

# THE VALLEY VIEW

## The Voice of the Valley

**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!**



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**Valley Intergroup meets on the 1st Monday of the month at 7:30 pm: Trinity Lutheran Church 1225 Hopyard Road Pleasanton, CA**

**Contact Info: Valley Service Center**

Mon. 5-7:30 pm, Except 1st Monday 7pm  
Wed. 6-8 pm  
Sat. 10:30-2:30 pm  
**6990 Village Parkway Suite 214 Dublin, CA 94568**  
Office: 925-829-3160  
24 hrs: 925-829-0666  
24 hrs: 888-859-3230

**Seat of Life**

Last week, I had a lovely party on one of those lush, green, misty summer afternoons. The house was filled with good friends in celebration of my first year of sobriety, and my dad’s visit. I was maneuvering food plates around the kitchen and talking to a girlfriend, when someone said to me, “That’s such a beautiful chair.” I looked over to the corner of the living room, and there it was, unoccupied. My little antique winged back burgundy brocade chair and its matching footstool. All I saw in that moment, was the chair and the green mountains behind it.

One year ago, that chair was covered in tears, vomit, blood, and likely some urine. Probably the only bodily fluid that didn’t leak onto that chair were bowel-moving materials, and maybe some obscure bile-duct secretions — but who knows, given my body’s reaction the large bottles of mouthwash (alcohol content: 26.5%) I was drinking. If I’d had any fingernails, there would have been large gashes in the armrests. A year ago, that chair held me in its arms as I rocked back and forth with shakes, heaves, and despair, as I stared psychotically out at the colorless winter, plotting suicide. No job, no driver’s license, and unanswered phone calls from ignored friends. Except for the dogs, I was alone within the excruciating cycle of drinking my half assed alcohol, blacking out, and the inevitable convulsive withdrawals, panic, and terror. The Horsemen surrounded me, and that little chair held me through all of it.

But on this day, the chair stood clean and beautiful against the window and wore a gorgeous lace doily. The whole house was warm and the smells of good food intermingled with music and my friends’ laughter. I could see a few books peeking out underneath my chair, from my rushed effort to tidy: the Big Book a mediation book, Living Sober, a book on women pilots of Alaska, and information on a Master’s program in environmental science.

Now, when I sit in my chair, I look out the window with hope. When fear grips me, I sit in my chair and face it head on. I cry in it, pray in it, read in it, and reminisce in it. How one little chair can be the seat of such joy, pain, and everything in between transcends human understanding. But I do know that God is here today, as He was there then, holding me in the palm of His hand, in the arms of my chair.

*Mary C.  
Eagle River, Alaska*

A SECOND STORY ON PG. 3!

*Visit our website at: [valleyservicecenter.org](http://valleyservicecenter.org)*

## Recap of August Intergroup Meeting

Here are the action items from our last Intergroup meeting:

1. We are still in need of an Office Administrator. This is a paid position and requires 5 years of sobriety. Further information is available at [trivalleyaa.org](http://trivalleyaa.org).
2. We are still in need of an H&I representative. Please announce this at your meetings and let people know if they want to volunteer they should come to our next Intergroup meeting.
3. The hotline could always use more volunteers as well.
4. We will be having our annual picnic on Sunday, August 16th at Black Avenue Park. The event will be held from 11 to 3. Tickets will be \$5 again and the drinks are free. Clean up is the last open commitment.
5. AA wants your stories – Send essays to [literature@aa.org](mailto:literature@aa.org). See Don Z.'s General Service recap below.
6. Note to group treasures – Please remember to include your group registration number on all disbursements. Also, make checks out to CNCA District 70 FBO.
7. There are still some available slots for PI/CPC speakers, contact Bob W. if you are interested: Dates are: a. August 12 b. August 22 c. August 31
8. There is going to be a working workshop on the Fourth step on October 17th 11 to 4 and tentatively scheduled at St. Philips in Dublin.
9. NCCAA Conference in Fresno October 30 – November 1 at Double Tree Hilton, you can go online and register \$15 or 20 at the door. Staying at the hotel helps with the cost of the conference.

FULL REPORT OF VALLEY SERVICE CENTER INTER-GROUP'S  
MINUTES CAN BE FOUND AT [WWW.VALLEYSERVICECENTER.ORG](http://WWW.VALLEYSERVICECENTER.ORG)

Sponsor: Hey, there! Good to see you, what's going on in your life?

Sponsee: I am doing GREAT! I've been to a meeting every day this week. My wife isn't irritating me as much, my boss gave me a compliment yesterday, my kid asked me to help coach his soccer team! I'm doing great!

Sponsor: That's terrific, glad to hear it! So what did you want to talk about?

Sponsee: Well, I wanted to, y'know, I think I'm going to too many meetings.

A SECOND STORY THIS MONTH!

## STORM SHELTER

In the spring of 2011, I was invited to a three-day celebration of a charitable organization in Montgomery, Alabama, and I decided to attend. I'd be traveling by train, and the closest station was in Tuscaloosa. So I made sure that I had the intergroup phone numbers for both Tuscaloosa and Montgomery. My sponsor taught me to always make a meeting wherever and whenever I traveled.

As we crossed into Alabama, our train started going slower and slower. Suddenly the wind got really strong and trees began to fall all around the tracks. By the time we finally reached Tuscaloosa, the wind was howling furiously. We got off the train. At first the station seemed safe, but 20 minutes later, eight of us were laying face down on the ground. When we were able to get up, we saw two tornado funnels just a few blocks away. Luckily, none of us were hurt. It turns out we were in one of the largest tornado outbreaks in history.

After the storm passed, I called the number I had for Tuscaloosa Intergroup. A young man, about five years sober, was on an old cellphone taking calls. Of course there were no meetings that day, but I had several conversations with him. He was very comforting. In this extreme situation, he was certainly doing his service job above and beyond the normal call of duty.

One of the women at the train station gave me a place to sleep that night. The next morning, the sun was shining and I found a bus that would take me to Montgomery. The hotel there laundered my clothes. On Friday morning, I made a local meeting before checking in at my charitable event, and I got some A.A. phone numbers.

On Saturday night, I was in line for dinner when someone tapped me on the back. It was a woman from the Friday morning meeting. She said, "you're on the wrong line. This is the drink line. The food line is over there. But come on, I'm taking you to a meeting." And so she did. I had a wonderful time in Alabama, both in and out of A.A., and in and out of the Tuscaloosa tornado.

When I got back, I spoke with that young Intergroup phone guy several times over the next few months. And get this: I recently spent a weekend in Baltimore, where I met two people who happened to be from Tuscaloosa. They knew this young man and his sponsor. We are forever connected in this amazing Fellowship.

Anonymous

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*First  
Things  
First*

*Think  
Think  
Think*

*Easy  
Does  
It*

*Keep  
It  
Simple*

*Let Go  
and Let  
God*

**Group Contributions to Valley Service Center****MARCH THROUGH JULY 2015**

	<b>MAR 15</b>	<b>APR 15</b>	<b>MAY 15</b>	<b>JUN 15</b>	<b>JUL 15</b>	<b>TOTAL</b>
As Bill Sees It	-	250.00	-	-	-	250.00
Broken Elevator Group	-	-	-	32.90	-	32.90
By the Book	-	122.60	-	-	96.66	219.26
Crossroads Fellowship	180.00	180.00	183.00	180.00	-	723.00
Friendship Group - SR Friday	-	-	-	-	46.50	46.50
Hard Knox Group	-	-	-	78.00	-	78.00
Hilltop Group	112.50	-	-	-	-	112.50
Individual	-	-	25.00	-	-	25.00
Intergroup Meeting	30.00	-	-	-	-	30.00
Jaywalkers	71.52	81.70	-	79.74	38.39	271.35
Ladies Lifeline	87.06	155.19	96.68	73.67	135.61	548.21
Primary Purpose	-	804.01	-	-	-	804.01
S. R. Recovery Group	-	-	-	-	144.60	144.60
San Ramon Community Center Noon	-	-	-	1.50	-	1.50
Saturday Morning Breakfast	222.82	-	111.17	210.20	99.67	643.86
Serenity Seekers	-	-	-	-	46.50	46.50
Sunday Morning Coffee - Dublin	-	204.00	-	-	150.00	354.00
There is a Solution	-	60.00	-	-	-	60.00
Tri-Valley Fellowship	25.00	25.00	25.00	25.00	25.00	125.00
unscripted Group	-	277.31	-	152.60	-	429.91
Women Staying in the Book	141.60	-	110.53	80.11	66.76	399.00
Words Of Wisdom	-	76.51	-	-	-	76.51
<b>TOTAL</b>	<b>870.50</b>	<b>2,236.32</b>	<b>551.38</b>	<b>913.72</b>	<b>849.69</b>	<b>5,421.61</b>

A full set of the Financials can be viewed on  
 the Valley Service Center web site  
[trivalleyaa.org](http://trivalleyaa.org)

I didn't get to Alcoholics Anonymous because the hand of God came down and tapped me on the shoulder . . . for me it took a smack up the side of the head, and a face plant on the pavement. I guess it's probably redundant to say that I was drunk at the time.

# SEPTEMBER 2015

## BIRTHDAY MEETINGS & EVENTS

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31 <i>Primary Purpose Speaker/Birthday St Philip, Dublin, Meeting 8pm</i>  <i>Mon. Nite Live Birthday Mtg. 8:30pm YMCA,6693 Sierra Lane, Dublin</i>  <i>VISC Board Meeting VSC Office 6:30 pm</i>	1	2 <i>H&amp;I Beg Mtg 7:00 H&amp;I Mtg 7:30 pm 1st Christian Church 111 Fairmont Ave. Oakland</i>  <i>Hilltop Group Birthday Mtg 7:30 pm</i>	3	4 <i>Friday Nite Live St. Phillips Dublin Birthday Mtg 7 pm</i>	5 <i>Danville-Diablo Speaker Meeting CPC 222 W. ElPintado Birthday Meeting</i>
6	7  <b>Labor Day</b>  <i>Primary Purpose Speaker/Birthday St Philip, Dublin, Meeting 8 pm</i>	8 <i>Tri-Valley Fellowship's General Membership Busi- ness Mtg 7pm</i>	9	10	11	12
13	14 <i>Intergroup Mtg. 7:30 pm Trinity Lutheran, Pleasanton</i>  <i>Primary Purpose Speaker/Birthday St Philip, Dublin, 8pm</i>  <i>General Service Sub District mtg. 6:45 pm Resurrection Church, Dublin</i>	15	16 <i>PI/CPC Meeting 6pm Central Office 295 27th St. Oakland</i>	17	18	19
20	21 <i>Primary Purpose Speaker/Birthday St Philip, Dublin, Meeting 8 pm</i>  <i>General Service Mtg 7:30 Faith Lutheran 20080 Redwood Rd Castro Valley</i>	22	23	24 <i>Sunol Birthday Meeting 7:30 pm</i>	25 <i>SR Community Ctr Birthday Mtg Noon</i>	26 <i>TriValley &amp; Cross Roads Speaker Meeting with Birthday Chips 8pm</i>  <i>Saturday Breakfast Birthday meeting 9:00 a.m.</i>
27	28 <i>Primary Purpose Speaker/Birthday St Philip, Dublin, 8pm</i>  <i>VISC Board Meeting VSC Office 6:30 pm 6990 Village Pkwy #214</i>  <i>Monday Nite Live Birthday Mtg. 8pm YMCA,6693 Sierra Lane, Dublin</i>	29 <i>Ladies Lifeline Birthday Mtg 6:30 pm</i>  <i>Sunol Birthday Mtg 7:30 pm</i>	30 <i>Hilltop Group Birthday Mtg 7:30 pm Pleasanton</i>	1	2 <i>Friday Nite Live St. Phillip Dub- lin Birthday Mtg 7 pm</i>	3 <i>Danville-Diablo Speaker Meeting CPC 222 W. ElPintado Birthday Meeting</i>

- 1st Mon - Intergroup 7:30, Trinity Lutheran Church, Pleasanton
- 1st Mon - Mon. Nite Live Birthday Mtg, YMCA, Dublin, 8pm
- 1st Wed - H&I 7:30, 111 Fairmont Ave., Oakland
- Every Mon - Primary Purpose Speaker Mtg, 8-9:15pm
- 1st Friday - Friday Nite Live Birthday Mtg, 7:00 pm
- 2nd Tuesday - Tri Valley General Members Mtg, 7 pm
- 3rd Monday is the GSR Sub District Mtg , 6:45 pm,
- 4th Mon - GSR Mtg, 7:30 20080 Redwood Rd, Castro Valley
- Last Saturday - Tri Valley & Crossroads Speaker/Birthday Mtg, 8pm
- Last Tues & Thurs - Sunol Birthday Mtg, 7:30
- Last Tues - Birthday Meeting, Ladies Lifeline 6:30, Trinity Lutheran, Pleasanton 6:30
- Last Wed - Hilltop Birthday Mtg, Pleasanton 7:30
- Last Fri - San Ramon Community Ctr, 12 Noon
- Last Mon— VSC Board Meeting 6:30 pm

# Save the Dates!

## Fourth Step (Working) Workshop

Saturday, October 17

11 a.m. to 3:00 p.m.

St. Philip Lutheran Church

8850 Davona Drive, Dublin

*Bring pen, pencil, highlighter, Big Book, Twelve and Twelve, and a notebook.*

## 3rd Annual Gratitude Breakfast

Sunday, November 1, 2015

Speaker: Tom W. of Oakland, Ca

9:30 a.m. to 1:30 p.m.

Holiday Inn

6680 Regional Street, Dublin, CA

## Valley Service Center 45th Anniversary Dinner

Saturday— January 17, 2015

Tickets sales start December 1st

COME TO THE DANVILLE-DIABLO AA

# SPEAKING MEETING

Celebrate your 30, 60, 90 day, 6 month, 9 month and 1-year-plus AA birthday & stay for the speaker's inspiring message

Signing available for the hearing impaired



**\*8:15 p.m.**

1st Saturday of every month  
Community Presbyterian Church  
222 W. El Pintado, Danville  
(in the main sanctuary)

*\*Meeting start time changes from 8:15pm to 8:00pm effective Saturday April 11th, 2015*

### UPCOMING SPEAKERS

January 3, 2015	February 7	March 7	*April 11
Laura B. Castro Valley, CA	Scott S. Concord, CA	Mike S. Riverside, CA	Paul W. Montebello, CA

*\*\*April meeting will be held on the second Saturday of the month (No drinks allowed in the sanctuary and absolutely no smoking anywhere on the church grounds)*

## Road Trip!

A friend of mine says that until he was about a year sober he thought his name was "Shut up and get in the car!" The guys in the area where he got sober would pick him up and they'd all head off to a meeting. They would have the meeting on the way to the meeting, the meeting, and the meeting on the way home from the meeting. He didn't always know where they were headed, but he knew there would be an A.A. meeting and usually a cup of coffee or a piece of pie on the way home.

Why not grab an A.A. newcomer, a friend, or a sponsee (or all three) and head out to a different meeting? Looking for a meeting to try? How about one of these?

### The Unscripted Men's Group

*(open men's stag, discussion)*

Wednesday nights  
8:00 p.m.

meets at the YMCA  
at

6693 Sierra Lane  
Dublin

### Women Staying in the Book

*(open women's meeting Big Book study)*

Thursday nights  
5:30 p.m.

meets at the YMCA  
at

6693 Sierra Lane  
Dublin

### Broken Elevator Group

"The elevator's broken, please use  
the steps!"

*(closed Step and Tradition study)*

Thursday nights  
7:00 p.m.

Meets at  
Asbury United Methodist Church  
4743 East Ave., Room 11  
Livermore

### There is a Solution Group

*(open, discussion, "express" meeting)*

Wednesdays  
12:10 p.m. to 12:50 p.m.

*(come on your lunch hour and still get a  
complete meeting!)*

Meets at  
United Christian Church  
1886 College Ave.  
1 block south of the 4-way Stop  
Livermore

**Our area Fellowships celebrate sobriety!**  
 8:00 p.m. on the last Saturday of each month  
 Come and celebrate you're A.A. birthday with us!

**TRI-VALLY FELLOWSHIP**

*Open Speaker meeting  
 and birthday chips*

3701 Old Santa Rita Rd,  
 # 20  
 Pleasanton

**CROSSROADS FELLOWSHIP**

*Open Speaker meeting  
 and birthday chips*

386 Preston Ct.  
 Livermore

Looking for a service commitment?  
 Want to give back what was given to  
 you for free and for fun?

Help carry the A.A. message  
 through  
**Hospitals & Institutions**  
**(H&I)**

1st Wednesday of each month  
 Beginners Orientation meeting  
 at 7:00PM

General H&I meeting follows  
 Immediately at 7:30PM

111 Fairmount Ave.  
 Oakland





## LISTEN AND RECORD GRAPEVINE AUDIO PROJECT

Share as you would in a meeting. Pick any topic: An amend you made, a tip that helped you, how you practice a particular Step, how you found your sponsor...or something else. You can use the grapevine phone system or your own device.

For more instructions, tips and topics, visit:

**WWW.AAGRAPEVINE.ORG/AUDIO-PORTAL**

### Fellowships in the Tri-Valley

**CROSSROADS**  
925/449-9796  
386 Preston Court  
Livermore, CA 945

**TRI-VALLEY**  
925/463-9899  
3701 Old Santa Rita Road  
#20, Pleasanton, CA 94577

## VOLUNTEERS NEEDED

for the 24 hour  
hotline.

Be of service.  
Carry the Message.  
Answer the phone  
and let the  
newcomer know that  
**WE CARE.**

### Valley Intergroup Contacts

#### INTERGROUP CHAIRPERSON

Dawn A. 925-548-1371

#### BRIDGING THE GAP

Peter G. 510-250-2696

#### District 70

Don Z. 925-487-9974

#### WACYPA Outreach

\*\*\*\*\*Open\*\*\*\*\*

#### H&I LIAISON

Anny O. 925-250-7537

#### WORKSHOPS

Annie M. 503-490-5234

#### HOTLINE

Denay D. 925-785-3747  
hotline@valleyservicecenter.org

#### NCCAA

Janet V. 925-455-1426

#### PI/CPC

Anthony S. 925-967-3173

#### SPECIAL EVENTS

#### Web—Master Word Press

Alan C. 925-858-7139

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**VALLEY SERVICE CENTER**

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

Place  
Postage  
Here



VISIT OUR NEWLY DESIGNED  
WEBSITE AT:  
[www.valleyservicecenter.org](http://www.valleyservicecenter.org)

PLACE ADDRESS HERE



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**VSC, 6990 Village Pkwy, Suite 214 Dublin 94568**

**Name**

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**City**

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**State and Zip**

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**Make your check payable to Valley Service Center.**