



SONOMA COUNTY INTERGROUP FELLOWSHIP NEWS

August 2003

Hot August Nights!

Saturday, August 9, 2003

Sebastopol Community Center
390 MORRIS ST. - SEBASTOPOL



MEETING: 7:00-8:00PM
Speaker: Susan M.

DANCE: 8:30 - 11:30PM
Music by DJ Batman & Friends

Suggested Donation:
\$7.00

To volunteer call:
Larry O. 795-4081



Come and show off that Hot Ride!

Do You Know What Your Intergroup Is Doing For YOU?

Have you ever wondered just what Sonoma County Intergroup actually *does*? Well, here are some of the goods and services provided by your Intergroup organization:

- ▲ AA Hotline
- ▲ Newsletter
- ▲ Free Literature
- ▲ Free Schedules

Intergroup is responsible for the Bookstore, maintaining inventory and paying insurance and taxes. Intergroup also plans and organizes seminars, dances, picnics and the Thanksgiving, Christmas and New Year's Alkathons.

It's **your group contributions** that allow Intergroup to provide these goods and services at little or no charge. We can only continue to do so if your group *regularly* contributes its fair share (see the chart on page 5) to Sonoma County Intergroup.

Is There A Volunteer in the House?

Do you recall this scene? Around the table are gathered 15-20 recovering alcoholics. The meeting starts – an announcement – the Secretary announces that volunteers are needed for various service positions and looks around for 'signs of life'.

This is NOT the only time we experience such a response in AA. Virtually any time volunteers are called for, the meeting room sounds like a graveyard. True, there are those steadfast few who come through and make sure things get done. Little do the silent members realize that their silence is cheating them out of one of the most vital parts of their recovery – service. Look into the faces of those who are doers in the group. They are alive and enjoying it, for this is where serenity comes from,

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Need a meeting? Check our online schedule for up to date info: www.SonomaCountyAA.org

SCIF BUSINESS MEETING

INTERGROUP OFFICERS

- ◆ CHAIR: James C.
829-3690
- ◆ VICE-CHAIR: Bruce McL.
544-6958
- ◆ SECRETARY: Kay S
526-5502
- ◆ TREASURER: OPEN
- ◆ REGISTRAR: Richard B.
869-0103

INTERGROUP COMMITTEES & CHAIRS

- ◆ SEMINARS: Steve B.
- ◆ ACTIVITIES: Larry O.
- ◆ OUTREACH: Mark F.
- ◆ COMMUNICATIONS:
Rory B.
528-7797
- ◆ HOTLINE/TELESERVICE:
Kim C.
584-5831
- ◆ ALKATHONS: Terry T.
823-1855

AA HOTLINE TELESERVICE

- ◆ CHAIR: Kim C.
584-5831
- ◆ SCHEDULER: Loretta D.
- ◆ 12 STEP COORDINATOR:
Teri T.
664-0768
- ◆ SANTA ROSA HOTLINE
544-1300
- ◆ LONG DISTANCE ONLY
800-224-1300
- ◆ PETALUMA HOTLINE
762-5122
- ◆ SONOMA HOTLINE
938-2027
- ◆ SPANISH HOTLINE
545-7417

SCIF MINUTES

June 23, 2003

Serenity prayer recited, Tradition 6 read by Chuck, Concept 6 by DJ.

Introduction of new Reps: Marc P, by the Book Group; Linda M of Wednesday night Women's Step Study; John A. of Sunday night closed discussion; Jeremy of the Promises group; Mary of Saturday Keep it Simple; Mark of the Working Winners Group, Marcus of the Sunday Nighters on Covert Lane in Sebastopol.

June Birthdays: Chuck-2 years; Jeremy-12 years; Gloria-16 years, and Nick with 4 years.

The **Seventh Tradition** was practiced.

The **June minutes** were approved

Registrar: Richard. New sign in sheet, just check your name off, and write your address if incorrect. We have about 80 active representatives. There is always a disparity between those present and those signed in. We are still working with the program to make it accurate.

Outreach: Mark F. Next month we hope to have an accurate list of meetings.

LIAISON REPORTS:

GSR: Donna King. Great meetings over the last month, with the conference in Cloverdale and the Conference report by Doug Grude being the highlight. The barbecue was attended by about 75 people, and the name of the maker of the bowls kept in the bookstore has been discovered.

H & I: Scott. We had two blackouts this last month, and Dave P. stepped down as chairperson.

PI/CPC: Tom R. The speaker training is just before meeting, come learn how to address the public about AA.

Bridging the Gap: DJ. Last month gave 6 presentations and received 36 requests for temporary contact, with 21 in county and 15 outside.

OFFICER REPORTS

Chair: James C. Nothing to add this month.

Vice-Chair: Bruce McL. There were 2 new reps at the orientation seminar at 7:30.

Treasurer [pro tem]: John S. We are doing well, but donations are down this month, with just \$200 coming in to bookstore. We will think about charging for pamphlets or cutting services.

Bookstore: Gloria. Volunteers needed every other Friday morning and Tuesday afternoon. The month of July chips will be half price. We also need volunteers to take over the tape library and the inventory.

Seminars: Steve B. All is in place for seminar on steps 4 and 5 and it will be held at the Bookstore.

Activities: Larry O. Picnic on June 6, We made \$148. *Hot August Nights* has the DJ. arranged. Dance will be held at the Sebastopol Community Center on Saturday, August 9. The Halloween Dance will be on Friday, October 31 at the Sebastopol Community center. The band will be *The Pulsators*.

Teleservice: Dave says: participate in your recovery and get off my resentment list. We need help, Call Loretta today!!!

Communications: Rory B. will be gone on vacation, please get stories to him by July 18.

Alkathon: Terry T. Finally it has been determined that ST Mark's church will host the Alkathons. Terry will bring the Alkathon Coordinators for us to meet them.

ICSC: Need to elect new rep every 3 months, 2 volunteers will bring reps to meeting. Terry T and Kay S will bring volunteers.

Old Business:

- 1) Motion passed that Newsletter will be available electronically in PDF format with financial information, phone numbers deleted passed.

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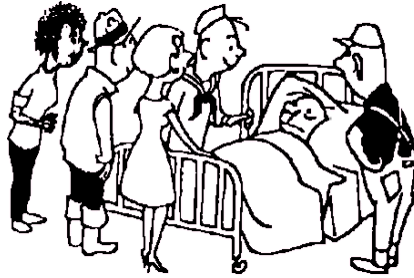
HOSPITALS & INSTITUTIONS

"I didn't come back [to Wall Street] because by now my drinking was an obsession which condemned me to drink and my increasing physical sensitivity insured that some day I would go mad or die. So finally I hit utter bottom in 1934. Meanwhile, I had committed plenty of acts that would have landed me in prison had I only been caught. The pay-off finally came in a New York hospital when a doctor who had treated me there many times finally told my wife it was no use, that I was hopeless, that there was no way out, that now I was a prisoner of my obsession. Such was the state of things in the summer of 1934. The rest of the story you fellows really know."

[Part 11 of Bill W.'s chair at San Quentin in the early years of H&I, reprinted from a 1951 *Grapevine*]

On July 2 the Hospitals and Institutions Committee greeted new meeting reps Jack C., José C., Don S. Ralph D., Tracy G. and Vicky H. Welcome to you all!

There were over 81 years of sobriety being celebrated for the month of July. These happy folks are Steve N., with 5 years; Joyce, 19; Ben C., 12; Karen, 5; Drew B., 10; Dave L., 3; Dave K., 28; Carmen B., 16; Bob, 6; Judy, 7 and



Don S. and Duncan W., with 6 and 9 months, respectively. Keep coming back—I think this thing works!

Albert A. delivered the 5-minute chair, during which he shared how when he first got sober, he checked out all the different areas of AA service—and decided that "H&I was not for me."

Then he took a commitment for the winter meetings at the Armory and got to know some of the people involved in H&I, discovering a fellowship and camaraderie he had not known before. He started going into lockdown facilities and realized, as many of us do, that indeed, "There but for the grace of God go I—it could be me in one of those jumpsuits."

Are you looking for sobriety in all the wrong places? Would you like to be of service to others? Have you considered checking out H&I but didn't know where to start? Well, how about showing up on August 6—that's a Wednesday—at 6:15 at the Santa Rosa Senior Center on Bennett Valley Road? For an in-depth preview, you may also attend the orientation that begins at 5:45. We look forward to welcoming you there!

In Service,
Mardi

SCIF Minutes

(Continued from page 2)

2) Election of Treasurer, Kim M. made herself available. She has a BA Degree in Management, lots of experience with Intergroup, accounting and 13 years of sobriety. John S also available who has been doing the job for 2 years. Using the 3rd Legacy procedure, Kim was elected, with many thanks to John S.

3) Unity day coordinator will be selected at July meeting.

New Business: None

Group concerns: None.

Summation:

- 1) Make sure you sign in.
- 2) Bookstore and Teleservice have openings.
- 3) There a Dance August 9
- 4) Get your newsletter submissions in early.

Closed in the usual manner with the Lord's Prayer.

In service,
Kay S.

ACTIVITIES

An enormous torrent of gratitude and thanks to all who volunteered and participated in The Founder's Day Picnic, it was a beautiful event. Volunteerism is the product of working the twelve steps of AA, of giving one of the most powerful forces in the universe...love. I can remember when I would never volunteer unless there was a monetary benefit, I built a wall of isolation that encircled my life, then my world started to crumble under the weight of self centeredness. In my recovery I read of helping others, less fortunate or otherwise, WITHOUT EXPECTATION of any form of payment. Thank God I had hit "bottom" and surrendered to my alcoholism and addiction enough to be open minded...so I tried out this ludicrous idea of helping others without



expectation and my heart soared. I felt a "part of", I felt I actually made a contribution to someone's well being, I felt that feeling of giving and receiving love. "You gotta give, in order to get!" the old timers would say, and the more I gave, the more I got, what a affectionate concept! Our fellowship has a myriad of opportunities for you to volunteer your services and make a difference, try this new concept of "no expectations" with your service com-

mitment along with a passion to do the job well and perhaps a great new perspective may occur. Our next event will be "Hot August Nights" at the Sebastopol Community Center. I have been overwhelmed with the enthusiasm and volunteerism that our fellowship has offered and I'm sure we will have an

(Continued on page 7)

Greetings Fellowship!

Your GSR is working hard for your group, and getting ready to attend the Summer Assembly. Being a GSR is a two-year commitment and involves a lot of dedication. Please give your General Service Representative all the moral support they need to serve your group effectively. Each group should also discuss the aspect of "self-support", which includes your group pitching in to assist the GSR with funds so that they can attend the assemblies.

We are revving up for our next big event, the Summer Assembly that is taking place at the **Cubberly Community Center, 4000 Middlefield Road in Palo Alto on August 2nd**. There is much business up for discuss, including the three pending motions, previously mentioned, that may be voted on. There is a new motion for assembly business: That CNCA requests that the Trustees Literature Committee considers creating a card similar to the "Are you an Alcoholic" 20 questions from John Hopkins University Hospital. In addition, we will have workshops with topics like: *How Do Agnostics and Atheists Fit Into AA?* and *How to Keep Groups Interested and Involved.* Workshops generate discussion, which is the way to ensure that AA stays healthy. Remember, you don't have to be in General Service to attend! Any and all are welcome!

At the business meeting on Monday July 7, we welcomed six new GSRs. It is so refreshing to see the new GSRs come in, stick around and show enthusiasm and willingness to serve. It gives those of us who have been in service a while that extra spark to keep doing what we do. We joyfully celebrated several AA birthdays. Congratulations to Dave, 3 years; Maria, 14 years; Lloyd, 2 years; Anna, 15 years; Chris, 5 years and Stan, 3 years. Keep coming back! It certainly does work, and you are living proof!

Our area visitor was the past District 12 DCMC, Pam B. who is currently serving CNCA (California Northern Coastal Area) as the Recording Secretary. Pam covered a lot of ground including the purpose of assemblies and conferences and the GSR's role in communicating

wealth of service experience to draw from, and I hope the new GSRs were able to catch a glimpse of the bigger picture by listening to her wonderful presentation.

Katha H. gave an informative presentation on District 12 finances, clarified the various branches of service and gave examples of how a group disperses their contributions.

Tom P., Chairman of the PI/CPC, presented the idea of creating a cover letter and literature packet geared toward the doctor. This packet would be presented to anyone's doctor who may be interested in learning more about what AA is and does, so that the physician can have a clear understanding of the program of recovery and it's availability to patients that may ask for help. The PI/CPC committee is requesting funds from District 12 so that the literature for the packets can be purchased. GSRs should ask their groups about this request and get feedback.

A reminder to the new GSRs or to anyone who is considering taking a General Service commitment: being willing to serve is probably 98% of succeeding in this area of service. Show up at the monthly District 12 business meeting on the first Monday, attend the four assemblies a year and your DCM meetings. Go to your group and report the latest news. Keep an open mind. Eventually you will learn about facilitating sharing sessions and gathering a group conscience. You will learn why being a GSR "may be the most important job in AA", as stated in the AA pamphlet.

Please join us for the next monthly business meeting, Monday, August 4th at 7:30PM. AA service manual study is 6:45PM, new GSR orientation 7PM. See you there!

In love and service,
Mary W.



AA HOTLINE

Open Shifts:

Monday
5:00PM to 10:00PM

Friday
9:00AM to 1:00PM
10:00PM to 9:00AM

*We also need a
Saturday Coordinator*

For more information call:

Kim - 584-5831
Loretta -

assembly business to their group and generating a group conscience. She described the GSR as a telephone between the Group and the Area/Delegate/General Service Conference and discussed the basic General Service structure, how it serves the fellowship by having all voices heard, including the minority opinion. On the topic of AA differences of opinion, Pam stated "this is the best place to disagree". Pam has a

In Loving Memory

Jean B.

July 17, 1936-June 11, 2003

You reached out to me so many times, saw the fear and the clouded powerlessness and knew I must be rescued from drowning in my own self-created ocean. Others wished me well, made suggestions, told me their own stories of survival and success, chided me, prodded me, challenged me, accused me, but could not understand the child struggling still to be a man among men. You would not give up, sent by God as his most unlikely messenger and drew me from the depths that you had once known yourself. I will not forget your love, your assurance that "nothing's easy", your quiet recitation of your own hidden pain. I have come to understand your success, your energy, your courage. Because you reached out, gathered me in, and guided me home.

B.H.

Get To A Meeting

My Internal Dialogue Is Talking
Way Too Much..
I'm Forgetting To Pray Right
When I Get Up
Before You Know It I'll Start Isolating,
And Find Myself Completely Out
Of Touch.
My Daily Meditation Has Become
A Mere Thought About It
And Just Quick Hesitation.
I'm Feeling So Sad.
And My Back Hurts Real Bad!
My Mom Recently Passed Away,
And I Just Don't Know What To Say?
All I Know Is That I Just Keep
Getting Up,
Putting One Foot In Front Of The
Other Each Day.
So If You Need To Find Me That's
Where I'll Be,
At An AA Meeting, With Just A
Bunch Of Drunks And Me.

Terry

HAPPY TRAILS

This months meeting/hike will be on Sunday August 31. We will hike up the Cobblestone Trail to Lake Hlsanjo. The trailhead is located on Channel Dr. right off Montgomery Dr. about 1/2 mile before the ranger station. We meet as usual at SRJC Bailey Field parking lot at 10:00 or at the trailhead at 10:30. Bring a smile, lunch and water. Sunscreen and a hat is suggested.



Questions?






Jeanine 545-1018

E-mail Sstargo@aol.com



SCIF CALENDAR • AUG 2003



SUN	MON	TUE	WED	THUR	FRI	SAT
					1	2 General Service Summer Assembly 9:00AM - 5:00PM Cubberly Community Ctr. 4000 Middlefield Rd. Palo Alto
3	4 General Service Faith Lutheran Church 6:45: Service Manual Study 7:00: New Rep Orientation 7:30: Business Meeting	5	6 Hospital & Institutions S.R. Senior Center 5:45: New Rep Orientation 6:15: Business Meeting	7	8	9 Hot August Nights Sebastopol Comm. Center Meeting: 7:00-8:00PM Dance: 8:30-11:30PM
10	11 SCIF Bookstore 6:30: AA Teleservice Business Meeting 7:15: ICSC Meeting 8:00: Intergroup Steering Committee Meeting	12	13 PI/CPC S.R. City Hall 7:00: Speaker Training 7:30: Business Meeting	14	15	16 District 18 (Spanish) 5519 Old Redwood Hwy. Windsor 4:30PM
17	18	19 Bridging the Gap SCIF Bookstore 6:30: New Rep Orientation 7:00: Business Meeting	20	21	22	23 General Service Area 6 Petaluma Community Center 320 N. McDowell Blvd 12:00
24 Happy Trails 10:00: SRJC Parking Lot at Bailey Field See Above for more info!	25 Intergroup St. Luke Lutheran Church 7:30: Newsletter Collating 7:30: New Rep Orientation 8:00: Business Meeting	26 General Service District 12 Officers Meeting - 6:15 SCIF Bookstore	27	28	29	30 (*There is no entry for the 31st because there is nothing going on that day)

Volunteers

(Continued from page 1)

and they know it.

Like a lot of alcoholics we'd just as soon let someone else do the work. But my sponsor and a few other good people in AA wouldn't let me sit in my self pity and fears waiting for serenity to come to me. The made me get up and find it the only way it comes—by involving myself actively in helping others.



I'm grateful to AA for my sobriety. I am grateful my sponsor and those who made me search for my serenity. An important part of my program is gratitude. I don't just think it – anyone can do that. Show your gratitude through Service in Alcoholics Anonymous. Remember, *Gratitude is Service in Action!*

Gloria
Bookstore Manager

Activities Report

(Continued from page 3)

other memorable event. The Sebastopol Community Center is located at 390 Morris Street in Sebastopol, if you are coming from Santa Rosa on Highway 12, make a right turn at the first stoplight after the bridge (Morris Street) and then straight for about a half a mile, it's on the right, neighboring the Teen Center (site of last years Alkathons). This event is a Speaker Meeting/DJ Dance, so if you like to dance bring your dance partner and have some fun. A donation of \$7.00 is requested and there will be light refreshments and drinks for sale. We will still need some volunteers, so if you're interested call Larry O. @ 795-4081.

Ciao for now,
Larry O.

PUBLIC INFORMATION REPORT

Working with the **PI/CPC** (Public Information/Cooperation with the Professional Community) group has been a source of growth and commitment for me this year. Margie A. recruited me to be a speaker for this group several years ago when she learned I had been arrested for a DUI many years ago.

When I speak about Alcoholics Anonymous to DUI classes in the county, I am always reminded with gratitude about how my arrest eventually led me to the doors of AA. I have only spoken to first offender classes, but I always mention that I only attended a similar class for first offenders, though I was certainly eligible for the multioffender program!

This January, I committed to work on the committee as the coordinator for the first offender DUI classes held on Mondays. In addition to scheduling speakers, I at-

tend the monthly business meeting, which is held the second Wednesday of the month at 7:30 pm in the meeting room under City Hall. It is wonderful to participate in a meeting where The Traditions are used to insure order, respect, and accomplish the objectives of the group.



We welcome and need new speakers. Speaker training is done each month at 7 pm before the business meeting. We

especially need young AA speakers (sobriety requirement for speakers is a suggested two years) since we will receive requests from schools as soon as school resumes in the fall.

As my first sponsor taught me—making a commitment to be of service in AA—is a great way to keep and enjoy my sobriety. Please join us.

Thanks,
Linda S.

TELESERVICE

What is Teleservice?

As an online volunteer you will be trained by our Daily Coordinator who will also be your direct contact for any problems, issues or questions that may come up for you. You will not be "left on your own" to sink or swim. But you do have to be able to think for yourself and be good talking to other alcoholics.

Here is what is involved when you take a commitment with Teleservice:

- 1) You have the same shift every week (or every other week).
- 2) You call the Answering Service at the appointed time. They will transfer calls **directly to your home or cell phone number.**
- 3) Depending on the call, you will give

out meeting information, talk for awhile, or in the case of someone REALLY looking for help (using your own good judgment) you will call a 12-Step volunteer to call the person back.



- 4) At the end of your shift you call the Answering Service and ask them to remove you from the call forwarding.

It's that simple.

If you have at least 6 months of continuous sobriety, a sponsor and a working knowledge of

the 12 Steps, you can do service in this unique and valuable way!

For more information on Teleservice and the shifts that are currently available (we need substitutes too) call:

Loretta

Kim

584-5831

FELLOWSHIP NEWS

The *Fellowship News* is now available at our SCIF website:

www.SonomaCountyAA.org

From the Home page click on the **Newsletter** link to go to the Newsletter page. Then click one of the issue links for the month you want to download.

The Online Newsletter is in the Adobe PDF format and can be viewed with the *Adobe Acrobat Reader* program. You can get the *Acrobat Reader* at no charge from Adobe and you'll find a download link at the bottom of the Newsletter page.

MEETING CHANGES

Cloverdale Brown Baggers
(O) (W) Wednesday 12:00 Noon

Format Change:

Now a Living Sober Study Group

NO LONGER MEETING

Santa Rosa Prayers, Steps & Traditions
(C) (W) Wednesday 6:30AM

Santa Rosa Lightpoint Ladies Group
(O) (W) Sunday 6:00PM

**Meeting Changes?
Contact Russell**

Gloria's Corner

Chips were 1/2 Price in July and they've been selling very well.

We still have openings for every other Thursday and Friday mornings.

There are still a few 3rd Edition Big Books available, mostly in the soft cover. They are \$2.25 each while they last.



Thanks Everyone!

Gloria

ADDRESSES

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New York, NY 10163

CA Northern Coastal Area Treasury
PO Box 884222
San Francisco, CA 94188

Sonoma County PI/CPC*
PO Box 11350
Santa Rosa, CA 95406

*Funded solely through Sonoma County General Service

BOOKSTORE & TELESERVICE

SCIF CENTRAL OFFICE
750 Mendocino Ave., Suite 10
Santa Rosa, CA 95401

Manager: Gloria P.
Phone: (707) 546-2066
Fax: (707) 566-9677
E-mail: AA@ap.net
Hours: Mon-Fri 10-6
Sat 11-3

The Bookstore is closed on these Holidays:

Independence Day...July 4th
Labor Day.....September 2nd
Thanksgiving.....November 22nd
Christmas.....December 25th
New Year's Day.....January 1st

CONTACT INFORMATION

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