



SONOMA COUNTY INTERGROUP
FELLOWSHIP
NEWS



VOLUME 100, ISSUE 12 DECEMBER 2005

S.C.I.F. Presents:
The

New Year's
Dance

Saturday, December
31st, 2005



MEETING: 7:00PM
SPEAKER: JOE G.
FROM MARIN COUNTY



DANCE: 9:30PM-MIDNIGHT
SUGGESTED DONATION
\$10.00

DJ & Band

Featuring "Bluesomatic"

SANTA ROSA VETERAN'S
MEMORIAL HALL

° AUDITORIUM ° 1351 MAPLE AVENUE °
SANTA ROSA, 95404



VOLUNTEERS NEEDED!!!
CALL CRAIG G. (BATMAN)



January Seminar

Do you have questions about sponsorship? Are you a sponsor and need some advice? Are you a sponsee that wants to know how to deal with your sponsor? Are you curious about sponsorship in service? Have you thought about the spiritual side of sponsorship? January's seminar will be addressing these issues and more.

It will held on Saturday January 21st at 3pm til 5pm at the bookstore on 750 Mendocino Ave. Santa Rosa. Bring your questions and notepads, this should be a very informative session for all.

For more information or to volunteer call Susy

H & I

"A.A. is more than a set of principles; it is a society of alcoholics in action. We must carry the message, else we ourselves can wither and those who have not been given the truth may die." [AA Service Manual]

Carrying the message from H&I back to their groups this month were new meeting reps Tom (Armory Group), Kelli (Early Birds Group), Robert (Daily Reflections Group), Jeannie (Women's Perspective Group), Justin (Higher Power Group), Frank (Saturday Night Living Right Group), Ron (Light Lunch Group), Vera (Women's Tuesday at Noon Group), and Dennis (Saturday Afternoon Winner's Group). Welcome to all!

We also said a big H&I hello to visitors Barbara, John, Laura, Bridgette, Dave, Pete, Duane and Mike.

Celebrating almost 50 years of sobriety for the month of November were Valerie, with 3 years; Ron, 3; Tom, 5; Jim, 14; Alex, 4; Kenneth, 5; Judy 6 months and David, 15 years. You all have something to be grateful for.

In her 5-minute share, Margie A. told us of her beginnings in H&I and how much service has meant to her over the years. (cont. on pg. 2)

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The Buffalo Theory

"Well ya see, Norm, it's like this... A herd of buffalo can only move as fast as the slowest buffalo. And when the herd is hunted, it is the slowest and weakest ones at the back that are killed first. This natural selection is good for the herd as a whole, because the general speed and health of the whole group keeps improving by the regular killing of the weakest members. In much the same way, the human brain can only operate as fast as the slowest brain cells. Excessive intake of alcohol, as we know, kills brain cells. But naturally, it attacks the slowest and weakest brain cells first. In this way, regular consumption of beer eliminates the weaker brain cells, making the brain a faster and more efficient machine. That's why you always feel smarter after a few beers."

— Cliff C.

(H&I cont. from front page)

Looking for a way to give back to AA? Why not check out the Hospitals & Institutions Committee? All are welcome at the monthly meeting—the next one will kick off the New Year on Wednesday, January 7, 2006, at the Santa Rosa Senior Center located on the corner of Bennett Valley Road and Rutledge Avenue (1 block east of Santa Rosa Avenue). The orientation/information meeting gathers at 5:45, followed by the regular meeting at 6:15. Come on down and bring a friend!

In service,

Mardi

I. History of AA in Institutions

Hospitals (discuss how important hospital contacts are to 12th step wk)

1. St. Thomas Hospital (Akron)

a. Bill D. (AA number 3) (bars didn't work for Bill W!)

b. Sister Ignatia (aided in hospital visits)

(good aside here: AA Cleveland LEFT Oxford group over difficulties with catholic hospital among other things, concern over evangelism of O.G. – not catholic!)

2. First Hospital Group in Brooklyn founded May, 1944

3. Akron Hospital Contact Program in place by 1945

(mention that local AA groups started own H&I programs, which are NOT General Service)

Early Prison Work

1. Clinton Duffy, San Quentin Warden

a) First Maximum Security Prison AA Meeting, March 1942

b) Bill W. Addresses 420 inmates, Nov 28, 1943

c) Walkill Prison (NY) first group 1945

d) Utah State Prison 1946

(great quote: first volunteer to NYC prison system in 1951, asked by warden how many alcoholics he could save if he had access to them, replies "One man, sir"... didn't mention it would be HIMSELF!)

2. Northern California Council of Alcoholics Anonymous

a) Founded 1948 to select delegate to the First G.S. Conference

b) Coordinate activities of AA in Institutions, incl. S.Q. Prison

c. AA Pamphlet "AA in Hospitals and Prisons" published

Coordinating This Work

A. Inter-group's first 'link' to Hospitals and Institutions

(NY Intergroup serving this function by 1947)

B. 1951 – 62 Hospital Groups and 102 Prison Groups. No Coordination

C. 1953 – 3rd GS Conference reports 101 Hosp gps/ 180 prison groups. Recommends Local Groups provide contacts –(spread of H & I)

D. by 1954 there was a full-time "Institutions Secretary"

E. 1977 – GS Conference recommended 2 committees: Corr/Treat Fac. (dividing the work of the "institutions secretary")

F. 1978 – Dr. John Norris publishes paper "Bridging the Gap"

G. 1979 – Each Committee (corr/treat) published it's own pamphlet

H. 1981 – Grapevine Article, "Bridging the Gap"

I. 1990 First Bridging The Gap Workshop Weekend

J. 1991 – Conference recommends publication of "BTG" pamphlet

Elder Statesmen or Bleeding Deacons?

Being in a general service position for awhile, has been a real eye opener for me. I was told when I volunteered by a member of my fellowship that at the level I was, the position was mainly political, and that I would "stir up the muck" quite nicely. When she said the word "political" my ears had perked up, mainly because I have never been too fond of politicians, and believe that politics and spirituality do not mix. This person assured me that, having held the same position I now occupied, some years earlier herself, she had seen and heard things that she had not thought could possibly have existed in our beloved fellowship. I did not give much thought to what she said at the time, because I was so excited at the prospect of doing service at this level. Even so, I took the position with an open heart and mind.

What I found was this: I can be judgmental of people instinctively, and even when I am making an effort not to be. I say this because I found that even though we call ourselves a "fellowship" (which Webster's new world dictionary defines as a "mutual sharing as of experience, activity, interest, etc.") we are, at the upper levels of service, also an organization. (a group of people organized for a specific purpose.) I felt the need to look up the definition of these words, because it seemed to me that some of the events I witnessed at the upper levels of service seemed to be in direct conflict with our first tradition, which states that our leaders are but trusted servants they do not govern.

Upon closer examination, I found that for the most part there is a general consensus of cooperation and goodwill between our trusted servants, but it also seemed as if I was noticing that some of these well-intentioned folk had seemed to have forgotten where they came from, in that they always seemed to be the voice of dissent in an otherwise

peaceful setting. The tell tale signs almost always manifested themselves in the same manner. Criticism cloaked in the guise of respectability, with an undertone of hostility; the demand that their way was the right way and the attitude and action of placing one's own ideas in place of a group conscience or a principal.

I tried very hard to be fair and impartial, but a few individuals, some whom I had known from my home group continued to press their ideas of how things should be done onto the group, even when the problem at hand was nowhere remotely connected to their area of service. I saw people with multiple years of recovery act as if any decision made regarding anything which was *not* aligned with their particular view, was an affront to them personally.

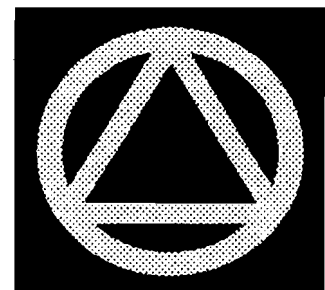
I saw people who are supposed to be spiritual act in irritability, discontent, and downright anger when they felt their transparent need to control threatened. At the same time I also saw a group of people who were not at the upper level of service demonstrate what we hear time and time again in meetings; If we humble ourselves and let God handle things all will be well. There is a reason for a group conscience, and that reason is in keeping with the action of ego puncturing that has to happen in order for recovery to begin. If I have no acceptance of decisions made that I do not agree with, then I probably won't stay sober. If I feel that it's "my way or the highway" I'm sure won't stay sober.

And if I don't agree with a group conscience with unconditional regard, then I'm only building a resentment, which will eventually lead to my imbibing again. I've come to believe that I am powerless over people, places, and things.

I no longer belong to the debating society. And most importantly, I do not, cannot, or will not take myself too seriously, unless I want to drink again, and I believe that if I drink again, I will die. I guess the message I would like to send to my brothers and sisters in service to our fellowship is this; the next time there is a problem when you feel as if your idea about fixing something is not acted upon, or your ideas about improving upon what is already in place are not implemented, ask yourself this: Am I really in charge here? Am I so rigidly righteous that I cannot be wrong? Would I rather be right or happy? Do I like it when people are rude, sarcastic, or hostile to me when I don't agree with them? Am I following the principals of the program? And most importantly, "what would the master do?"

These are questions which, when reflected on, will bring us back into alignment with what God's will for us really is, namely to love and serve Him, love and serve others, and love ourselves. These are principles which work, and we only edge God out when we insist upon our way being the only way and/or the right way. When we take ourselves too seriously we lose sight of our primary purpose, and begin to take control again. We forget we are powerless and our disease begins to take over. It is only when we admit our powerlessness, work the steps with a sponsor, and immerse ourselves in the fellowship in a spirit of cooperation and consent rather than dissent, does humility begin to grow. And humility is the beginning of a relationship with a kind, loving God who will relieve me of any obsession whether it be the need to drink, or the need to control others.

Submitted in a spirit of love by Ray T



Financial Reports

	Month of:			Year to Date		
	Income	Expense	Net	Income	Expense	Net
Central Office						
Groups						
Individuals						
Teleservice						
Web Site						
Newsletter						
Interest						
Subtotal						
Bookstore						
Activities						
Alkathons						
Seminars						
TOTAL						

Assets&Liabilities		
Cash in Bank & Petty Cash		Memo: Cash in Bank & Petty Cash Prudent Reserve Liabilities Total (unassigned funds)
Prepaid Expenses		
Liabilities		
Subtotal		
Literature Inventories		
Property		
Total Assets & Liabilities		

FROM THE BATCAVE

December is here, December is here!! Again reminding all of you calendarly challenged (yes I just made that word up) what month it is.

So, you're pretty new to sobriety, but made it through Turkey day without a drink. But oh no! Not the holiday with the fat man in a red suit!! Its ok, you can it make it through this one too. Santa Rosa hosts some great Alkathons that I'm sure are posted somewhere in this newsletter. At those, you can enjoy hanging out with your sober friends, have meetings around the clock, good food, fellowship, support, and sobriety. So, go check those out.

What about New Year's Eve you ask? Well, they have Alkathons for that too. But be sure that night to first head on over the Vet's Memorial Center in Santa Rosa, (That really big building just on the other side of Highway 12 *IN SANTA ROSA*, opposite the fair grounds.) for the annual New Year's Eve dance. The meeting goes from 7:00 to 8:00 PM and I've got a great speaker, Joe G. who's coming up from Marin, he must have at least 20 years plus. The Dance starts at 8:30 PM and goes till midnight the next year. (Wow, that's a long dance!!!)

This is one of our biggest dances all year. If you thought the Halloween dance was fun, well you're in for a treat, not only is the band, "Bluesomatic" returning to play for us along with me DJ'ing, but if you haven't been to this dance, it's huge!!! It is the New Year's party that you always dreamed of when you were out there, but that never happened because by midnight, you'd already blacked out, wet your pants, and got in a fight, and later got popped for a D.U.I.

But in order to pull this big shindig off, I need volunteers big time!!!! This dance takes lots, and I mean lots of volunteers. I need people to help with setup, and cleanup. I need people who want to blow up balloons, hang lights, decorate, make coffee, etc. etc... We get to start setting up at 12:30 in the afternoon. So come early and help get it all going, then you can go home and get all snazzied up for the dance.

Speaking of volunteers, let me thank the ones who helped with the Halloween dance before I sign out. I'd like to thank the people from "A step up", from "Turning Point", and the many others for helping with setup. Again I'd like to thank some of my regular helpers, Rochelle & Toby, for coordinating setup, Jason C. for coordinating cleanup, and along with Jake, Brian B., Rob S., Jessica S., Jolie B., Larry O. and many others whose names I don't recall at the moment. Thanks to you, we had a wonderful dance.

So, please call me to volunteer for the New Year's Dance. We will need lots of you.

Talk to you next year. (I always like saying that, it sounds so far off, but it really isn't, get it?)

October 24, 2005

Meeting was opened with the Serenity Prayer
Readings: Tradition 10: Brian Preamble:
Bob Concept 10: James

Introduction of new representatives to Inter-
group: Tim P. of the Promises Group in Sebastopol

Hans B. of the Tuesday Guerneville River Group-
Phill C. of the 11th Step Petaluma Group

James D. of the Yulupa Lodge Santa Rosa Group

Steve of the Monday Thanksgiving Group

Dawn of the Simply AA Group

Jess of the Breakfast Petaluma Group

Tom H. (To Be Named Group) Thursday @
6:00PM

Jery of the Tuesday, Doyle Park Group

Carol . of the Friday Nooner Group

Karen of the Saturday Night Live Group

October Birthdays: Jerry with 21 yrs, Jan
with 3 yrs, Cheryl G. with 1 yr, Craig with 17
yrs

Review of September minutes, two correc-
tions made to Susy (Seminar Coordinator's
telephone number which is: 707-546-4623
and to the abbreviation of Sonoma County
Young People in AA – SOCYPAA. Minutes
were then accepted by the group.

Registrar: Deborah: Computer database on
line. New representatives need to fill out
paperwork.

Erin B. accepted open interim position as
Intergroup Secretary

LIAISON REPORTS

H&I Report: Mark V. reminded folks that
H&I meets on the first Wednesday of each
month with an orientation for those inter-
ested in this service commitment taking
place at 5:45PM, followed by the business
meeting.

General Service Report: Kenin H. reported
that as the current panel comes to its mid-
point of a two-year term, District 12/ So-
noma County is preparing to take a district
inventory in November. The purpose of the
inventory is to evaluate how well we are
fulfilling our primary purpose which is to
help the still suffering alcoholic. Brian F. of
San Francisco will be facilitating the process.
Also next month, CNCA will be taking their
mid-term inventory. This will take place at
the Fall Assembly in Vallejo, November 12,
2005. Kenin reminded everyone of Unity
Day on November 5th, 2005 at St. Mark's
Church on Mayette in Santa Rosa. Everyone
was encouraged to invite members who may
not yet be in service. After the devastation of
Hurricane Katrina communications from

concerned A.A. members have poured into the
General Service Office in New York. Members
are being encouraged to contact local offices in
the affected areas before sending literature, as
some offices have lost much of their storage
spaces. General Service al wants to assure
members that because of continued contributions
they have been able to provide complimentary
literature whenever there is a need due to any
type of emergency.

PI/CPC Report: Dave encouraged anyone want-
ing 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. He ex-
plained the function of the group is 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: Susy reported the purpose of
BTG is to introduce the newly released residents
of treatment facilities to AA in their local com-
munity. They use a list of AA volunteers to coor-
dinate with newly released AA newcomers and
take them to their first meeting. All that is re-
quired 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. Four presentations were
given last month there were 11 local requests, 20
Out of District 12 and 15 Out of Area 6 for a
total of 46 requests. BTG is currently in need of
a recording secretary if anyone is interested in
that service position.

Intergroup Chair: Bob reported that elections are
coming up the 1st of the New Year. Flyers will be
distributed from the 20th Annual Seminar on how
to set up new meetings and will be available at
the Bookstore.

Vice Chair: Steve B. reported that 4 new reps
were at orientation and that they need to fill out
information sheets. Come to orientation at
7:30PM next month.

Treasurer: Bob filling in for Tom directed every-
one to the monthly financial report in the News-
letter and gave a detailed explanation the fi-
nances. He is available to discuss Intergroup
finances by home phone as noted in the Newslet-
ter or by cell phone: :

Bookstore: Gloria reported that a volunteer is
needed the last Saturday of every month from
11:00AM to 3:00PM. She brought up sending
\$400 in either books/materials and/or money to
AA groups affected by the hurricane damage in
Gulf Coast. Also new brail books are available at
the Bookstore thanks to a donation made from
Azure Acres.

Outreach: Maurice reported finding new
"homes" to hold AA Meetings. Canvassed new
groups to see who has Intergroup reps active at

their meetings. He has made a list of those
groups still in need of intergroup reps and
he is doing some promoting at meeting
level for all groups to have a representa-
tive.

Activities: Craig promoted the Halloween
Party to be held on October 28th 2005.
Speaker was coming up from Marin
County-same band that played at the last
dance, with prizes being given out for
creative costumes. He is working on the
New Years Dance that will be held at the
Veterans Center on December 31, 2005.
He is in need of volunteers for several
positions of setting up and clean up. There
will be flyers available soon that will have
his telephone number for contact.

Seminars: Susy stated that the next semi-
nar will be held on the 3rd Saturday of
January 2006. She is looking for topics
from anyone who would like to contribute
ideas.

Alcathons: Brian reported that the Thanks-
giving Alcathon will be held at 525 5th
Street Light on Wednesday November 23rd
and Thursday, November 24th. It starts at
6:00PM on Wednesday with the last meet-
ing at 8:00PM Thursday night. Volunteers
are needed from different groups and you
can find his telephone number in the or-
ange flyers to contact him.

Teleservice: Dave L. indicated that cur-
rently all shifts are covered. If interested
please show up for the committee meeting
on November 14th at 6:00PM. The commit-
tee needs some new volunteers to get in-
volved though-especially 12 step volun-
teers that are willing to open time slots.

Newsletter/Communications: Maurice
gave the report. Dave L. is handling the
website. Format of the Newsletter will be
published with larger font.

Group Concerns: Petaluma Fellowship
Hall reported that almost all of the meet-
ings formerly held there have found new
meeting locations in Petaluma. October
14th is the last day meetings will be held
there. Larry shared that 29 meetings in
Petaluma are brand new, 2 have closed. All
meetings have times and locations now
and the schedule is accurate reflecting
these changes. DCM has been supportive
of these changes. Dave L. has accurately
entered these new meetings on the web
site. The Bookstore has an accurate and up
to date list as well.

Old Business: Brian and Craig from SO-
CYPAA (aka people with room to grow)
announced on behalf of SOCYPAA that
they would like to liaison formally with
Intergroup. This motion was brought up

December 2005

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5 General Service 6:45 Service Manual / New Rep Or. 7:30 Bus. @ Faith Lutheran	6	7 H&I 5:45 New Rep 6:15 Bus. @ Senior Ctr.	8	9	10
11	12 SCIF 6pm Teleservice 7:15 ICSC/ 8pm Steering Committee	13	14 PI/CPC 7pm Training 7:30 Business SR CITY HALL	15	16	17
18	19	20 Bridging the Gap 7pm Bookstore	21	22	23	24
25	26 Intergroup 7:30 New Rep 8pm Business	27 General Service 8:15 Dist 12 @ SCIF Bookstore	28	29	30	31 BOOKSTORE INVENTORY HELP WANTED



AA Hotline/Teleservice

Scheduler: Dave L.

12 Step Coordinator: James C

Santa Rosa Hotline: 544-1300

Long-Distance: 800-224-1300

Petaluma Hotline: 7625122

Sonoma Hotline: 938-2027

Spanish Hotline: 545-7417

Intergroup Officers

Chair: Bob K

Vice-Chair: Steve B

Secretary: Erin B.

Treasurer: Tom R

Registrar: Deborah P.

Intergroup Chairs / Committees

Activities: Craig G

Alcathons: Brian A

Hotline: David I

Outreach: Maurice

Seminars: Susy

Newsletter: Charles W.

New Meetings

Santa Rosa

'A Vision For You' (O) (W)

Thursday 12:15

1355 Industrial Dr..

Cloverdale

'Sisters in Step' (C) (W)

Tuesday 6pm (no court papers signed)

208 N. Commercial

Meeting Changes

Windsor

'Steps in Windsor'

Tuesday @ 7:30pm

Moving to
8400 Old Redowwd Hwy.



*For Meeting Changes *

Contact Russell

LOOK ON-LINE @

www.sonomacountyaa.org



Gloria's Corner

We now have in stock a lot of things that will make great xmas gifts. Come check them out. We want to thank the Petaluma fellowship for the cases given to the bookstore. They will come in handy. There's an opening the LAST SAT. of each month. Thank you, GLORIA.

CONTACT INFORMATION

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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 94118

Sonoma County PI/CPC*

PO Box 11350 Santa Rosa, CA 95406

SCIF BOOKSTORE

750 Mendocino Ave., #10 Santa Rosa, CA 95402

707-546-2066



Newsletter Editor Charles W.

Directory Changes: Russell

Sonoma County General Service

DCMC: Margrete V.

Alt. DCMC: Kenin H.

Registrar: Chris B.

Archives: Cory B.

Grapevine: DJ S.

Literature: Michael Q.

Newsletter: Bill K..

Bridging the Gap: Bob F.

PI/CPC: Yannick W.

Recording Secretary Donna K.

Treasurer Vinnie M.

H & I Kelly T.

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