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sonoma county Intergroup Fellowship

NEWS AUGUST 2006

Get the latest meeting listings, upcoming events, and more, at www.SonomaCountyAA.org

Get Ready To Rock!

AA Presents the "Summer of Love" Dance

**Saturday, August 26th at the
Sebastopol Community Center
390 Morris St., Sebastopol**

If you're like me, you may have been born in the 60s, but you didn't actually hang out on Haight Street wearing a pair of bell-bottoms and a feather vest. You probably never attended a sit-in or a peace rally or hung out at Woodstock.

Of course, there's a good chance you did. After all, we are in Alcoholics Anonymous, right?

The bottom line is, if you've seen enough episodes of the Partridge Family, then you have an idea what to wear for the "Summer of Love" AA Dance on Saturday, August 26th at the Sebastopol Community Center at 390 Morris St (just off Highway 12).

Bob K. (who may or may not remember the 60s) will be the main AA speaker at 7:00 P.M. Music will be provided by a groovy DJ!

The dance is \$10 at the door (suggested donation). The meeting is free!

If you'd like to volunteer, I'd love to hear from you.

Call me (Monika).

Meeting—
7:00 P.M.
Dance—
9:00 P.M. to
Midnight



Monika G.

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Birthdays

Bill S.	7/5/48	58
Jason H.	8/31/86	20
Berrine D.	7/10/88	18
Jay B.	7/22/88	18
Monika G.	8/31/92	14
Vicki S.	8/1/96	10

21st Annual Summer Serenity in the Sierras

**August 11, 12, 13 2006
at E.C.C.O.
Oakhurst, CA**

Speakers:

- Guy H. from Camano Island—Fri 7:00 P.M.
- Samantha D. from San Luis Obispo—Sat 10 A.M.
- Ellen L. from Lake Forest (ALANON)—Sat 1:30 P.M.
- Matt G. from Fresno—Sat 7:30 P.M.
- Kevin D. from San Luis Obispo—Sun 10:30 A.M.

**Registration Limited to the
First 275**

For information call Larry J.

Apologies to Jay B. for listing his birthday incorrectly last month.

Women's Banquet

*Presented by the women of the
12 Steps & 12 Traditions Book Study*

**Friday, August 25th
Westview Christian Church
3950 Doubles Drive, Santa Rosa**



Speakers, raffles, and a door prize!

Here is your opportunity to get all *gussied* up for a change. Come and help out, or get yourself a ticket, and let's have some fun!

We're still looking for committee leaders and committee volunteers. If you have any time, energy, or willingness, we need you!

Contact Wynny B.

Tickets are \$20 and are on sale now.

Teleservice Needs Help! See page 2 for open shifts.

June 2006 Sonoma County Intergroup Fellowship General Meeting

Meeting opened with the Serenity Prayer

Readings:

Tradition 6: Jerry
Preamble: Tamara
Concept 6: John

Introduction of new representatives to Intergroup:

John R. from the Saturday Morning Beginners
10 AM, Santa Rosa

Wayne L. from the Serenity Fellowship
5 PM, Santa Rosa

Cara P. from the Big Book Study Group
10 AM Friday, Petaluma

Wynny B. from 12 x 12 Book Study
7 PM Wednesday, Santa Rosa

Tamara L. from the Cross Roads Group
8 PM Wednesday, Santa Rosa

Phil B. from the Any Lengths Group
8 PM Saturday, Forestville

Joe C. from the Fresh Air Group
8PM Tuesday, Santa Rosa

Judy H. from the New Hope Book Study
8 PM Tuesday, Rohnert Park

Woody T. from Saturday Night Live
8 PM Saturday, Santa Rosa

Ries D. from Women's Perspectives
8 PM Tuesday, Santa Rosa

Kirk C. from the Not Just Another Newcomers
Meeting, 7 PM Monday, Rohnert Park

Jeff F. from the Schuman Fellowship
7 PM Monday & Wednesday, Petaluma

June Birthdays:

Gloria P. 19 Yrs
Susan W. 16 Yrs

LIAISON REPORTS

H&I Report: Mark V. reminded folks that H&I meets on the first Wednesday of each month at the Senior

Center with an orientation for those interested in this service commitment taking place at 5:30PM, followed by the business meeting at 6:00PM. The 36th Annual H&I Conference will be held in Petaluma on August 13, 14, 15th 2007 -volunteers are needed.

General Service: Kenin H. reported that the General Service Office in New York is making efforts to make AA accessible to alcoholics with special needs. GSO has recently transferred Special Needs from Group Services to a special needs assignment.

PI/CPC Report: Dave R. encouraged anyone wanting to be of service to this committee that they meet the 2nd Wednesday of every month at SR City Hall lounge w/ speaker training at 7:00PM and the business meeting at 7:30PM. They are in need of volunteers. He explained the function of the group is to provide accurate information about A.A. and to distribute literature to hospitals, police stations, hotels, jails, libraries, etc. They are in need of speakers for the County's drinking/driving program. This commitment requires two years of sobriety.

Bridging The Gap: Carolyn A. stated the purpose of BTG is to introduce the newly released residents of treatment facilities to AA in their local communities. They use a list of AA volunteers to coordinate with newly released AA newcomers and take them to their first meeting. All that is required to be a volunteer is 6 months of sobriety and a working knowledge of the steps. Having transportation is helpful. Business meeting is held on the 3rd Tuesday of the month at the AA Bookstore at 7:00PM.

SOCYPAA: Larry C. reported that 14 Service Commitments are available and need to be filled.

Access Sonoma County: Diane W. reported that ASC

(Continued on page 3)

INTERGROUP OFFICERS		AA TELESERVICE	
CHAIR	Bob K.	PHONE LINE COORDINATOR	Dave R.
VICE-CHAIR	Tim P.	12 STEP COORDINATOR	James C.
SECRETARY	Bob P.	AA HOTLINES	
TREASURER	John S.	SANTA ROSA	707-544-1300
COMMITTEE CHAIRS		LONG DISTANCE	800-224-1300
SEMINARS	Jim B.	PETALUMA	707-762-5122
ACTIVITIES	Monika G.	SONOMA	707-938-2027
OUTREACH	Victoria H.	OPEN SHIFTS	SPANISH 707-829-1272
COMMUNICATIONS	Dave H.	Sunday 10 P.M.— 9 A.M.	Saturday 1 P.M.— 5 P.M.
TELESERVICE	Stephen I.	Tuesday 10 P.M.— 8 A.M.	every other week
ALCATHONS	Jeff S.	Thursday 2 P.M.— 6 P.M.	Saturday 10 P.M.— 8 A.M.
		Thursday 6 P.M.— 10 P.M.	every other week



What Is PRAASA?

Well, I guess it is time to talk about PRAASA (Pacific Regional Alcoholics Anonymous Service Assembly).

First, what PRAASA is not. It is not an assembly for General Service, it is not an assembly for Intergrups, it is not an assembly for H&I, it is not an assembly for Archives, it is not an assembly for PI/CPC, but it is an assembly about service in Alcoholics Anonymous – those just curious or interested in learning about service, those already doing service, and those (perhaps the biggest group) who are just interested in dynamite speakers and presentations, and in getting together with other “like minded” individuals for some fun.

Like, for example, sitting around a few tables talking with the head of the Archives in New York, discussing the problems associated with preserving documents, selecting which should be saved in other formats, CDs or DVDs, and about what constitutes



archival material.

Or listening, in another workshop, to the various kinds of relationships between Intergrups, (if there is an Intergrup), Central Offices, and General Service.

Or going out to a Japanese restaurant, and discovering after it was too late that it was really, really expensive,

Or having impromptu meetings with members from other states who do things differently. Or meeting members from Australia, Japan, and Russia, and actually getting to talk to them for a while.

Or hearing the officers from New York World Service give presentations about what they do.

Or having an excuse to travel to some other city. It is absolutely fascinating

The previous PRAASA was in Woodland Hills, California, last March. The next one will be in Portland., Oregon, March 2-4 in 2007. Hope to see you there.

Bill K.

SCIF General Meeting *(Continued from page 2)*

meets at the 2nd Thursday of the Month at 6:30 PM at the Bookstore. Groups are encouraged to read the Green Handouts provided by ASC, and to implement the suggestions mentioned in the pamphlet. ASC has noticed that most members do not know the location of the wheel chair access in their building. Also be aware of position of tables and chairs to make their meeting more accessible to wheel chair members

OFFICER REPORTS

Intergrup Chair: Tim P. substituted for Bob K.

Vice Chair: Tim P. instructed the 9 new reps. about Intergrup, its functions, etc.

Treasurer: John S. reported that June contributions were good. The picnic was a success. John mentioned that the reps. of each meeting inform their treasurer to make sure the name of the group is on the check when Intergrup contributions are made.

Bookstore: Gloria needs volunteers to work at the bookstore.

Registrar: Carolyn A. substituted for Susy and reported everything is well.

COMMITTEE REPORTS

Outreach: Victoria H. is promoting Intergrup to the meetings she is attending.

Activities: Monika G. reported the next dance will be called the “Summer of Love” on Saturday August 26. at the Community Center in Sebastopol. Volunteers needed! There will be a Halloween Dance on October 27 in Sebastopol.

Seminars: Jim B. reported that the July 15th Seminar subject will be on Service. The next seminar will be September 17 at the bookstore. The topic will be the 4th and 5th steps.

Alcathons: Jeff S. mentioned that the Alcathons are in the near future.

Teleservice: Steve I. reported that the business meeting is held on the 2nd Monday of each month at 6:00PM at the Bookstore. Volunteers are needed for various shifts.

Newsletter/Communications: Dave H. reported the Newsletter Committee meets at the Bookstore at 6:30 pm on the 2nd Wednesday of the month.

Old Business: Francis B. Volunteered and was elected to serve as a member of the Intergrup Central Service Committee at the Bookstore.

New Business: Larry O. is the Unity Day coordinator. Unity Day will be held on November 4th or 11th. Volunteers are needed.

Group Concerns/Sharing: Is it appropriate to publish the results of a fund raising drive?

Issue is to be decided by individual group conscience votes from the various groups. Reps. are requested to get a group conscience concerning publishing the amount of funds collected from the Green Cans for the American Sign Language Meeting in the Newsletter.

Summation: Tim P. outlined the meeting.

Closed with the Serenity Prayer

Gratefully In Service,
Bob P.

I Have Climbed a Mountain

In loving memory of Marty Mann

I have climbed a mountain
And descended the other side;
I have felt the pain of conflict
In my travels far and wide.

I've been in troubled waters
And am well aware of despair;
I have been distraught with rejection
Thinking there was no one to care.

With my peers I was an outcast
And with those related to me,
But there was a revelation
And strife was not to be.

Being on the right side of the mountain
Has made the mountain seem small,
And today a drink is nothing,
It is really nothing at all.

Thanks to my wonderful friends,
I have fifty-seven years of good living
And hold my head high as a symbol
Of not TAKING but GIVING.

William Edward Swegan
Copyright ©2006 William Edward Swegan

*The following is an article Bill wrote for the
November 1955 Grapevine.*

The Challenge of Normalcy

Another point of view on

The new member of Alcoholics Anonymous who has attended only a few meetings is full of hope and faith. He is sure that this new way of life is the solution to many of his ills and he is looking forward to the time when he can say, "I have one year of sobriety." He feels that he is floating on a pink cloud because he has overcome the one evil in life that has been a stumbling block to his success. Without these shackles curtailing his every move he feels free as the school child on the first day of summer vacation.

He now has time to do things that he has wanted to do for years. He can play golf, go fishing, be a part of society in general, and still be free from the desire to drink. This is a revolutionary period in his life. He can look at things in their true perspective without any thought of drinking.

As time passes, these new experiences give way to routine living without the bottle. Like the child two weeks after Christmas, the luxury wears off and he is faced with the task of living in reality for the first time. His family and loved ones become complacent with his new-found happiness because they do not understand the true nature of his problem.



This poem describes the miraculous change that took place in my life. After getting sober in Long Island, New York in 1948, I went on to write two books and numerous articles, one of which was published in the American Journal of Psychiatry, and pamphlets on the subject of alcoholism treatment and recovery. I worked in that field throughout most of my twenty-one-year Air Force career and as a Civil Service Employee Assistance Coordinator for the Army and the Navy. I currently lecture nationwide, including monthly presentations at two local treatment centers, and am writing another book.

Bill S.

PUBLISHED 2006 IN TWILIGHT MUSINGS,
AN ANTHOLOGY FROM THE
INTERNATIONAL LIBRARY OF POETRY.



*Bill S. with Marty Mann, the First Lady
of Alcoholics Anonymous.*

The glory and praise wear thin and the man who was once the town drunk is now Mr. Average Citizen. Sobriety might become monotonous because of lack of insight or acceptance. Realism has come into play to spoil the honeymoon.

The phase of the AA program that is very important is the one following this so-called honeymoon period. The new member begins to recognize the challenge of normal behavior. During this period attendance at meetings is particularly important. This is a transition from dependence to a somewhat independent state. Now the application of AA philosophy becomes vital to survival.

Alcoholics Anonymous doesn't make us immune to problems material, domestic, or financial. It does provide a means to attack these problems through realism, objective thinking, and desire. We in AA are fortunate to have a program whereby we can discipline our every action. To the new member of AA, seemingly impossible obstacles can become enlightening challenges through the application of this philosophy.

We have all heard of peace of mind and serenity in AA. I feel that these two expressions are grossly misunderstood and perhaps over-used. This presents a picture of complete harmony and accord to the new member. Total serenity and peace of mind becomes the objective. When this condition is not reached, the new member feels that the AA program has failed him. He might again slip into obscurity if he succumbs to this first challenge.

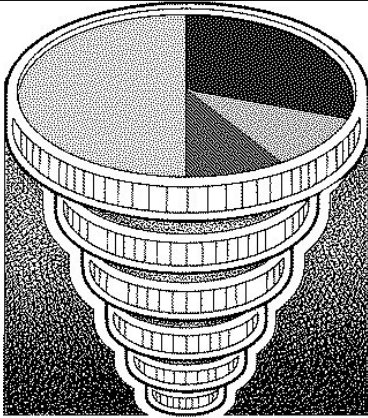
Older members in AA are neither in complete accord nor without problems. They are not infallible. They are human and subject to all the complex social problems known to man. They are in a better position to meet this challenge because of the desire to be realistic, mature and objective in their thinking.

Those who stay sober in AA live with their defects. They recognize

(Continued on page 7)

Happy 58th Birthday, Bill!

SCIF FINANCIAL SUMMARY MAY 2006



Example of Suggested Group Contributions to AA Service Entities

- 50-70% to Intergroup
- 10-30% to Local General Service
- 10-20% to CNCA
- 10-20% to GSO New York

GROUP CONTRIBUTIONS

Meetings	June	2006 YTD	Meetings	June	2006 YTD	Meetings	June	2006 YTD
11th Step Meeting			Higher Power Group			Sonoma Valley Fellowship		
12 X 12 @ 12 Group			Highlander Group			South Park Survivors		
12 X 12 Plus			How It Works Group			Spirit of Akron		
A Vision For You			Just For Today			Steps To Serenity Group		
AA Cache Creek Group			Let's Discuss It Group			Sunday Morning Smiles Group		
AA Check It Out Group			Lunch Bunch Group			Sunday PM Closed Discussion Group		
AA Health Professionals			Mature & Sober Group			Sunday Sanity		
AA of Sonoma, Thursday 11th Step Group			Monday Mood Swings			The Sunday Night Group		
AA of Sonoma, Tuesday Big Book Group			New Hope Book Study Group			There Is A Solution		
AA Step Study Group			New Women In AA			Think About It Group		
Acres Fellowship Group			Newcomers & Oldtimers			Third Step Group		
Alive & Well In Fulton			Not Just Another Newcomer's Meeting			Thurs. Big Book Step Study		
Any Lengths Group			Open Door			Thurs. Night 12 X 12 Discussion Group		
Attitude Adjustment Group			Out of the Ashes Group			Thurs. Night Womens AA		
B.Y.O.B.B.			Petaluma Valley Group			Thursday Night Real Life		
Big Book & Step Study, Sebastopol			Prayer & Meditation, Sebastopol			Tuesday Afternoon Delight		
Big Book Review			Promises Group			Tuesday Nite Beginners AA		
Bodega Bay Fellowship			Quitting Time Group			Tuesday River Discussion		
Breakfast Club			Redwood Winners			Up Group		
Came to Believe Group			Round Barn Big Book Study			Up The Steps		
Cloverdale Fellowship Hall			Round Table Discussion Group			Warm Springs Fellowship @ Mt. Vista Farm		
Early Bird Fellowship of Petaluma			Saturday AM Fellowship			Wednesday Night Men's Stag		
Expect A Miracle			Saturday Men's Meeting, Healdsburg			Wednesday Wonders		
Fourth Monday			Saturday Morning Beginners			We're In The Now		
Friday Nooners of AA			Saturday Night Living Right			Womens Growings Pains of Alcoholics		
Gay Newcomers Group			Saturday Serenity			Women's Perspective AA Group		
Good Neighbors, Geyserville			Sebastopol Men's Stag			Womens Step Study & Discussion Group		
Graton Fellowship			Sebastopol Step Study Group			Women's Step Study, Sonoma		
Gualala Group			Serenity Fellowship Hall			Working Winners		
Happy Hour Group			Sharing & Caring			Young & Young At Heart		
Healdsburg Sunday Morning AA			Simply AA			(group name not on check or money order)		
Here and Now			Single Purpose Group			(group name not on check or money order)		
Hessel Big Book Study Group			Sober Sunday Group			Total		

NOTICE FROM THE INTERGROUP CENTRAL SERVICE COMMITTEE

On July 10, 2006, the ICSC met to discuss a deficit in the SCIF Bookstore accounts. The Bookstore has posted losses in the past, but the shortfalls have previously been recovered within one or two months. That has not been the case this year.

Following a thorough debate of all aspects of the problem, the ICSC approved by

majority vote a slight increase in the prices of our most basic texts. This increase is scheduled to take effect on September 1, 2006.

Larry O., Senior Member, ICSC

HOSPITALS AND INSTITUTIONS

"Though the variations were many, my main theme was always 'How godawful I am!' just as I often exaggerated my modest attainments by pride, so I exaggerated my defects through guilt. I would race about, confessing all (and a great deal more) to whoever would listen. Believe it or not, I took this widespread exposure of my sins to be great humility on my part, and considered it a great spiritual asset & consolation!"

"But later on I realized at depth that the great harms I had done others were not truly regretted. These episodes were merely the basis for storytelling & exhibitionism. With this realization came the beginning of a certain amount of humility." [Bill W., Grapevine, 1961]

Many new meeting reps introduced themselves at the July 5 meeting of the Hospitals & Institutions Committee. These included John, representing "The Best Damn Meeting Ever"; Megan, The Graton Fellowship; Alex, "Any Lengths Group"; Eric, "Working Winners"; Nicky, "Shakers Group"; John, "Sunday Morning AA"; and Daniel, "Crossroads." Sherry, Kristen and Matt were our honored visitors.

Among those celebrating July sobriety birthdays were Ben C., with 15 years; George, 14; Karen 8; Keith, 4; David K., 31; Nick, 1; Carmen, 18 and Jeff, 5 months. Looks like service is the key to sobriety—keep coming back!

Jeremy, our five-minute speaker, grew up (as did many of us) in an alcoholic family. Once he discovered AA, he was able to break away

(Continued on page 7)

Happy Trails

The Happy Trails hike for August is at Bodega Head from the "parking lot by the cliffs" to the junction with Salmon Creek/Bodega Dunes loop trail and then to the beach.



It is a medium strenuous hike of about 4.5 miles with a bit of up and down over dunes.

Bring water and a lunch and get out for a beautiful hike.

We meet at the SCIF Bookstore at 10:00 AM on Sunday, August 27th.

Lloyd

 SCIF CALENDAR • August 2006 						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SCIF Bookstore750 Mendocino Ave. Suite 10 Faith Lutheran Church.....4970 Newanga Ave. St. Luke Lutheran Church.....905 Mendocino Ave . S.R Senior Center704 Bennett Valley Rd. S.R. City Hall Employee Lounge...First St. and Santa Rosa Ave.			Hospitals & Institutions S.R. Senior Center 5:30 New Rep Orientation 6:00 Business Meeting			
SOCYPAA 1551 Montgomery 7:15 Business Mtg.	General Service Faith Lutheran Church 6:45 Service Manual Study 6:45 New Rep Orientation 7:30 Business Meeting		PI/CPC S.R. City Hall 7:00 Speaker Training 7:30 Business Meeting	Access Sonoma County SCIF Bookstore 6:30 Meeting		
	SCIF Bookstore 6:00 Teleservice Meeting 7:00 ICSC Meeting 8:00 Intergroup Steering Committee Meeting	Bridging The Gap SCIF Bookstore 6:30 New Rep Orientation 7:00 Business Meeting	Newsletter 6:30 SCIF Bookstore			
SOCYPAA 1551 Montgomery 7:15 Business Mtg.		General Service District 12 Officers Meeting 6:15 SCIF Bookstore				
Happy Trails 10:00 SCIF Bookstore	Intergroup St. Luke Lutheran Church 7:30 Newsletter Collating 7:30 New Rep Orientation 8:00 Business Meeting					

Link Found Between Getting Drunk and Falling Down

Researchers at the Wake Forest University School of Medicine claim to have found evidence linking fraternities/sororities and drinking, to an increased risk of injury.



The research shows that students who belong to a fraternity or sorority and who get drunk at least once a week are five times more likely to fall from a height, and two and a half times more likely to experience a burn, than students who do not belong to a fraternity or sorority and who do not get drunk.

The researchers also found that female pledges and members who got drunk weekly had more than twice the risk of being sexually assaulted than non-Greek students who did not get drunk weekly.

The study involved 10,635 students at 10 North Carolina universities in the Fall terms from 2003 to 2005.

Mary Claire O'Brien, M.D., assistant professor of emergency medicine and public health sciences at WFUSM presented the findings at the annual meeting for the Society for Academic Emergency Medicine in San Francisco on May 18, 2006.

The study is part of the \$4.1 million Study to Prevent Alcohol-Related Consequences.

Source: www.wfubmc.edu/News/NewsArchive.htm -May 18, 2006

Intoxication Affects Ability to Pay Attention

A new study indicates that people who are intoxicated are twice as likely not to notice a person in a gorilla suit than are people who are not under the influence of alcohol.

The study appeared in the June issue of the Journal of Applied Cognitive Psychology and is the first to show visual errors caused by "inattentional blindness" are more likely to occur under the influence of alcohol.



The study took place in a "bar-like" setting, where 46 adults from 21 to 35 years of age were told to watch a 25-second film clip of people playing ball and count the number of times the ball was passed from one player to the next. During the clip, a person in a gorilla suit appeared, walked around, beat its chest, and then walked off-camera.

Half of the subjects had been given sufficient alcohol to raise their blood alcohol levels to 0.04 while the other half were given drinks containing no alcohol.

Of the subjects who were given liquor, only 18% said they noticed the gorilla while 46% of the sober subjects reported seeing it.

The study, conducted at the University of Washington, was funded by the National Institute of Alcohol Abuse and Alcoholism.

Source: www.uwnews.org -June 29, 2006

Unless someone like you cares a whole awful lot, nothing is going to get better. It's not.

~Dr. Seuss

Wanna fly, you got to give up all the shit that weighs you down.

~Toni Morrison,
Song of Solomon

Before you criticize someone, you should walk a mile in their shoes. That way, when you criticize them, you're a mile away and you have their shoes.

~Author Unknown

Normalcy (Continued from page 4)

them and are constantly striving to do something constructive to control these emotional problems. Through discipline and constant vigilance, the aggression, self-pity, remorse, resentments, hate, guilt, intolerance, and selfishness give way to a positive, objective approach.

We have to live with others in AA as well as on our job. The new member should accept or reject the philosophy of others with an impersonal attitude. The expression, "Everyone is entitled to his or her opinion" is a very good one. We can air our beliefs and feel a part of the AA program by so doing. This being the case, we cannot afford to evaluate a person according to his or her philosophy.

Sincerity is the hallmark of quality in AA. If the new member is sincere in his desire to overcome excessive drinking and destructive thinking, then some of the above situations should not become a burden to him. He will stay sober in spite of his changing position. He will accept his changing attitude as moral and spiritual strength and continue to grow in this wonderful program.

The AA program is for you. Know your needs and meet them with AA's never-ending supply of wholesome guidance.

Sgt. Bill
San Antonio, Texas

Submissions for next month's news should be in before the 16th.

H&I (Continued from page 6)

from that early influence and found his "calling"—service in H&I. He has been in service during most of his recovery and feels that he has been given his life back. For him, service can mean the difference between life and death. He knows that whatever his problems may be, he can find solutions in AA.

Would you like to share the solutions you've found in AA? Perhaps service in H&I is for you. Why not find out by showing up at the next meeting of the committee on Wednesday, August 2? The location is the Santa Rosa Senior Center on Bennett Valley Road and Rutledge Drive (1 block east of Santa Rosa Avenue.) The time? 6:00 p.m. for the regular meeting, with orientation (to which all are welcome) beginning at 5:30. Hope to see you there!

In service,
Mardi

NEW MEETINGS

Petaluma

Sat 8:00 PM (O)(W) Last Chance
Alano Club 221 Water Street

Santa Rosa

Mon 7:30 PM (O) Grateful Glutton Group
Knox Presbyterian 1650 W. 3rd St.
Church

Sonoma

Sat 4:30 PM (O)(W) Young People's Meeting
Fellowship Hall 276 E. Napa St. (In back)

MEETING CHANGES

Petaluma

Tue 7:30 PM (O)(W) Birthday Meeting
Last Tuesday Kenelworth School
800 Riesling Road

NO LONGER MEETING

Santa Rosa

Wed 6:30 PM Steps To Serenity
Wed 7:00 PM Backwoods Book Study
No more weekend meetings at the Light,
525 5th Street:

Sat 12:15 PM The Light
Sat 8:00 PM Light Birthday Meeting
Sun 4:00 PM Women's Meeting

MEETING CODES

- (C) Closed meeting, alcoholics only.
- (O) Open meeting, anyone can attend.
- (W) Wheel chair access to meeting area.

*To report meeting changes:
Contact Russell*

**Unity Day is on its way
We need volunteers today!**

**IT ALL HAPPENS IN NOVEMBER. TO SIGN
UP, TALK TO YOUR INTERGROUP REP.**

Gloria's Corner

We need HELP!

Mondays 2—6 P.M. every other week &
Fridays 10 A.M.—2 P.M. every other week.

The Archives are all up and working
at the Central Office – GSO, Intergroup,
and H&I. It looks great.

Anyone with old meeting schedules,
etc. Please bring them in so we can display
them.



*Thank you,
Gloria*

ADDRESSES

Sonoma County Intergroup Fellowship

750 Mendocino Ave. #10
Santa Rosa, CA 95402

Sonoma County General Service

PO Box 536
Santa Rosa, CA 95402

Area 22 H & I Treasurer

PO Box 192490
San Francisco, CA 94119-2490

General Service Office

PO Box 459, Grand Central Station
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

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:

Memorial Day	May 29th
Independence Day	July 4th
Labor Day	September 4th
Thanksgiving	November 23rd
Christmas	December 25th
New Year's Day	January 1st

CONTACT INFORMATION

Newsletter/Web: Dave H. aa.news@dslextre.me.com
Meeting Changes: Russell

Sonoma County General Service

DCMC: Margrete V.
Alt. DCMC: Kenin H.
Registrar: Chris B.
Archives: Cory B.
Grapevine Rep: DJ S.
Literature: Ken M.
Newsletter: Bill K.
Bridging The Gap: Bob F.
PI/CPC: Yannick W.
Recording Secretary: Donna K.
Treasurer: Vinny M.

Hospitals and Institutions

Chair: Kelly T.

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