



Delta Central Office,  
1151 W. Robinhood Dr., Ste B3, Stockton, CA 95207



Help-line # (209) 464-1594  
Spanish Help-Line # (209) 222-8313  
Office # (209) 464-1509  
Email: [deltacentral312@gmail.com](mailto:deltacentral312@gmail.com)  
Office Hours: Tues-Thurs., Noon-5:00 pm.

No. 03  
March  
Vol. 2025

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### In This Issue

Many Third Step Prayers	2-5
Something Wonderful Overhead	6
It's not my show	7
Choosing to Decide	8
Our troublesome friend	9
Who's Driving?	10
One Year Later	11
A Common Desire	12
Celebration of Life, Valerie F.	13
This Month's Word Puzzle	14
This Month's Calendar	15
12 Steps Checklist	16
12 Traditions Checklist	16
Birthday Gratitude Club	17
Group Birthdays	18/19
Intergroup Meeting (02/12/25)	
Treasurer's Report	20
Income/Expense Report	21
Contributions	22
DCO Report	23
Open Service Positions	24/25
Flyers	26-41
Announcements/Odd'n'Ends	42
Humor	43

### Promise Three

We will not regret the past nor wish to shut the door on it.

### Recovery

#### Step Three

*"Made a decision to turn our will and our lives over to the care of God, as we understood Him."*

Step Three is like opening of a locked door. How shall we let God into our lives? Willingness is the key. Dependence as a means to independence. Dangers of self-sufficiency. Turning our will over to Higher Power. Misuse of willpower. Sustained and personal exertion necessary to conform to God's will.

#### Unity

##### Tradition Three

*"The only requirement for A.A. membership is a desire to stop drinking."*

Early intolerance based on fear. To take away any alcoholic's chance an A.A. was sometimes to pronounce his death sentence. Membership regulations abandoned. Two examples of experience. Any alcoholic is a member of A.A. when he says so.

#### Service

##### Concept Three

To insure effective leadership, we should endow each element of A.A.—the Conference, the General Service Board and its service corporations, staffs, committees, and executives—with a traditional "Right of Decision."

## MANY THIRD STEP PRAYERS

orlandofamilyrecoveryhome.com

I found this wonderfully curated collection of Third Step Prayers. On the Orlando Family Recovery Home website. I was impressed with the breadth of alternatives, and charmed by the addition of the quotes from Rumi. Yet another reminder that there are many paths to the same truths, and each of us gets to choose our own.

### Third Step Prayer (Alcoholics Anonymous)

God, I offer myself to Thee  
To build with me & to do with me as Thou wilt.  
Relieve me of the bondage of self, that I may better do Thy will.  
Take away my difficulties,  
that victory over them may bear witness  
to those I would help of Thy Power, Thy love & Thy way of life.  
May I do Thy will always!

### Third Step Prayer (Narcotics Anonymous)

Take my will & my life,  
Guide me in my recovery,  
Show me how to live (clean/sober).

### Native American Third Step Prayer Oh Great Spirit whose voice in the winds I hear,

And whose breath gives life to all the world-  
Hear me.  
Before you I come  
One of your many children.  
I am small & weak.  
Your strength & wisdom I need.  
Let me walk in beauty & make my eyes ever behold the sunset.  
Make my heart respect all You have made,  
& my ears sharp to hear Your voice.  
Make me wise that I may know all You have taught my people,  
The lessons You have hidden in every rock.  
I seek strength, not to be superior to my brother,  
but to fight my greatest enemy – myself.  
Make me ready to stand before You with clean & straight eyes,  
So when life fades as the fading sunset,  
may my spirit stand before You without shame. –Mitakuye Oyasin

**If you only say one prayer in a day, make it**  
**“Thank you.”**  
**- Rumi**

### Third Step Prayer (Jewish)

Grant me inner peace..., Let my body be completely subordinate to my soul & have no other will or desire but to follow the desire of the holy soul, which is to do Your will. Let peace reign between my soul & my body. Let my body be sanctified & purified until it becomes united with the holy soul & I carry out all Your commandments & do everything You want of me, body & soul, willingly & with great joy.  
Let my body & soul unite in love & peace to do Your will sincerely, until I attain complete inner harmony & am ready to order my prayer before You perfectly. Let my prayer rise before You like the incense & perfect sacrifices offered by those who are whole & perfect.

### Third Step Prayer (Dr. Bob)

Dear God,  
I'm sorry about the mess I've made of my life. I want to turn away from all the wrong things I've ever done and all the wrong things I've ever been. Please forgive me for it all. I know You have the power to change my life and can turn me into a winner. Thank You, God for getting my attention long enough to interest me in trying it Your way. God, please take over the management of my life and everything about me. I am making this conscious decision to turn my will and my life over to Your care and am asking You to please take over all parts of my life. Please, God, move into my heart. However You do it is Your business, but make Yourself real inside me and fill my awful emptiness. Fill me with your love and Holy Spirit and make me know Your will for me. And now, God, help Yourself to me and keep on doing it. I'm not sure I want You to, but do it anyhow. I rejoice that I am now a part of Your people, that my uncertainty is gone forever, and that You now have control of my will and my life. Thank You and I praise Your name.

Amen.

**Seek the wisdom that will untie your knot.**  
**Seek the path that demands your whole being.**  
**- Rumi**

### Third Step Prayer (Clarence S.)

Lord,  
I ask that you guide and direct me, and that I have decided to turn my life and will over to you. To serve You and to dedicate my life to You. I thank you Lord, I believe that if I ask this in prayer, I shall receive what I have asked for. Thank you God.  
Amen.

### Prayer of Abandonment to God's Will

Father, I abandon myself into Your hands; do with me what you will. Whatever You may do, I thank You; I am ready for all, I accept all. Let only Your will be done in me, and in all Your creatures – I wish no more than this, O Lord. Into your hands I commend my soul; I offer it to You with all the love of my heart, for I love You, Lord, and so need to give myself, to surrender myself into Your hands, without reserve, and without reserve, and with boundless confidence, for You are my Father.  
*-Charles de Foucauld*

### An Atheist/ Agnostic Third Step Prayer

*I surrender my life and my will to the Universe, in order to be built into a recovering addict and to be rendered useful to other addicts and to the Universe. I release to the Universe the bondage of self, that I may better understand my purpose and act on it. I release to the Universe my difficulties, so I can live the program and share my story with addicts who still suffer—using the power, the unconditional love, and the recovered life that a personal relationship with an HP provides. I joyfully surrender today, knowing the sanity and serenity a HP-driven life brings.*

### Life With Hope

Higher Power,  
I have tried to control the uncontrollable for far too long.  
I acknowledge that my life is unmanageable.  
I ask for your care and guidance.  
Grant me honesty, courage, humility, and serenity,  
to face that which keeps me from you and others.  
I give this life to you to do with as you will.

**Be Silent. Only the hand of God can remove the burden of your heart.**  
- Rumi

### Eastern Orthodox (Christian)

O Lord,  
grant me to greet the coming day in peace, help me in all things to rely upon your holy will. In every hour of the day reveal your will to me. Bless my dealings with all who surround me. Teach me to treat all that comes to throughout the day with peace of soul and with firm conviction that your will governs all. In all my deeds and words, guide my thoughts and feelings. In unforeseen events, let me not forget that all are sent by you. Teach me to act firmly and wisely, without embittering and embarrassing others. Give me strength to bear the fatigue of the coming day with all that it shall bring. Direct my will, teach me to pray. And you, yourself, pray in me.

Amen.

### Wiccan Prayer

I know the Laws of Nature are you, Lady.  
Keep me mindful that I step upon Your Body with your feet,  
that my sorrows are Your sorrows,  
and that a healthy priest makes all things sound.  
I feel Your breath in the wind, and Your hand in mine.  
Keep me sincere.  
Give me Your work, which is to be joyous,  
and to tend all things, because all things live, of themselves,  
and with Your spirit.  
Your will through mine, so mote it be.

### Buddhist Prayer

With every breath I take today,  
I vow to be awake;  
And every step I take,  
I vow to take with a grateful heart—  
So I may see with eyes of love  
into the hearts of all I meet,  
To ease their burden when I can  
And touch them with a smile of peace  
I take refuge in the Buddha, Dharma, and Sangha  
Until I attain Enlightenment.  
By merit accumulations from practicing generosity and the other perfections  
May I attain Enlightenment, for the benefit of all sentient beings.

### Bahai Prayer

O my God and my Master! I am Thy servant and the son of Thy servant. I have risen from my couch at this dawning when the Daystar of Thy oneness hath shone forth from the Dayspring of Thy will, and hath shed its radiance upon the whole world, according to what had been ordained in the Books of Thy Decree.  
Praise be unto Thee, O my God, that we have awakened to the splendors of the light of Thy knowledge. Send down, then, upon us, O my Lord, what will enable us to dispense with anyone but Thee, and will rid us of all attachment to aught except Thyself. Write down, moreover, for me, and for such as are dear to me, and for my kindred, man and woman alike, the good of this world and the world to come. Keep us safe, then, through Thine unfailing protection, O Thou the Beloved of the entire creation and the Desire of the whole universe, from them whom Thou hast made to be the manifestations of the Evil Whisperer, who whisper in men's breasts. Potent art Thou to do Thy pleasure. Thou art, verily, the Almighty, the Help in Peril, the Self-Sustaining.  
Bless Thou, O Lord my God, Him Whom Thou hast set over Thy most excellent Ti-

ties, and through Whom Thou hast divided between the godly and the wicked, and graciously aid us to do what Thou lovest and desirest. Bless Thou, moreover, O my God, them Who are Thy Words and Thy Letters, and them who have set their faces towards Thee, and turned unto Thy face, and hearkened to Thy Call. Thou art, truly, the Lord and King of all men, and art potent over all things.

- Bahullh

### Unitarian / Universalist Prayer

I know little of who you are. I know little of your plan. I can understand only specks of your power. I cannot begin to comprehend all of what you are. But this I know. You do not give love, you are love. You do not project beauty, you are beauty. You do not allow hope, you are hope. You do not lend strength, you are strength. All that is good is your gift. All that is bad is the consequence of man's attempt to reject or mold you. The solutions to my problems, my fears, and my shame are all found in you.

All things I wish to be come from my desire to be closer to you. I see you every time I see the light shining through a tree. I see you every time a sunset or mountain vista takes my breath away. I hear you ever time I open myself to the wonder of life. I feel you every time my heart fills with joy and love. I doubt you only when I allow fear, and greed, and selfishness to assume the power to control me. I know that if I allow you in my life I feel peace. When I embrace you I feel love. When I seek you I find strength.

Father, show me the way to serenity so that I may be of help to others. Show me the way to responsibility so that I may give to others.

Mother, show me the path to compassion so that I may comfort others. Show me the path to healing so I may help others heal themselves.

Grandfather, show me the road to wisdom so that I may teach others. Show me the road to strength so that I may carry others until they can carry themselves.

Grandmother, show me how to feel love so that I may love others. Show me forgiveness so that I may forgive myself and others.

God, help me remove the blinders of self-will. Help me see what is true. Teach me so that I can be of service. Free me from fear, from hate, from greed, from discontent so that I may contribute myself to your work. Allow me to see what you would have me do and grant me the strength to follow through. Without you I am empty. With you at my side I am whole.

Thank You.

*And a final version from Sally Atari, the music artist and Christian singer who has been an active member of AA for a very long time:*

God,

**-I offer myself to you:** I give up on running the show... I give up on playing God in my life.... I'm done running the show! Please, You be the director... the boss, the father I long for....

**-Build with me, Do with me...** what ever you think is best! Because You know what's best for me! You know me better than I know me!

**-Relieve me of the bondage...** of my best thinking which isn't and never has been enough!

**-Take away my difficulties...** change me...transform and recreate me...Do this for me and for those around me!

**-That others will see your power ....** That others will see the victory I'm having over my defects because of your power... that others will see the victory in my life now that I have taken step one... I admit it that I need you, Step two- asking that you would help my unbelief – help me believe more!

**So they can see your power, your love, and your way of life...** In my new behaviors and through me!

**-May I do Thy will always...** My way didn't work... My way got me in a mess... I'm ready to try something else... Your way.... Thy will be done!

## NEWCOMER'S CORNER

### SOMETHING WONDERFUL OVERHEAD

Grapevine, September 2018

A frightening encounter on a lonely desert road helped her find a little faith

The trip had been part visit and part an excuse to take my new sports car for a really good spin. Palm Springs isn't exactly my kind of town, but the visit had gone well and now I was headed home to Grand Junction, Colorado and my job as a reporter for the daily paper there.

My life, while good, seemed to be in a state of flux. My sobriety was several years old and I was going to meetings, but I was still having difficulty with the whole "God thing," despite the obvious miracle of not craving a drink constantly.

As I stuck another tape into the tape deck and reflected on how really boring this stretch of desert was, I glanced up through the T-top and saw something about the size of a small plane circling off to my right. Well, perhaps not that big; but for a bird, it was huge. And the universe was on my side, for just ahead was an off-ramp, and as I pulled off I could see the road went nowhere.

A cul de sac in the middle of the desert. Must be near the Nevada line, I thought, as I parked my little car and let my dog Bruno out, snatching my camera in one hand and car keys in the other.

I kept my eyes on the bird, unable to determine if it was an eagle, an osprey or a California condor as I walked around sagebrush, rabbit brush, cactus and rocks for more than a quarter mile before I turned around and, to my horror, saw a man opening the driver's door of my car. I checked my pocket. At least I had the keys. I had just neglected to lock the car. But I didn't know what I was going to do. He was in my car.

There also appeared to be someone in the driver's seat of the old Ford LTD that had pulled in behind my car after I got out. I recalled passing it a few miles earlier and thinking how seedy its occupants appeared. I called rather quietly to my dog, and miraculously he came running to me. I grabbed the ring of his collar and began walking. The highway seemed miles away from my car and behind me was nothing but desert. If there is a God, I thought, perhaps he'll help me. From out of the blue, I recalled the words: "God is everything or he is nothing. He is or he isn't."

"He is or he isn't," I said, repeating the phrase like a mantra over and over as I walked toward my car, juggling my camera so it didn't show. As I approached my car, still about 50 feet away, I heard the man behind the wheel in the Ford yell to his friend in my car, "She's got a dog."

He ran back to the old car and jumped into the passenger's seat, hunkering down so neither of their faces showed. I walked between the two cars projecting a bravery I really didn't feel. I put my dog inside, threw the camera in and leaped into the driver's seat, trying to start the car before I even got myself situated. I drove off, trying to get the number of their front license plate so I could write it down when I got back on the highway.

I picked up the microphone of my citizen's band radio (this was well before the ubiquitous cell phone) and called for the Highway Patrol. I finally got the Nevada State Patrol and the officer on the line thanked me for the license number and car description and he told me people had disappeared from roughly that area.

He asked me why I returned to my car when those men were still in their car. I explained to him that, "The way I saw it, I didn't have any options. There wasn't anyplace to go." I didn't tell him I had no idea what I was doing.

"Well, you are very lucky. You'd better buy that dog a steak," he said. "I will, of-

ficer," I replied. "I hope you catch these guys. Whatever they were up to it couldn't have been any good." I put the microphone back in its holder and let out a sigh.

"Thank you, God," I said aloud. "You are. I really can't doubt your presence any longer."

I drove through Las Vegas and on to Mesquite, where I pulled up at a great cafe and ordered two double cheeseburgers. I delivered one to Bruno at the tree where he was tied. I told him what a good dog he was as I placed his burger in front of him. He seemed happy, if confused, over his good fortune. What is "dog" if not God spelled backward?

There was no question in my mind, as I headed inside for my own meal, that perhaps my dog had frightened those men a bit, but it was God at work there and I was through doubting his presence. When I returned to the car, I checked the center console, which had been left open by the man who had entered.

Everything was there but my case of Father Martin tapes. They were missing. Won't they be surprised, I thought.

In the 34 years that have passed since then, I have witnessed God's protection on many occasions. I wonder why I didn't acknowledge that protection before then? After all, I knew who had kept me alive through my drinking years.

- Mindy S., Willow Grove, CO

## IT'S NOT MY SHOW

Grapevine, March 2021

(Many of our members may remember that in 2019 and 2020, Jackie B., the "wonderfully talented woman" in this article, brought her play *The Third Legacy* to Stockton, much to the delight of our local audience. - ed. Note from Lynne R.)

Saying yes to joining the play was one thing, but memorizing the Third Step Prayer and doing an interpretive dance was quite another

A wonderfully talented woman I know from San Francisco, Jackie B., has been writing, directing and producing plays about AA history for a decade now. She asked me to join her troupe in 2018 for an excellent production about general service.

I was hesitant because I'm not an actor, and plus I had seen her show in Berkeley and was wowed by it, so I was intimidated. But she's persuasive. Joining the cast has been a highlight of my sobriety.

Besides being able to help share the rich history of AA—much of which was new to even a general service geek like me—there was another fringe benefit of joining. I felt like I was on a team. Jackie would encourage us before rehearsals to share with each other our sobriety dates, what we were excited or fearful about, or what Step we were working on.

One of our pre-show rituals gave me pause, however. We would do vocal warm-ups and then gather in a circle, join hands and recite the Third Step Prayer, but with a theatrical twist. We would all crouch low and start out almost whispering the Prayer in unison, then slowly raise our voices and our clasped hands until we were shouting it, with our hands above our heads. Plus, a cast member would be inside the circle the whole time performing an interpretive dance to it.

After the first time we did it, I texted Jackie and told her it had made me uncomfortable and embarrassed, but not for the reason you would think. It wasn't the interpretive dance part. It was because at that time I had 25 years of sobriety in AA, but I did not have the Third Step Prayer memorized. The reason is because I don't use it—at least as it is written. I'm certainly not trying to disparage the Prayer or anyone who loves it, but the language leaves me cold. I don't talk to my Higher Power the way Shakespearean characters talk to each other. I almost never use words like "thee," "thou," and "thy" in any other context, so why would I use them when talking to the power



that has helped me bloom and thrive from the ashes of my old life?

It reminded me of growing up around the Bible. I am not knocking it or anything, but I couldn't understand it. I prefer to use straightforward, unflowery verbiage with my Higher Power. In fact the "flare prayer" that consists of three little words, "God help me," may have been the best prayer I have ever uttered.

Anticipating alkies like me, the Big Book says right after the Third Step Prayer that the wording is optional "so long as we expressed the idea, voicing it without reservation."

Jackie assured me that I could say whatever I wanted during the warm-up. But instead, I just memorized the prayer and joined in with my castmates in our fun and spiritual bonding experience. I have learned over the years that I don't have to be terminally unique all the time.

Although I must say, when it was my turn to be in the middle, my interpretative dance was quite unique—just not in a good way!

- Tony W., Fairfield, CA

## CHOOSING TO DECIDE

*Grapevine, March 2020*

He's at the turning point. Can he give up the idea that he can run his life the way he always has before

When we get to AA, many of us are told that if we are real alcoholics, we "have lost the power of choice in drink," as it says in the Big Book. We don't get to choose whether we drink or not.

That was an alarming fact to me. It makes for an interesting debate whether or not we get that choice back. I happen to believe we don't magically receive the power to choose again. I believe that what stands between me and a drink is the grace I've received, which I may not deserve, by working my AA program continuously. If I don't do it continuously, I may start to think again that I get to choose.

Of course, after taking the Steps and practicing them on a daily basis, the loss of ability to choose, for me, became a non-issue. So why bother with thinking about what "choosing" or, for that matter, "deciding" means, as is mentioned in Step Three? Choose and decide sound like words that mean the same thing, but there are real differences between them. My dictionary says choose means "to select freely and after consideration," while decide means "to make a final choice or judgment with consideration."

Choice is less final. I may choose vanilla ice cream today. I may choose chocolate tomorrow. But when I decide, it usually implies finality. Decide has the root "cide" in it, which means to "kill off." Similar words are pesticide, suicide, homicide—all these imply an act of completion. I've lost the power of choice, but now I have to make some decisions and not just in the Third Step, as many suggest.

I like to think of these decisions in terms of simple questions. Am I powerless over alcohol and is my life unmanageable, or not? Do I now believe or am I willing to believe there is a power greater than myself, or not? Am I going to turn my life over to something other than me, or not?

Those sure sound like decisions to me. Am I going to "kill off" the alternatives today? For me, these questions continue every day. I have to ask myself how I will manage my life through the AA program. I have to ask myself whether or not I'm going to give up the idea that I can run my life my way. Because when I'm spiritually fit, I cannot choose to drink. And when I am not spiritually fit, the time will come when I have no defense against the first drink. I will be without power to decide not to pick it up. I will have regained the notion that I can choose.

Choice is not an issue for me, until it is.

- Kyle N., Austin, TX

## OUR TROUBLESOME FRIEND

*Grapevine, March 2019*

A group in Georgia struggles with how to handle a most unruly member

Nobody liked him. In a Fellowship where almost all of us are unsavory in one way or another when we stumble in, he was a pariah. Reflecting on the several years I knew him, I am not sure why this was so. He was just one of those guys who set your teeth on edge the moment he walked up. That too is not really unusual in AA, in my experience. Maybe it was that he just didn't seem to get any better in the months and years he was with us. Cloying, needy, socially awkward, guaranteed to say and do the wrong thing at the wrong time, he was pitiful, really. He made you uneasy just being around him.

Some members hated him and said so. Most avoided him. Some of us felt sorry for him, when we were not busy being mad at him or trying to figure out how to deal with him.

Two groups in town banned him. They said he was not an alcoholic. I had my doubts. He said he was an alcoholic and showed up at the oldest and largest group and noisily announced that they could not throw him out. He was wrong; they called the police.

One night at my group he showed up early to "make coffee and fellowship." Soon there was coffee, sugar, creamer and water all over the church's kitchen. We escorted him out of the kitchen but not the meeting room. We watched him like a hawk whenever he got near the coffeepot.

Another night, he said something really stupid in a closed discussion meeting. Well, who hasn't, after all? One of the old-timers called him out and told him to shut up. He went outside and started throwing the trashcans against the church meeting hall. That time I got the duty to go out and tell him to cut it out and go home. When he said he didn't have a ride, I was unsympathetic and told him to leave the same way he came, on foot. Fortunately he did, looking very persecuted and very pitiful.

Maybe it was after that night that my group called a group conscience. A couple of the old-timers had had enough and wanted him gone. He was offensive, he was a jerk, he was troublemaker and he smelled bad sometimes.

Well, that all sounded routine enough for an alcoholic, I guess. Then one lady objected, saying, "He's not really an alcoholic." Another member cited the groups who had banned him. It was not looking good for his tenure with us. I believe it is to my credit that, even though he really disturbed me, I objected to banning him.

My voice was likely to carry very little weight in his favor against the icy stares of those old-timers who were my friends and mentors. Then the oldest member of the group spoke up, saying, "He says he is an alcoholic." There was more loud discussion, but that settled the matter. He remained a member of our group.

Eventually, we did not see very much of him at the meetings, but he did show up from time to time. He was just as obnoxious as ever. But he was ours. With time, maybe, there was a kind of collective acceptance of the man as he was. We still watched that coffeepot though.

A few years ago he fell ill and died, sober.

And so we have our Third Tradition: "You are an AA member if *you* say so. You can declare yourself in; nobody can keep you out." I am glad for that Tradition today. I am glad I spoke up for my unpopular and troublesome friend. But I am most glad my group kept him.

- Anonymous, GA

## WHO'S DRIVING?

For the past five years, or so, I have been gifted with the responsibility of managing Delta Intergroup's Central Office. I've told anyone who would listen that it gave me a reason to get out of bed in the morning, sleeping my life away being one of my many addictions. This gift has been a great source of pride for me, and it has provided me with a terrific sense of purpose and relevance in addition to bringing me into the center of a community where I had only idly dipped into its outskirts. Feeling needed and productive has a lot to do with how I measure my worth as a human being.

Late last year, my sense of self-worth, my feeling that I had a place and relevance in this community, was challenged. When I first learned that a fellow member wanted to instruct me in the spirit of rotation (AA speak for **"take my JOB!"**), I felt gut punched. In my heart I felt all the work I had done, all the growth I had experienced - everything would simply evaporate, and I would simply disappear.

Fortunately, I recognized this sense of devastation as stuff I'd been carrying around since childhood, and not a direct result of the current situation. I had also experienced this grief at other times in my life, most especially when I lost my precious job at the age of 65. That time I went to bed for 2 years, let the house go into foreclosure, and was forced, I mean **forced**, to move to Stockton. Heaven forbid! Look how **that** turned out. You see, it is in my ten years in Stockton that I have learned and grown the most. It is here, in Stockton that I have truly learned to be a part of a community.

The Third Step urges us to turn our will and our lives over to our Higher Power, but just what did that mean for me in this situation? I was damned if I'd go to the old tried and true "sleep through it all" routine. I got lucky, once, but I couldn't count on a repeat of my good fortune. Early on in the program, I listened raptly to members talk about the serenity that came from letting go, and I desperately wanted to find and hold onto that serenity. However, it has been my experience that I need to earn that serenity by knowing when and how to take action, and then let go of the results. In this situation, I needed to make it known that I wanted to stay where I was, to continue my service for a while longer, and to let members know why I thought I was worth keeping around. Once I had done that to the best of my ability, **then** I was able to let go. Once again, I have learned that letting go, for me, means specifically letting go of my **expectations**. And lo, I did find serenity knowing I had done what I could before letting go.

It's as if I'm driving a car down the freeway. I didn't design the freeway with all its potholes, exits, and continuous construction zones. I didn't design my car which lacks the horsepower of a Porsche or BMW. I can't control the atmospheric rivers that come every time I hit the freeway. I'm not in charge of the crazy assed **other drivers** on the road. But, if I'm driving my car, I can't act like a passenger. I need to earn my place in the driver's seat by making choices and decisions that make me a responsible driver. I stay in my lane, I don't tailgate the car in front of me, I use my signals to let other drivers know my intentions. I keep my eyes on the road instead of my phone or that obnoxious woman who was blocking the intersection at my last accident. (Oops, progress, not perfection.) I confine my driver's seat boogie woogie routines to drive-way moments. Beyond that, I have to turn my will and my life over to the care of my higher power, or I'd never get the car out of the garage.

This experience has had many lessons in it for me. I took the opportunity to explore other ways, perhaps less demanding, to be relevant and of service to my AA community. I'm beginning to believe the old maxim that one is a human **being** not a human **doing** might also apply to me. Most significantly, I have learned that this AA community of mine, for whatever reason, has supported me in many, many ways through this challenging time. I'm going to a Traditions Workshop in Modesto on Sunday, and the person who invited me will do the driving. I just get to sit back. Thanks, Leslie.

- Lynne R., Pershing Fellowship, 2024

## ONE YEAR LATER...

Last year at this time, I was still sweating bullets about preserving my sense of purpose and my place in the community by remaining as DCO's Office Manager. Well, I'm still gratefully here. But the universe never stops throwing new "opportunities for growth" my way, and damned if I don't **always** rise to the bait. I am reminded, daily, of the maxim that "Success is never permanent. It just sets you up for the next challenge."

About 18 months ago, our accounting software provider stopped servicing our desktop version of their program, and we switched to the online version. The new version provided some important advantages, the most significant being the ability to take our software on laptops to events such as SNL and the various regional conferences. HUGE advantage. Almost everything else about the program is an unmitigated disaster, and I've heard the same complaint from many sources, both inside AA and out. The software is definitely not designed for amateurs, and many professionals have difficulty with it.

For the entire time that I've been the Office Manager, we at Intergroup have made several attempts to recruit a Treasurer. The problem is this: who would want this job with an accounting software central to the position which is so nearly impossible to manage? Would we really want to set anyone up for failure that way? Unfortunately, this is an area of expertise way beyond my capabilities. Fortunately, there are **others** who **do** know how to find a solution for me, so I don't **have** to do this by myself. But I've had to learn how to ask for help, repeatedly, until I found someone who could.

So, here's this year's challenge. Although I plan to be here for as long as I'm effective, I have a long-term responsibility to ensure that Delta Central Office thrives under the **next** Office Manager. It's not only the accounting software, but also stocking and tracking inventory and sales, supporting the helpline and PI/CPC, helping the Web Servant maintain the meeting schedules and website, compiling the monthly newsletter (preferably **on time**), and supporting Delta Intergroup host special events like SNL, New Year's Day Brunch, and Mid-Year Picnic, negotiating contracts for Internet and Phone Services, Copy Machine and Insurance. Since no one hangs around forever, I need to make a very serious effort to meet this new challenge, preparing Central Office to carry on without me, like in three, or ten years from now.

This is no small task for me, especially since being a "team player" and "cultivating connections" are not top of my skillset. I'm used to solving problems on my own, and this challenge most explicitly **requires** that others be involved. I need to ask for help?!?! Oh, duh. This is where I need the Third Step. I need to let go of my instinctive death grip on control. I may not directly turn my will and my life over to the care of God. YIKES!! No way. But if I can let go enough to invite others, with greater knowledge and expertise, into the game, then we all come out ahead. And, in order for others to participate in the solution, I need to learn to step aside and make room for their efforts.

I have learned that being of service to others is essential to my well being. In asking for help, I am not passively shifting my burdens onto someone else's shoulders. I am actively inviting others into my life, providing opportunities for them to share in the satisfaction and meaningful sense of purpose that has so enhanced my life. And, what has been so amazing to me is that when I'm clear in my asking, there has always been someone who has answered my needs. That's just how this stuff works.

So, I will continue to do the best that I can, with as much grace as I can muster, and then give my trust to those who have already stepped up to help me, and to those who are waiting in the wings. Because, for me, that is the essential first part of turning my will and my life over to ... whatever. On our way out the door to SNL this month, I gave my volunteer "permission" to open the door for me. We laughed our heads off throughout the meeting. Thanks, Karen, both for the help and the laughs.

- Lynne R., Pershing Fellowship, 2025

## A COMMON DESIRE

Grapevine, March 2022

Young, old, gay, straight, trans, Catholic, Jewish, Muslim, atheist, angry, happy, sad... if we don't want to drink, we're welcome

I used to share at meetings that I worked in a heavy drinking job. I was a journalist. I stopped saying it when I heard a man say, "I work in a heavy drinking trade—I'm an undertaker." I realized then that alcoholics tend to work in heavy drinking jobs. I didn't have half a pint of beer or a gin and tonic to relax after a hard day and then catch the train home to wife and family. Once in the pub I was there till closing time.

My first AA sponsor was a self-employed building plasterer who left school at 15. My second sponsor was a milkman. My current sponsor is a retired surgeon. One of my dearest AA friends is a Catholic priest; I'm a Quaker and an agnostic. I have a precious memory of saying the Serenity Prayer with him while crossing the Sea of Galilee on a boat full of pilgrims to the Holy Land, though my understanding of the word God was nothing like his. "We are people who normally would not mix."

Oh, I'd have mixed with you all right in some sordid bar where I hoped to find understanding companionship and approval. Momentarily I did, but it was the camaraderie of the condemned. In AA we learn that we must hang together—or hang separately; that we live under a suspended death sentence, with only a daily reprieve from a fatal condition. That's the incentive and discipline that bind us together.

In Al-Anon I've heard, "You might not like us all, but you will come to love us each in a very special way." There's a story about an AA member washed up alone on a tiny desert island. Years later he is spotted from a passing liner and a lifeboat is sent to rescue him. One of the sailors greets him and says, "Why have you built those two huts on either end of your island?" The AA member, pointing, says, "That one is my home group—the other one is the meeting I don't go to." Our cofounder Bill W. once wrote, "AA will always have its traditionalists, fundamentalists and its relativists..." And in a July 1946 Grapevine article, he wrote, "So long as there is the slightest interest in sobriety, the most unmoral, the most anti-social, the most critical alcoholic may gather about him a few kindred spirits and announce to us that a new Alcoholics Anonymous group has been formed. Anti-God, anti-medicine, anti-our recovery program, even anti-each other—these rampant individuals are still an AA group if they think so."

The long form of our Third Tradition states, "Our membership ought to include all who suffer from alcoholism. Hence we may refuse none who wish to recover. Nor ought AA membership ever depend upon money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an AA group, provided that, as a group, they have no other affiliation." The directory of AA groups in Great Britain and continental Europe lists so many types of groups, but states that they are "listed on the understanding that they are non-restrictive." No group can turn away anyone with a drinking problem—or insist on any conditions for attending, such as telling a newcomer they must find God, get a sponsor or practice the Steps. AA's many resources are freely available for anyone to use—but there are no instructions, no "you musts." There's room for us all in AA; the only requirement for membership is a desire to stop drinking.

Of course, I have my share of heartaches and disappointments. I'm not excused life's "slings and arrows" just because I'm sober. Happy, joyous and free 24/7/365? What an infantile delusion! As an active alcoholic I knew loneliness such as few do. In AA I found release from care, boredom and worry. Life did mean something at last. I've enjoyed the most satisfactory years of my existence and made lifelong friends in a Fellowship. We have escaped disaster together. - *Anonymous, Essex, England*

## Celebration of Life



Valerie F.

41 years of sobriety

Sunday 3/23/25 @ 2pm  
Maple Square  
2 E. Lodi Ave. Lodi Ca 95240  
Dessert Potluck & Fellowship



# MARCH 2025 WORD PUZZLE

*Out of The Big Book of Alcoholics Anonymous*

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

ACCEPTANCE  
 ALCOHOLISM  
 ANONYMITY  
 BELIEF  
 CONSCIENCE  
 COURAGE  
 DENIAL  
 DRINKING  
 EMOTIONAL

FREEDOM  
 INTOLERANCE  
 JOURNEY  
 MEMBERSHIP  
 POWER  
 PROMPTLY  
 PURPOSE  
 RECOVER  
 SELF PITY

SELFISH  
 SERENITY  
 SINCERE  
 SOBRIETY  
 SPIRITUAL  
 UNDERSTANDING  
 UNITY  
 WILLINGNESS  
 WISDOM

# MARCH 2025 CALENDAR

Sun	Mon	Tuesday	Wednesday	Thurs	Fri	Saturday
						1 <b>SATURDAY NIGHT LIVE</b> 31 E. Vine St. Stockton 7:30-9:00 pm (See Flyer)
2	3	4 <b>P.I.C.P.C. BEGINNER'S SERIES</b> 7 PM 860-3627-3183 PW: picpc	5 <b>ADVISORY Committee</b> 7 PM 859-6783-4300 PW: delta	6	7	8 <b>P.I.C.P.C</b> 9AM-11AM 861 8890 4562: PW: PICPC
9	10	11 <b>P.I.C.P.C. BEGINNER'S SERIES</b> 7 PM 860-3627-3183 PW: picpc	12 <b>DELTA INTERGROUP</b> 7 PM 831-9927-9187 PW: delta 1151 W. Robinhood Dr., B3 Stockton	13	14	15
16	17	18 <b>P.I.C.P.C. BEGINNER'S SERIES</b> 7 PM 860-3627-3183 PW: picpc	19 <b>GSR DISTRICT 37</b> 7 PM 385-0821-680 1151 W. Robinhood Dr., B3 Stockton	20	21	22 <b>H &amp; I</b> 10:15 AM 833 5105 7501 PW: Area82H&I 1151 W. Robinhood Dr., B3 Stockton
23/30	24/31	25 <b>P.I.C.P.C. BEGINNER'S SERIES</b> 7 PM 860-3627-3183 PW: picpc	26 <b>Ad Hoc BYLAWS COMMITTEE</b> 7 PM 871-9272-9017 PW: BYLAWS	27	28	29



## TWELVE STEPS CHECKLIST

“Alcoholics Anonymous Twelve Steps are a group of principles, spiritual in their nature, which, if practiced as a way of life, can expel the obsession to drink and enable the sufferer to become happily and usefully whole.” *p.15 Twelve Steps and Twelve Traditions*

We hope this checklist will help the individual to become more aware of the personality changes that take place in our personal growth.

### Step Three

**“Made a decision to turn our will and our lives over to the care of God, as we understood Him.”**

1. How do I turn my will and my life over to the care over to God if I don't believe in Him? What is different about this God and the one of my childhood?
2. What roadblocks do I face if I've had no knowledge of God or religion in my past or am an agnostic or atheist?
3. In what ways have I sensed a new power flowing in and enjoy peace of mind? How am I facing life successfully and am I conscious of His presence?
4. What is my vision of a spiritual arch, key of willingness or spiritual door? How solid is my spiritual arch? In what ways are the stones properly in place or have I tried to make mortar without sand?
5. What is meant by turning over my will and my life? What does willingness mean to me?
6. Do I believe I have truly turned my will and life over to God's care or am I still trying to run the show in some areas of my life? What does that decision mean to me?
7. Under what circumstances do I believe that the more I depend upon a Higher Power, the more independent I actually am?
8. When can my intellect, backed by my will power, guarantee success?
9. In times of emotional disturbance or indecision, do I pause and seek God's will? What action is required in this step?

## TRADITIONS CHECKLIST

These questions were originally published in the AA Grapevine. While they were originally intended primarily for individual use, many AA groups have since used them as a basis for wider discussion.

### Tradition Three

***The only requirement for AA membership is a desire to stop drinking.***

1. In my mind, do I prejudge some new AA members as losers?
2. Is there some kind of alcoholic whom I privately do not want in my AA group?
3. Do I set myself up as a judge of whether a newcomer is sincere or phony?
4. Do I let language, religion (or lack of it), race, education, age, or other such things interfere with my carrying the message?
5. Am I overimpressed by a celebrity? By a doctor, a clergyman, an ex-convict? Or can I just treat this new member simply and naturally as one more sick human, like the rest of us?
6. When someone turns up at AA needing information or help (even if he can't ask for it aloud), does it really matter to me what he does for a living? Where he lives? What his domestic arrangements are? Whether he had been to AA before?

THANK YOU FOR CARRYING THE MESSAGE

## BIRTHDAY GRATITUDE CLUB

Name	Sobriety Date	Years	Name	Sobriety Date	Years
Nancy K.	5.24.72	52	Marla M.	9.11.96	28
Sharon R.	8.28.79	45	Cheryl H.	4.25.97	27
June S.	4.13.80	44	Janice J.	1.20.99	26
Marilyn M.	8.3.80	44	Candi G.	6.20.99	25
Daniel R.	2.2.81	44	Howard H.	2.14.01	24
Christine S.	2.21.81	43	Janice B.	8.29.02	22
Mary M.	7.22.81	43	Mari P.	6.24.03	21
Lauretta G.	?.?.81	42	Tony L.	7.18.03	21
Linda C.	1.31.83	42	Douglas S.	11.10.03	21
John P.	6.1.85	39	Monica P.	12.1.03	21
Lyndy W.	7.25.85	39	Fred C.	10.31.05	19
John W.	7.20.85	39	Rafael A.	8.2.06	18
Ojay O.	11.18.85	39	Keith H.	9.13.06	18
Jenise C.	1.1.86	39	Phil G.	1.21.07	18
Arnold V.	4.8.86	38	AJ B.	10.20.07	17
Arch B.	3.7.87	38	Tina L.	11.26.09	15
G. Archer B.	3.7.87	38	Janice G.	10.26.10	14
Sue B.	4.25.87	37	Bob A.	3.31.11	14
Sue P.	11.29.87	37	Taylor E.	1.24.13	12
Lynne R.	2.22.88	37	James M.	7.31.13	11
Laurie S.	5.?.?.88	36	Pat K.	12.9.14	10
Mona A.	2.4.89	36	Kathy W.	1.11.15	10
Joy H.	6.2.90	34	Crystal L.	3.30.15	10
Jeff K.	2.16.92	33			

## JOIN THE K.I.T.

## BIRTHDAY GRATITUDE CLUB

NEW       RENEW      Date: \_\_\_\_\_

First Name \_\_\_\_\_ Last Initial \_\_\_\_\_

Sobriety Date: \_\_\_\_\_, \_\_\_\_\_ years & counting

**Suggested Contribution: \$1.00 per year sober.**

Make checks payable to: **DCO or Delta Central Office**

Drop off, or Mail to: Delta Central Office  
1525 N. El Dorado Street Stockton, CA 95204

You can PayPal your payment to: [deltacentral312@gmail.com](mailto:deltacentral312@gmail.com)

You can now also Venmo to [@Delta-Central](#) or Cash App to [\\$DeltaCentral](#)





**Delta Intergroup  
Written Financial Report  
February 12, 2025**

Here is a summary of Income and Expenses for SNL February 1, 2025

<u>INCOME</u>		<u>EXPENSES</u>	
7th Tradition	\$ 349.50	Rent	\$ 85.00
50/50 Drawing	\$ 450.00	Coffee/Supplies/Tickets	\$ 56.31
Concessions	\$ 80.50	50/50 Drawing Prize	\$ 225.00
Literature Sales	\$ 137.87	Cost of Sales	\$ 85.44
<b>TOTAL INCOME</b>	<b>\$ 1,017.87</b>	Square Fees	\$ 1.62
<b>NET GAIN</b>	<b>\$ 564.50</b>	<b>TOTAL EXPENSES</b>	<b>\$ 453.37</b>

**BANK BALANCES 01/31/25**

GENERAL ACCOUNT	\$ 1,258.13
LITERATURE ACCOUNT	\$ 1,676.27
SPECIAL EVENTS	\$ 3,630.44
SAVINGS	\$ 8,202.57
CERTIFICATE OF DEPOSIT	\$ 5,472.52
<b>COMBINED TOTAL</b>	<b>\$ 20,239.93</b>

This is a **\$93.09** increase from last month's balance of **\$ 20,146.84**. Our rent increased by \$73.00 for our share of CAMS, we paid \$877.00 to Franchise Tax Board for 4th quarter sales taxes, and the Plain Language Big Books finally shipped bringing our entire literature bill to \$2,724.12 just for AAWS and Grapevine alone. We also stocked up on medallions and bling for almost an additional \$1,000.00.

Inventory Sales	\$ 3,152.51
Contributions	\$ 1,730.30
Fundraising from NYD & SNL (January)	\$ 2,067.00
Savings Interest	\$ 53.70
<b>Total</b>	<b>\$ 6,657.51</b>

**INVENTORY:** We have received 120 PLBB's, and I just place a large order for PLBB's and hardcover Bir Books. We are taking advantage of a 15% discount offer which ends this coming Sunday. The latest shipments have been very slow to arrive, and I suspect they're very busy with filling the discounted orders.

**UPCOMING DUE DATES:** We will need to look at three expiring contracts in the next 2-3 months. Comcast needs to be extended and/or amended in March. We will need to renew our insurance, including one annual payment in May. Our copy machine contract runs out in May as well.

As always, thanks for listening,

Lynne

**Contribution Options:**

**SQUARE:** Just reminding everyone that we can now accept contributions from groups and individuals using our Square point-of-sale app for credit/debit cards.

**PayPal Account:** You can also send contributions through PayPal using our [deltacentral312@gmail.com](mailto:deltacentral312@gmail.com) email account. Both of these digital contribution tools are working smoothly.

**Venmo:** You and your groups can now Venmo donations to [@Delta-Central](https://www.venmo.com/@Delta-Central)

**Cash App:** You and your groups can now Cash App contributions to [\\$DeltaCentral](https://www.cash.app/c/$DeltaCentral)



**Delta Intergroup of A.A.  
Income/Expense Report  
January 2025**

<b>INCOME</b>				<b>EXPENSES</b>			
<b>Account</b>	<b>January 2024</b>	<b>January 2025</b>	<b>Year To Date 2025</b>	<b>Account</b>	<b>January 2024</b>	<b>January 2025</b>	<b>Year To Date 2025</b>
<b>GENERAL FUND</b>				<b>GENERAL FUND</b>			
From Saturday Night Live	\$ 251.90	\$ 320.00	\$ 320.00	Rent	\$ 1,667.00	\$ 1,829.00	\$ 1,829.00
From 7th Tradition	\$ 1,377.69	\$ 1,034.20	\$ 1,034.20	Insurance (Annual in May)	\$ 193.30		
From Mid-Summer Picnic			\$ -	Instant Ink	\$ 27.24		
From New Year's Day		\$ 376.10	\$ 376.10	Tracfone Service	\$ 22.07	\$ 21.85	\$ 21.85
			\$ -	Digital Space (Web Domain)	\$ 15.20	\$ 16.42	\$ 16.42
			\$ -	Copy Machine Rental	\$ 279.22	\$ 378.11	\$ 378.11
			\$ -	Copy Maintenance (Quarterly)	\$ -		
			\$ -	Comcast Internet/Phone	\$ 206.82	\$ 231.83	\$ 231.83
			\$ -	Zoom (Annual June 20)	\$ 12.99		
			\$ -	Office Manager Stipend	\$ 450.00	\$ 300.00	\$ 300.00
			\$ -	PI/CPC Pamphlets (Est.)	\$ -		
			\$ -	Office Supplies	\$ 16.89	\$ 65.16	\$ 65.16
			\$ -	Stamps (Taxes Cert. Mail) Stamps		\$ 29.20	\$ 29.20
			\$ -	Tax/Registration Fees/Bank			
			\$ -	Financial Consultant Tax Prep.)			
			\$ -	BTG Postal Box			
			\$ -	Stockton Alarm Permit			
			\$ -				
			\$ -	New Computer (incl. Software)			
			\$ -	Ring Alarm Monitoring (Annual)			
			\$ -	Website Security Certificate (Annual)			
			\$ -				
			\$ -	Square Fees (Contributions)	\$ 2.70	\$ 8.76	\$ 8.76
<b>TOTAL INCOME</b>	<b>\$ 1,629.59</b>	<b>\$ 1,730.30</b>	<b>\$ 1,730.30</b>	<b>TOTAL EXPENSES</b>	<b>\$ 2,893.43</b>	<b>\$ 2,880.33</b>	<b>\$ 2,880.33</b>
<b>LITERATURE ACCOUNT</b>				<b>LITERATURE ACCOUNT</b>			
From General Sales	\$ 1,833.79	\$ 2,806.21	\$ 2,806.21	Literature	\$ 839.51	\$ 1,641.72	\$ 1,641.72
From Saturday Night Live	\$ 146.59	\$ 346.30	\$ 346.30	Medallions	\$ 172.55	\$ 347.95	\$ 347.95
From New Year's Day			\$ -	Special Medallions		\$ 1,076.78	\$ 1,076.78
From Mid-Year Picnic			\$ -	Postage (Mailing Literature)	\$ 8.42	\$ 21.26	\$ 21.26
Jackson Women's Conf.			\$ -	Franchise Tax Board	\$ 809.00	\$ 877.00	\$ 877.00
			\$ -	Bank Fees			
			\$ -	Accessories			
			\$ -				
			\$ -	Square Fees	\$ 35.03	\$ * 56.75	\$ 56.75
<b>Total Income</b>	<b>\$ 1,980.38</b>	<b>\$ 3,152.51</b>	<b>\$ 3,152.51</b>	<b>Total Expenses</b>	<b>\$ 1,864.51</b>	<b>\$ 4,021.46</b>	<b>\$ 4,021.46</b>
<b>SPECIAL EVENTS ACCOUNT</b>				<b>SPECIAL EVENTS ACCOUNT</b>			
Saturday Night Live	\$ 177.00	\$ 169.00	\$ 169.00	SNL Rent (Quarterly Jan/Apr/Jul/Oct)	\$ 85.00	\$ 255.00	\$ 255.00
Mid-Year Event Fundraising			\$ -	Special Events Supplies	\$ 55.00	\$ 42.18	\$ 42.18
Mid-Year Event Ticket Sales			\$ -	Mid Year Outdoor Event	\$ 410.00		
Mid-Year Picnic			\$ -	New Year's Day (Rent)		\$ 350.00	\$ 350.00
New Year's Day Branch		\$ 1,898.00	\$ 1,898.00	SNL Supplies		\$ 8.64	\$ 8.64
			#VALUE!	Square Fees	\$ -	\$ 2.67	\$ 2.67
<b>Total Income</b>	<b>\$ 177.00</b>	<b>\$ 2,067.00</b>	<b>\$ 2,067.00</b>	<b>Total Expenses</b>	<b>\$ 550.00</b>	<b>\$ 658.49</b>	<b>\$ 658.49</b>
<b>SAVINGS ACCOUNT</b>				<b>SAVINGS ACCOUNT</b>			
Interest	\$ 0.51	\$ 0.70	\$ 0.70	Bank Fees			
<b>Total Income</b>	<b>\$ 0.51</b>	<b>\$ 0.70</b>	<b>\$ 0.70</b>	<b>Total Expenses</b>	<b>\$ -</b>		
<b>CERTIFICATE OF DEPOSIT</b>				<b>CERTIFICATE OF DEPOSIT</b>			
Interest	\$ 52.15	\$ 53.00	\$ 53.00	Bank Fees	\$ -		
<b>Total Income</b>	<b>\$ 52.15</b>	<b>\$ 53.00</b>	<b>\$ 53.00</b>	<b>Total Expenses</b>	<b>\$ -</b>		
<b>Total Combined Income</b>	<b>\$ 3,839.63</b>	<b>\$ 6,657.21</b>	<b>\$ 6,657.21</b>	<b>Total Combined Expenses</b>	<b>\$ 5,307.94</b>	<b>\$ 7,560.28</b>	<b>\$ 7,560.28</b>
<b>NET GAIN / LOSS</b>	<b>\$ (1,468.31)</b>	<b>\$ (903.07)</b>	<b>\$ (903.07)</b>				





Delta Intergroup of Alcoholics Anonymous  
 Central Office Contributions Report  
**January 2025-December 2025**  
 Monthly Log of Donations

Fellowship	January '25	Fellowship	January '25
11th Step Meeting & Yoga		Lodi Solutions	
Al-Anon		Manteca Fellowship	
Anonymous Estate		Maple Square	\$ 147.45
Anonymous Individual	\$ 70.00	Mokelumne Hill	
Babes in Recovery		Morada Fellowship	
Back to Basics		Murphys Group	\$ 1.00
Big Bookers	\$ 82.00	Murphys Women's Group	\$ 50.75
Bilingual Group		Northside Fellowship	
Birthday Gratitude		P.I./C.P.C.	
Business Persons Lunch		P.I./C.P.C. - Modesto	
Central Foothill Conference		Pershing Fellowship	\$ 18.06
Coffee Break		Pine Grove	
Copper Group		Porter Group	\$ 41.81
DCO Blue Can	\$ 33.00	Primary Purpose (Stockton)	\$ 400.00
DCO Business Meeting	\$ 51.00	Railroad Flat	
District 30	\$ -	Rainbow Fellowship	
District 33		Recovery Central	
District 37	\$ 20.00	Ripon Group	
Don't Drink Today		Ripon Not All Here Yet	
El Grupo Refugio		River Pines Monday	
End of the Line		S.I.S. (Sisters in Sobriety)	
Escalon Grapevine		Saturday Night Live	\$ 321.00
Exodus Men's Group		Sisters in Sobriety Murphys	
Fremont Fellowship		Soul Sisters	
Galt Fellowship		Surrender to Win	
Galt Garden Club		Sutter Creek Men's Group	
Ground Zero		Third Legacy Meeting	
Grupo Sinceridad		Tickets	
Hand in Hand		Tracy Fellowship	\$ 207.09
H and I	\$ 15.00	Valley Sober Living	
Jackson Women's Conf		Valley Springs Fellowship	\$ 122.18
KISS		Valley Springs ODAAT	
Last Chance House		Way Out Fellowship	
Last Stand		West Point AA	\$ 15.00
Lathrop		Yosemite Newcomers	
Living Sober		Valley Springs ODAAT	
Lodi Lite	\$ 14.96	Special Events	\$ 120.00
Lodi Primary Purpose		<b>Total This Month</b>	<b>\$ 1,730.30</b>
<b>TOTAL YEAR-TO-DATE</b>			<b>\$ 1,730.30</b>



Delta Central Office  
**Office Manager's Report**  
 February 12, 2025

**SCHEDULES:** Sandi L. and Steve N. continue to do a great job keeping both the printed and website schedules up to date.

**SCHEDULE CHANGES:** Please address all requests for changes to the schedule directly to the webmaster at [meetings@aadelta.org](mailto:meetings@aadelta.org). Sending these requests to the Central Office only results in delays since the Central Office does not maintain the schedules and is otherwise inundated with emails of all sorts. Please remember that schedule changes should be requested by a group's IGR, GSR, or General Secretary only. Also, please be aware that Delta Intergroup can only make changes to our schedule, and that the changes to the Meeting Guide App are not controlled by us. Those changes usually follow our website by 24-48 hours, but they have sometimes taken longer.

**NEWSLETTER:** Hope to get to it this weekend.

**FLYERS:** Please send your flyers in the form of a PDF or JPEG by the 15th of the month prior to your event. When everything comes in the last week, I can't keep up. A reminder that all events flyers must identify the event as an AA event, either through spelling out Alcoholics Anonymous, using the AA abbreviation, or the AA circle/triangle logo. This has been our policy for several years, and lately has been frequently ignored. Also, if you want your event flyer in the newsletter, please "save as" an image file (JPEG, GIF, or PNG) and submit it in that format and *not* as a PDF or Word Document. With up to 15 flyers a month, converting them all takes a lot of time. Thanks.

**SATURDAY NIGHT LIVE:** SNL will be hosted by Recovery Central in March. The speaker is still to be announced.

**NEW YEAR'S DAY CELEBRATION:** Great success both for fellowshipping and financially.

**HELPLINE MANUAL:** No updates that I know of.

**APRIL SNL / UNITY DAY:** Please distribute the attached flyer and let people know. More to follow from Gary T.

**SERVICE POSITION OPENING:** Please distribute the flyer and help us recruit a new TREASURER.

That's all for now.

Lynne





DELTA INTERGROUP  
OF  
ALCOHOLICS ANONYMOUS

## Open Service Position Treasurer

### Qualifications

A recommended minimum 5 years continuous sobriety,  
and preferred 1 year of Intergroup experience.

The Treasurer shall be elected for a term of 2 years, and shall serve in office for no more than two full terms. The treasurer shall assist in an advisory capacity to the succeeding treasurer for a minimum of six months.

### Responsibilities

The Treasurer is responsible for accounting for all receipts and expenditures and shall maintain Intergroup's accounting system in accordance with good accounting practices.

The Treasurer shall submit monthly detailed reports of income and expenses to the Board of Directors and to the Delegates, including a list of monthly and year-to-date contributions from member groups.

The Treasurer shall annually provide the outside accountant with all the necessary information to file Federal, State, and Registry of Charitable Trust income tax returns..

The treasurer shall ensure that the Central Office files and pays quarterly Sales Tax returns in a timely manner.

### Interested?

For more information, or to express your interest, please attend the next Delta Intergroup Meeting on Wednesday,  
March 12, 2025 at 7:00 pm

1151 W. Robinhood Dr. Ste B3, Stockton

or

Zoom ID: 831-9927-9187 Pw: delta



DELTA INTERGROUP  
OF  
ALCOHOLICS ANONYMOUS

## Open Service Position Assistant Office Manager

### Qualifications

A recommended minimum 5 years continuous sobriety,  
and prior experience in a Central Office service structure.

### Responsibilities

The Assistant Office Manager shall become familiar with all duties of the Office Manager position as outlined below.

Account for all monies received by the Central Office.  
Make deposits, maintain stock of literature and other inventory,  
guide volunteers, oversee a monthly newsletter, report DCO activities at regular BoD and Intergroup meetings, manage agreements with outside vendors.

### Interested?

For more information, or to express your interest, please attend the next Delta Intergroup Meeting on Wednesday,

March 12, 2025 at 7:00 pm

1151 W. Robinhood Dr. Ste B3, Stockton

or

Zoom ID: 831-9927-9187 Pw: delta





Delta Intergroup of  
Alcoholics Anonymous  
Presents

Join Us For Our Monthly  
**Birthday Celebration**  
&  
**Speaker Meeting**  
**Saturday, March 1, 2025**  
Our Host Group Is  
**Recovery Central**  
Speaker:  
**Susan R w/ 49 years**

Doors Open at 7:30 pm  
Meeting Starts at 8:00 pm

First Presbyterian Church  
31 E. Vine Street, Stockton 95203

Parking is off Center Street behind the Church

We will be serving Coffee, Snacks, Water, and Soft Drinks.

## PRIMARY PURPOSE

7545 Murray Drive, Unit 3, Stockton



**SPEAKER MEETING**  
Saturday, March 8, 2025  
@ 6:00 pm  
**Ian L. w/ 28 years**  
from  
San Jose  
Potluck Starts @ 5:00 pm



## **BIRTHDAY** **CELEBRATION**

Saturday, March 29, 2025  
@ 6:00 pm  
(Doors open @5:00 pm)





**NCCAA  
76<sup>th</sup> Annual  
Spring Conference**

**Northern California Council of  
Alcoholics Anonymous**

*"Carrying the Message" Since 1947!*

**Modesto, CA**  
**DoubleTree by Hilton**  
1150 9<sup>th</sup> St. Modesto, CA 95354  
**March 7, 8 & 9, 2025**

<u>Friday March 7, 2025</u>	<u>Saturday March 8, 2025</u>	<u>Sunday March 9, 2025</u>
2:00 PM Registration Opens 5:00 PM Long Timer's Panel	8:00 AM – Steering Committee 11:00 AM – NCCAA Delegates	8:00 AM Meditation Meeting
8:00 PM Open Speaker Meeting	8:00 PM Open Speaker Meeting	10:00 AM Open Speaker Meeting
<b>Ralph W.</b> Los Angeles, CA	<b>Rikki M.</b> Los Angeles, CA YP SPEAKER	<b>Claire H.</b> Las Vegas, NV
Additional program information on back of flyer		

*Al-Anon and Spanish Speakers &  
Participation*



*Area 06 & 07 Updates – Marathon Meetings*

*Saturday Night Dance*

*Free Drawing*

*Sunday Morning Meditation Meeting*

*Visit NCCAA website for more information on how to be of Service to NCCAA.*

**NCCAA Website**

[norcalaa.org](http://norcalaa.org)

**PRE-REGISTRATION CUT OFF DATE IS February 22<sup>nd</sup>, 2025**

**CONFERENCE RATE FOR HOTEL CUT OFF DATE IS February 18<sup>th</sup>, 2025**

**PRE-REGISTRATION - \$30.00 (per person) - AT THE CONFERENCE - \$35.00**

VISIT OUR WEBSITE AT --<http://www.norcalaa.org>

The following hotel is offering Conference rates for those attending the 76<sup>th</sup> Annual NCCAA Spring Conference March 7, 8, 9, 2025 in Modesto, CA. To ensure a reservation at conference rate call prior to February 18<sup>th</sup>, 2025. The phone number is listed below, mention that you are with NCCAA to obtain the conference rate. We have a strong room requirement for this Conference and per the NCCAA Steering Committee, we will only list the host hotel.

**CONFERENCE RATE FOR HOTEL CUT OFF DATE IS February 18, 2025**

Host Hotel	King Bed	2 Queen Beds	Amenities
<b>DoubleTree by Hilton</b> 1150 9 <sup>th</sup> Street Modesto, CA 95354 Phone: 1-800-222-8733 Ask for <b>NCCAA 2025 Convention</b> rate or group code <b>906</b>	<b>\$144.00</b>	<b>\$144.00</b>	Pool, Jacuzzi, Exercise Room Full Restaurant Pet friendly for extra charge Free Parking & Wi-Fi Triple \$159 – Quad \$175

**Program Highlights**

Friday	2:00 PM	Registration Opens
	3:00 PM	Marathon Meeting Begin
	5:00 PM	Long Timer's Panel
<b>Eg</b>	8:00 PM Friday Night Speaker Meeting	Ralph W. from Los Angeles, CA
Saturday	9:00 AM	Registration & Marathon Meetings Resume
	9:30 AM	Hospital & Institution Panel
	11:00 AM	NCCAA Delegates Meeting
	1:00 PM	Area 06 & 07 Update
<b>Eg</b>	8:00 PM Saturday Night Speaker Meeting	Rikki M. from Los Angeles, CA
	10:00 PM	Dance
Sunday	8:00 AM	Meditation Meeting
<b>Eg</b>	10:00 AM Sunday Morning Speaker	Claire H. from Las Vegas, NV
Friday & Saturday	Al-Anon and Spanish Programs and Speakers	

**Pre-Register for Conference online at [norcalaa.org](http://norcalaa.org)**

**PRE-REGISTRATION - \$30.00 (per person) - AT THE CONFERENCE - \$35.00**

Please print in the form below for pre-registration. Pre-registration cutoff date is February 22<sup>nd</sup>, 2025

Name	AA	Al-Anon
City	State	
Home Group		
Name	AA	Al-Anon
City	State	
Home Group		
Would You like to volunteer at the conference? Yes <input type="checkbox"/> No <input type="checkbox"/>		Do you need ASL translation? Yes <input type="checkbox"/>
Email:		Enclose an Extra \$30.00 to "Sponsor a Newcomer" <input type="checkbox"/>

Total Pre-Registration Included: \_\_\_\_\_

Please remit with payment to: NCCAA Treasurer, P.O. Box 3835 San Ramon, CA 94583  
On-line pre-registration for conference is available at <http://www.norcalaa.org>



# PORTER GROUP

**MONTHLY**



# SPEAKER NIGHT

SAT. MARCH 8TH  
7:30PM



# Guido G.

WITH **21 YEARS**

Porter Group, Stockton CA



**Dessert Potluck starts @ 7PM**



@ PORTER GROUP  
5918 PACIFIC AVE.  
STOCKTON, CA



## BIG BOOKERS

### IN-TOWN SPEAKER MEETING

March 14, 2025 at 7:00 PM

## Jackson from Solutions Fellowship



440 E KETTLEMAN LANE

LODI, CA





# Pershing Fellowship

1049 Rivara Road, Stockton

## Speaker Meeting

Warren P. w/ 23 years  
from  
Modesto



Saturday, March 15, 2025

6 pm Speaker

Hybrid / Zoom

ID: 167 811 008, Password 12345

BILINGUAL GROUP  
MONTHLY 

# Speaker Meeting

SAT 3/22/2025 | 6PM

Rachel  
with 36 YRS

FROM  
LODI CA

---

Potluck & Social Hour 5pm

COME, BRING A FRIEND & A DISH FOR  
SOME EXPERIENCE, STRENGTH, & HOPE

1150 N. EL DORADO ST. DOWNTOWN STOCKTON

# Big Bookers

A Fellowship of the Spirit



Friday, March 28, 2025 at 7:00 p.m.

**Paul D**

Join us for an evening of birthday celebration

440 E Kettleman Lane, Lodi, CA



**Saturday Night Live**  
Delta Intergroup of Alcoholics Anonymous Presents



**UNITY DAY**

Join Us For Our  
**Birthday/Unity Day Celebration  
Speaker Meeting**

**Saturday, April 5, 2025**  
**Our Host Is Delta Central Office**  
**Speaker:**  
**Richie B.**  
**From w. Los Angeles**  
**Meeting Starts at 8:00 pm**

First Presbyterian Church  
31 E. Vine Street, Stockton 95203  
Parking is off Center Street behind the Church  
**COFFEE, SODAS, FINGER  
FOODS, SNACKS**





**43<sup>rd</sup> Annual Woman to Woman Conference**  
**April 11, 12, 13<sup>th</sup> 2025**  
 Wyndham Hotel  
 5321 Date Ave., Sacramento, CA 95841  
 916-338-5800  
 Room Rates \$139.00 plus tax  
 Cut off date is March 25th 2025

**MAIN SPEAKERS**

<u>Friday</u>	<u>8 pm</u>	<u>Deborah C.</u>	<u>Laguna Beach CA</u>
<u>Saturday Al-Anon</u>	<u>10 am</u>	<u>Andrea C.</u>	<u>Amarillo, TX</u>
<u>Saturday</u>	<u>1 pm</u>	<u>Jeanette M.</u>	<u>Sacramento, CA</u>
<u>Saturday</u>	<u>8 pm</u>	<u>Kristina W.</u>	<u>Fairfax, CA</u>
<u>Sunday</u>	<u>10 am</u>	<u>Allison C.</u>	<u>Goleta, CA</u>

Registration: Valerie C. 916-847-4673 Conference Chair: Cyndi G. 916-968-3212

Raffle Donations: Chair: Christina S. 916-600-8696

Send COMPLETED registration form and a check payable to:

NCWW – PO BOX 2008, Fair Oaks, CA 95628 NO. LATER THAN March 21, 2025

**IMPORTANT: Pre-order T-shirts are available on the website or below and must be ordered by March 21, 2025**

NAME: \_\_\_\_\_ ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

Non Refundable \$35.00 Pre-Registration \_\_\_\_\_ I would like to donate \$ \_\_\_\_\_ for the Scholarship Fund

Pre-Order T Shirts: \_\_\_\_\_ S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ XXL \_\_\_\_\_ XXXL @ \$15.00 each  
 TOTAL T-Shirt \_\_\_\_\_

Saturday Banquet 82.00: A Taste of California: Salad, Tri Tip, Salmon, Vegetables, Mushroom Ravioli, Chocolate Cake

TOTAL INCLUDING BANQUET AND T-SHIRTS \$ \_\_\_\_\_

**ALL BANQUET AND PRE-REGISTRATION MUST BE RECEIVED BY MARCH 21, 2025**

**Regrettably, NO CHILDREN ARE ALLOWED AT THIS EVENT**

**\$40.00 Registration at the door**

*If you would like to volunteer this year, please contact Volunteer Chair: Suzy L. 916-709-4925*

*If you would like to be of Service at next year's Conference, \_\_\_\_\_*

*I'm attending as a Member of AA \_\_\_\_\_ I'm attending as a Member of Al-Anon \_\_\_\_\_*



*If you are in need of a scholarship, please submit a request in writing, in advance. Scholarship covers registration only and requires a 2 hour service commitment Limited times will be available.*

**PORTER GROUP PRESENTS**  
**Spring FLING PICNIC**  
**ATHERTON PARK**  
 1978 QUAIL LAKES DR - BY QUAIL LAKES BAPTIST CHURCH  
**SATURDAY APRIL 12<sup>th</sup>**  
**1:30PM-4PM**  
**SPEAKER @ 3PM**  
**50-50 Raffle Games & Fun!**  
 Bring your chairs or picnic blanket  
 Bring the family, Fellowship w/us!  
 Tickets \$10  
**Featuring:**  
 TRI-TIP, HOT DOGS  
 SIDE SALADS  
 BAKED BEANS  
 CHIPS, DRINKS, DESSERT  
**FOR MORE INFORMATION OR TO VOLUNTEER: ELIZABETH 209-607-7196**



BILINGUAL GROUP of AA  
MONTHLY SPEAKER MEETING

Katie M.  
4 years



from Easy Does It  
Vacaville CA

APRIL  
SAT 6PM  
19

.....  
COME BRING A  
FRIEND FOR SOME  
EXPERIENCE,  
STRENGTH, & HOPE!  
.....

1150 N EL DORADO ST  
DOWNTOWN STOCKTON

5PM POTLUCK & SOCIAL HOUR

Made with PosterMyWall.com  
Getty Stock

BILINGUAL AA GROUP  
SUNDAY WOMEN'S MEETING

# Mother's Day BRUNCH & Speaker Meeting

RAFFLE  
BASKETS  
& 50/50

10 AM SPEAKERS  
ANGELA C. 8 Yrs & LANAT. 7 Yrs

SUNDAY MAY 11TH  
POTLUCK BRUNCH 9 AM  
GUESTS MAY BRING A DISH \* LADIES & KIDDOS OK  
1150 N EL DORADO ST, DOWNTOWN STOCKTON



Bilingual Group Fellowship

**MEN'S MEETING HOSTING**

**FATHER'S DAY Brunch** & Speaker Meeting

**SAT JUNE 14TH**

9 am Tri-Tip Brunch  
 10 am Featured Speaker  
**TBA**  
 from Stockton

**Basket Raffle**  
 1150 N El Dorado St Stockton CA

**Pershing Fellowship**

*Invites you to attend*  
**Serenity Sisters**  
*a new*  
**Women's Meeting**

*Saturdays at Noon*  
*Starting February 1, 2025*

*1049 Rivara Road, Stockton*



# ANNOUNCEMENTS

April's SNL will be hosted as a UNITY DAY Celebration with a special Speaker, **Richie B. from W. Los Angeles.**

See Flyer p. 35

**Delta Intergroup is in need of a Treasurer and Assistant Office Manager Interested?**

Please join the Intergroup Meeting Wednesday, March 12, 7:00 pm at the Central Office or on Zoom - ID and Password are in the Events column on the website.

# ODD'N'ENDS

*A Month of Rumi*

Jalal ad-Din Muhammad ar-Rumi

(9/30/1207 - 12/17/1273)

Rumi was a 13th-century poet, Islamic scholar, theologian and Sufi mystic originally from Greater Khorasan in Greater Iran.

“Everything in the universe is within you. Ask all from yourself.”

“Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it.”

“Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself.”

“Dance, when you're broken open. Dance, if you've torn the bandage off. Dance in the middle of the fighting. Dance in your blood. Dance when you're perfectly free.”

“Don't be satisfied with stories, how things have gone with others. Unfold your own myth.”

“Knock, And He'll open the door  
Vanish, And He'll make you shine like the sun  
Fall, And He'll raise you to the heavens  
Become nothing, And He'll turn you into everything.”

“My soul is from elsewhere, I'm sure of that, and I intend to end up there.”

“Silence is the language of god, all else is poor translation.”

“Ignore those that make you fearful and sad, that degrade you back towards disease and death.”

“This being human is a guest house. Every morning is a new arrival. A joy, a depression, a meanness, some momentary awareness comes as an unexpected visitor...Welcome and entertain them all. Treat each guest honorably. The dark thought, the shame, the malice, meet them at the door laughing, and invite them in. Be grateful for whoever comes, because each has been sent as a guide from beyond.”

“Sorrow prepares you for joy. It violently sweeps everything out of your house, so that new joy can find space to enter. It shakes the yellow leaves from the bough of your heart, so that fresh, green leaves can grow in their place. It pulls up the rotten roots, so that new roots hidden beneath have room to grow. Whatever sorrow shakes from your heart, far better things will take their place.”

“Let the beauty we love be what we do. There are hundreds of ways to kneel and kiss

# A.A. HUMOR



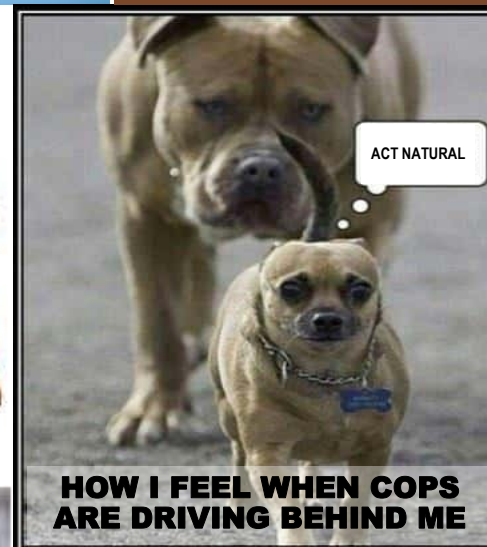
I CAN'T, BUT TOGETHER WE CAN.



WHEN I DRINK,  
I'M JUST NOT MYSELF



I HEARD IT  
THROUGH THE  
GRAPEVINE



HOW I FEEL WHEN COPS  
ARE DRIVING BEHIND ME

Don't worry about the grass on  
the other side.

It's not your grass



ALCOHOL

OBSESSION



HUNG OUT TO DRY OUT





**The purpose of Delta Intergroup is to facilitate and support Unity among the members, groups, and fellowships in San Joaquin and neighboring Counties.**

Delta Intergroup's Central Office furthers this goal of Unity by providing services to the groups which they cannot provide to their members.

We sell AA approved and related recovery literature, and provide printed and online meeting schedules and information. We support the P.I./C.P.C. Committee by providing meeting space and pamphlet materials for distribution to the Institutions it serves. We sponsor a monthly area-wide "Birthday" celebration, and special events throughout the year.

*Let Us Know What's  
on Your Minds  
and In Your Hearts*

*As you may have noticed, members from our Area have been sending us articles, memes, haikus and inspirational thoughts. And I believe our newsletter is far better because of these contributions.*

*So, we have now demonstrated that there are a lot of our members who have something important to say. So, **please** continue to share your thoughts, jokes, stories, and experiences with us. We want this to be a newsletter that showcases **all** the many voices in our community. And I know there are a lot of us out there.*

*Send us your literary and artistic contributions at  
[deltacentral312@gmail.com](mailto:deltacentral312@gmail.com)  
*We want to hear from you!**

