Sat 8pm Fellowship		500.00
Riverside Sober Sisters		125.00
Riverside Thursday Night Casa Blanca	150.00	2,496.00
Riverside Thursday Sober Steps		150.00
Riverside Tuesday Nite Podium		0.20
Riverside Wed. 630 Men's The Point Is 681653		51.00
Riverside Wed. Men's Stag Calvary Pres 8PM 149165		120.00
Rubidoux Alana Grp	50.00	225.00
Running Springs Mountain 12 Step Club	50.00	300.65
San Bernardino Arid Club Groups	60.00	300.00
San Bernardino INCA		70.00
San Bernardino Sat. Straight Up AA		40.00
San Jacinto Manly Mans Stag		160.00
Sun City Tue 7am Men's Stag		109.00
Tri State Roundup Association, Inc.		275.33
Unknown Group	22.00	1,668.98
Unknown Zoom		2.00
Upland 630AM Attitude Adjustment Zoom #000369258	84.80	712.00
Upland San Antonio Attitude Adjustment 630am 61123	111.60	1,763.80

Inland Empire Central Office Of Alcoholics Anonymous

Group Contributions

September 2026

	TOTAL	
	SEP 2026	JAN - SEP, 2026 (YTD)
Upland Wednesday 6pm Closed Women Book Study #159284	157.20	157.20
Valley Alano Club - Rancho		60.48
Wednesday Women's meeting finding Our marbles 000459517		150.00
Women's Candlelite Group		120.00
Yucaipa Tue. Men's Stag-652034		288.00
Yucaipa Umbrella Group 684550	180.00	1,344.47
TOTAL	**$5,816.51**	**$55,219.60**

CENTRAL OFFICE SERVICE UPDATE

KEEPING OUR FELLOWSHIP CONNECTED

Inland Empire Central Office is updating the ways we communicate and receive contributions.

Our Current Email Address

Please update your group records and contact lists. Our email address for all Central Office correspondence is:

office@aainlandempire.org

Our former email address has been retired for correspondence.

Seventh Tradition Contributions

Zelle is now our ***only*** digital contribution platform.
PayPal and Venmo are no longer accepted.

We continue to welcome contributions by cash, check, money order, and credit or debit card.

For Zelle contribution instructions or assistance, please call Central Office at **909-825-4700**.

Thank you for your continued support as we improve the ways Central Office serves our Fellowship.

In service,
Amy A.
Office Worker
Inland Empire Central Office

Inland Empire Central Office
P. O. Box 189
Colton, CA 92324
Return Service Requested

BUCK-A-MONTH

A Buck Still Makes a Difference!



Once upon a time, a dollar a month helped bring the Central Office newsletter to your mailbox.

Today, our newsletter is digital and freely available to everyone. But the need for a Central Office hasn't gone away!

Your Buck-A-Month contribution helps keep the phones answered, meeting information available, literature accessible, and the doors open to those seeking recovery.

PHONES ANSWERED | MEETING INFORMATION | LITERATURE ACCESSIBLE | DOORS OPEN TO RECOVERY

One dollar. Once a month.

A LITTLE CHANGE THAT HELPS KEEP CENTRAL OFFICE GOING.

Sign up online for your digital copy of our Newsletter.
Visit our website for more information: www.aainlandempire.org