

**Ponder This**  
**Carrying The Message And Passing The Buck**  
**Listen**

An article by Bonnie-Jean K.  
 An article by Bob K.  
 A poem by Donna E.

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sonoma county  
**Intergroup**  
**Fellowship**

**NEWS** DECEMBER  
**2006**

Get the latest meeting listings, upcoming events, and more, at [www.SonomaCountyAA.org](http://www.SonomaCountyAA.org)

## Top 10 Reasons NOT to Go To Alkathons

1. There's a Twilight Zone Marathon on channel ... uh ... What channel was that?
2. I promised Mom I'd call her.
3. I'm trying to lose weight, and there might be too much food there.
4. Everybody is too happy at those things.
5. That blonde from the bar might call.
6. That brunette from the bar might call.
7. That guy from the bar might call.
8. I need to clean up this place first, in case somebody comes over.
9. I don't even know most of those people.
10. I don't know ... I just don't feel like being around all those people.

Well, clearly, those are some fine reasons, and it's hard to argue with anyone who might put forth such well-considered justifications.

But if you've already seen every Twilight Zone episode ever made, and already talked to every blonde in every bar on the West coast, or if you're just plain brave enough to risk being around all that food and all those happy people, then join us at the Fifth Street Light!



**Christmas**  
**Dec 24, 6 PM to**  
**Dec 25, Midnight.**

**New Years**  
**Dec 31, 6 PM to**  
**Jan 1, Midnight.**

525 Fifth Street  
 Santa Rosa

**Don't be alone!**

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### Gratitude For Unity Day

Unity Day was wonderful. A most sincere "Thank You" to all who gave their time, money, goods, great desserts, passion. Without your hope, love, and charity this even could not happen. Thank you to all who attended.

Thank you to the Westview Christian Church and Pastor Rod B, via Winnie B. (liaison), Larry and Sue N. (members), and Linda B. (secretary) for a fantastic venue.

Special Thanks for:  
 Publicity: Rory B., Dave H., Gloria P., Tim P., and John S.

Food: Jeff G., Jeff S., Rafael G., Cam F. Linda, Sarah S., Judy H., Thea, Joanne, Michael, and Lynn.

Beverages: Rick S., Jolie B., SOCYPA, and Larry F.

*(Continued on page 7)*

## New Year's Eve Dance Extravaganza



2006 is wrapping up quicker than a hungry coyote after a fat jack rabbit and that means its time for the craziest shindig of the year--the New Year's Eve Dance Extravaganza!

Mark the old PDA's for 8PM on Dec. 31st for AA speaker Claude of San Francisco with a balloon drop at midnight with DJ Herman busting out the tunes for the dance from 9:30 - 12:30 AM.

Think red carpet, limousines and paparazzi! Suggested donation is \$10. Volunteers are needed!

Speaking of volunteers--a big thanks to all those that helped out at the Halloween Dance--Jeff and Preston at the door, Rich in the kitchen, Ria and Marjorie with the decorations, A Step Up with clean up, Ken and Casey with beverage transportation, Dennis with ice detail, and every other alcoholic that stepped up and lent a hand! And if you missed our speaker Carla from Petaluma then you missed out on

*(Continued on page 4)*

**Dec 31**  
**8:00 PM, Speaker**  
 Claude from San Francisco  
**9:30 PM-12:30 AM**  
 Dance!  
**Veteran's Memorial Bldg**  
 1351 Maple Avenue  
 Santa Rosa

# October 2006 Sonoma County Intergroup Fellowship General Meeting

Meeting opened with the Serenity Prayer

## READINGS:

Tradition 10: Mark  
Preamble: Gary  
Concept 10: Jeff

## INTRODUCTION OF NEW REPRESENTATIVES:

Tom S. — Early Birds 6:30 AM, Daily, Petaluma  
Sandy W. — Step Study 6:30 PM, Tues,  
Santa Rosa  
Kristie S. — Friday Nooners 12:15 PM, Fri, Santa Rosa  
Anthony M. — Young and Young at Heart 8:00 PM, Wed,  
Rohnert Park  
Patrick H. — Big Book Review 7:30 PM, Sun,  
Santa Rosa;  
Tim G. — Round Table Discussion 8:00 PM Thu, Santa Rosa  
Jim R. — Sonoma Valley Fellowship  
Jon S. — Afternoon Delight 12:15 PM, Tue, Rohnert Park  
Linda F. — Women's Step Study and Discussion 7:30 Wed,  
Santa Rosa  
Barbara F. — "Signs of Sobriety" 5:30 Fri, Santa Rosa  
Nick R. — PI/CPC Meeting 7:00 PM, Wed, Santa Rosa

## OCTOBER BIRTHDAYS:

Rachel P. 1 Yr.  
Gary W. 18 Months.

## LIAISON REPORTS

**H&I Report:** Mark V. reminded folks that H&I Representatives meet on the first Wednesday of the month at the Senior Center. A new rep. orientation, for those interested in this service commitment, takes place at 5:30PM, followed by the business meeting at 6:00PM. The 36<sup>th</sup> Annual H&I Conference will be held in Petaluma on April 13, 14, 15<sup>th</sup> 2007. See Flyer for additional Details.

**General Service:** Kenin H. reported General Service Representatives from our area, California Northern Coastal Area 06, will be electing Area officers at the Election Assembly in Antioch on Nov.4, 2006.

Also, our district will be holding elections in November and December at the monthly business meeting held on the

first Monday of the month at the church on Newanga in Santa Rosa.

**PI/CPC Report:** Nick R. filled in for Dave R. Nick encouraged anyone wanting to be of service to this committee, that they meet the 2<sup>nd</sup> 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.

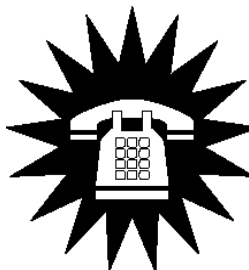
**Bridging The Gap:** Silvana B. reported for Carolyn A. The purpose of BTG is to introduce the newly released residents of treatment facilities to AA in their local communities. They use a list of AA volunteers to coordinate with newly released AA newcomers and take them to their first meeting. All 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 3<sup>rd</sup> Tuesday of the month at the AA Bookstore at 7:00PM. In August we had 32 requests. Four presentations were given.

**SOCYPAA:** Gary W. filled in for Larry C. stated the next major event for SOCYPAA is the third "Annual Marine World Trip" on October 7, 2006-see flyer. SOCYPAA will be competing to bring ACYPAA Conference to Sonoma County. "Children of the Corn" presented by SOCYPAA was a great success. SOCYPAA business meetings are listed in the Newsletter Calendar.

**Access Sonoma County:** Diane W. reported that ASC meets at the 2<sup>nd</sup> Thursday of the Month at 6:30 PM at the Bookstore. If you have questions or input, join us at the meeting or call Diane at 526-1466. Survey forms will be available at Unity Day for which meetings are wheelchair accessible and have child care or are child-tolerant.

*(Continued on page 3)*

<b>INTERGROUP OFFICERS</b>			TELESERVICE	Stephen I.	843-0967
CHAIR	Bob K.	578-4877	<b>AA TELESERVICE</b>		
VICE-CHAIR	Tim P.	823-4526	PHONE LINE COORDINATOR	Dave R.	538-3212
SECRETARY	Bob P.	538-3169	12 STEP COORDINATOR	James C.	546-4623
REGISTRAR	Susy E.	546-4623	<b>AA HOTLINES</b>		
TREASURER	John S.	328-1679	SANTA ROSA		707-544-1300
<b>COMMITTEE CHAIRS</b>			LONG DISTANCE		800-224-1300
SEMINARS	Jim B.	332-2737	PETALUMA		707-762-5122
ACTIVITIES	Monika G.	526-6460	SONOMA		707-938-2027
OUTREACH	Victoria H.	573-7330	SPANISH		707-829-1272
COMMUNICATIONS	Dave H.	545-3183	Sunday 10 P.M. – 9 A.M.	Thursday 8 – 11 A.M.	
ALCATHONS	Jeff S.	481-7414	Tuesday 10 P.M. – 8 A.M.	Friday 10 P.M. – 9 A.M.	



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## PI/CPC Needs Help

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The number of Public Information presentations needed at drinking driver programs has declined over the past few years so the need for additional Public Information speakers is not as great as it has been in the past. HOWEVER, volunteers are still badly needed.

There is a need for volunteers to distribute meeting directories in North County, and the Petaluma and Sonoma areas. A volunteer is needed to work with the media to distribute AA Public Service Announcements to local radio and television stations. A volunteer is needed to coordinate contact with hospitals, with libraries, and with senior centers.

The Cooperation with the Professional Community arm of the committee is gearing up to contact the clergy to give them information about AA. Suggestions have been made for CPC to reach out again to doctors and to the judicial system.

There is much work that needs to be done and volunteers are needed to make it happen. If you are interested in helping, please attend the PI/CPC meeting at 7:30 p.m. on Wednesday, January 10, 2007 in the employees' lounge underneath City Hall.

*Yannick W.*



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## ACCESS SONOMA COUNTY

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The committee will take a holiday in December. Our next meeting will be January 11 at 6:30 pm at the Bookstore. We will review responses to the survey launched at November's Unity Day.

The survey is designed to assess which meetings in the County are wheelchair accessible (including restrooms) and which are available to parents who need to take a child with them to the meeting.

Survey forms are also available at the Intergroup meeting and the General Service District meeting.

*Diane W.*

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## SCIF Positions Open January

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**Chairperson:** Presides over monthly Intergroup and Steering Committee meetings. Maintains direct communication regularly with other Intergroup officers and committee chairpersons. Must have general knowledge of A.A. Service Manual & Robert's Rules of Order (for conducting Intergroup Business Meeting). Serves on ICSC. Length of sobriety = 4 years. Average monthly time commitment: 8-12 hrs.

**Vice-Chairperson:** Assists Chairperson in his/her duties; attends all meetings. Sits on all committee meetings. Is in charge of orientation meetings for new S.C.I.F. members which are held prior to regular S.C.I.F. meeting. Length of sobriety = 4 years. Average monthly time commitment: 8-12 hrs.

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## SCIF General Meeting *(Continued from page 2)*

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### OFFICER REPORTS

**Intergroup Chair:** Bob K. thanked all for their service to Intergroup. Bob described officer positions.

**Vice Chair:** Tim P. stated there were six new reps.

**Treasurer:** John S. stated the Bookstore made a slight profit and all is well.

**Bookstore:** Gloria mentioned that shoplifting has become a problem at the bookstore and security cameras are being installed. Volunteers are needed to work in the Bookstore on various shifts. One year sobriety is required.

**Registrar:** Susy E. reported there are 338 meetings in Sonoma County and 131 were represented last month.

### COMMITTEE REPORTS

**Outreach:** Victoria H. is promoting Intergroup to the meetings she is attending. She promoted "Outreach" as being a great service commitment.

**Activities:** Monika G. reported the next dance will be the "Halloween Dance" on Friday October 27, 2006 at the Sebastopol Community Center. A donation of \$10 is requested. Volunteers are needed. The next dance will be at the Veterans Hall in Santa Rosa on New Years Eve.

**Seminars:** Francis filled in for Jim B. and reported the next seminar will be in January 2007 at the bookstore. The topic will be "Sponsorship."

**Alcathons:** Jeff S. stated flyers are now available for the Thanksgiving Alcathon.

**Teleservice:** Dee Dee filled in for Steve I. and reported that the business meeting is held on the 2<sup>nd</sup> Monday of each month at 6:00PM at the Bookstore. Volunteers are need for various shifts. (Refer to the Newsletter) She asked that Intergroup Representatives announce at meeting level that volunteers are needed at Teleservice.

**Newsletter/Communications:** Dave H. reported the Newsletter Committee meets at the Bookstore at 6:30 pm on the 2<sup>nd</sup> Wednesday of the month. Dave is looking for articles to print in the Newsletter.

**Old Business:** Representatives passed 19 to 1 that the Monthly Financial report be changed to a Quarterly Financial report for publication in the Newsletter. Pat H. was elected to be an ICSC member of the Bookstore. Desserts are needed for Unity Day.

**New Business:**  
Need one ICSC member for the Bookstore.

**Group Concerns/Sharing:** None

**Summation:** Tim P. outlined the meeting.

Closed with the  
Serenity Prayer

Gratefully In  
Service,  
Bob P.

## Ponder This

It is useful for those recovering from addiction to consider reciprocity. I refer to the concept of mutual support in the Fellowship of A. A. It is the opposite of, "I want what I want when I want it." It calls attention to ego deflation, humility and helping others, through the practice and attitude of giving (altruism) rather than simply demanding and getting.

Who is the most powerful person in a civilized home? Who is also the most dependent person in the household? The Baby, the infant, the child, the small in-the-making person who exhibits little or no thought to anything or anyone other than self and his/her demands. Do new people and "slippers" in A. A. exemplify this stage of development?

If so, we have examples of the King or Queen Baby Syndrome. I refer to it as Arrested Infatism. A person who has not developed even to the point of Arrested Adolescence exhibits such behavior. This individual behaves as does the baby with a complete lack of concern or attention as to how their demands, preferences and expectations impact others. "It's all about ME!" You could add, "And to hell with you." But that would be so rude!

For such a person preferences, demands and

behavior are expressed only in terms of Self. "I can't stand all this repetition." "Why should I do Service?" "I don't put money in the basket." "I've never had a problem with drugs!" "I never drank that much!" "I can't relate to those people." "My sponsor won't give me enough time or attention."



"I, Me, Mine" was a Beatles' song, wasn't it? Those around the Fellowship who stagnate at this point are seldom happy or successful members. Such a person misses one of the greatest opportunities the program Alcoholics Anonymous has to offer, that of giving it away in order to keep it. A summary of the Twelve Steps says, "Grow Up!"

HAPPY GIVING!  
Bonnie-Jean K.

## Carrying The Message and Passing The Buck

*"I drove all the way from Lake County to buy supplies for our AA group and the bookstore was closed."*

*"I called the AA Hotline and all I got was the answering service."*

I write this letter with two things in mind.

First is the fact that the level of service we provide goes down as the number of volunteers goes down.

Second is the fact that the cost of providing the AA Hotline and AA Bookstore go up as the number of our volunteers go down.

I feel—as I am sure many of you do—that having a live sober alcoholic answering our hotline and a bookstore that is able to stay open during normal published hours is very important. Without your help this is just not possible.

Helping out in one of these areas is fun, rewarding, and easy. It is also a great way for you to give back and be of service.

The cost thing:

Teleservice—by answering our phones we reduce the amount we have to pay to the answering service.

Bookstore—if we don't have volunteers we lock the doors. If we lock the doors we can not make sales.

What's the point? The point is that we need volunteers to help in the bookstore, answer the hotline, and work on the Teleservice committee. The contact numbers are in this newsletter.

I would like to take this opportunity to thank all of the hotline and bookstore volunteers for all of your help.

I would also like to thank all of the Intergroup officers and committee chairs that have served with me and helped me over the past two years.

Respectfully, your outgoing Intergroup chair,  
Bob K.

## Dance

(Continued from page 1)

a very spiritual and powerful share! Awesome.

On behalf of all those who suffer from ADD, lack of sleep, and a long commute, I just want to say I thank you, I thank God, and I thank those long-suffering folks in the Intergroup Steering Committee for allowing me to do this Activities Chairperson position.

Call me to volunteer! I need all the help I can get!!! (707)526-6460. Peace out!

Monika G.

That some good can be derived from every event is a better proposition than that everything happens for the best, which it assuredly does not.

~James K. Feibleman

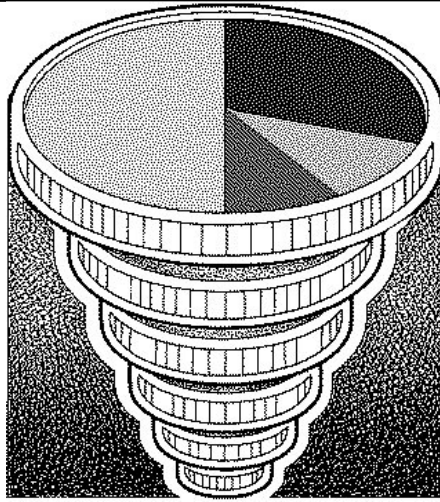


# Happy

# Holidays!



I love the Christmas-tide, and yet,  
I notice this, each year I live;  
I always like the gifts I get,  
But how I love the gifts I give!  
~Carolyn Wells



**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



*May the blessings of your sobriety bring peace and joy to you and yours during the holidays and throughout the coming year.*

*From your Friends at Intergroup & Central Office*

**GROUP CONTRIBUTIONS FOR OCTOBER 2006**

Meetings	October	2006 YTD	Meetings	October	2006 YTD	Meetings	October	2006 YTD
11th Step Meeting		292.24	Hessel Big Book Study Group		25.00	Sober Sunday Group		400.00
12 X 12 @ 12 Group		376.00	Higher Power Group		494.59	Sonoma Valley Fellowship	67.15	1,073.40
12 X 12 Plus		511.00	Highlander Group		250.00	South Park Survivors		264.62
5th St. Light		16.55	How It Works Group	140.00	210.00	Spirit of Akron		136.30
A Vision For You		250.00	Just For Today		394.10	Steps To Serenity Group		176.39
AA Cache Creek Group		600.00	Keep It Simple	12.25	12.25	Sunday Morning Smiles Group	87.00	234.00
AA Check It Out Group		80.00	Kenwood Group		752.00	Sunday PM Closed Discussion Group		150.00
AA Health Professionals		200.00	Kenwood Step Study		60.95	Sunday Sanity		500.00
AA of Sonoma, Thursday 11th Step Group		145.00	Let's Discuss It Group		100.00	The Shuman Fellowship		70.72
AA of Sonoma, Tuesday Big Book Group		54.39	Lunch Bunch Group	100.00	300.00	The Sunday Night Group	134.83	403.61
AA Step Study Group		125.00	Mature & Sober Group	207.00	745.61	There Is A Solution		500.00
Acres Fellowship Group	474.28	1,432.29	Monday Mood Swings		150.00	Think About It Group		820.32
Alive & Well In Fulton		90.42	New Hope Book Study Group		88.34	Third Step Group		403.41
Any Lengths Group		319.85	New Women In AA		31.78	Thurs. AA Alano Club		369.70
As Bill See's It		35.00	Newcomers & Oldtimers		191.37	Thurs. Big Book Step Study		170.00
Attitude Adjustment Group		700.00	Not Just Another Newcomer's Meeting		420.00	Thurs. Night 12 X 12 Discussion Group	355.32	1,169.03
B.Y.O.B.B.	42.87	143.37	Oaks Fellowship	259.00	591.00	Thurs. Night Womens AA		452.50
Big Book & Step Study, Sebastopol		40.00	Occidental Tonight Group	226.95	226.95	Tuesday Afternoon Delight		757.72
Big Book Review		58.84	Open Door		400.00	Tuesday Night Big Book Study - Petaluma		230.00
Bodega Bay Fellowship		361.00	Out of the Ashes Group		40.01	Tuesday Nite Beginners AA	79.14	321.64
Book & Discussion, Sonoma	113.75	342.35	Petaluma Fellowship		237.00	Tuesday River Discussion		75.00
Breakfast Club		552.83	Petaluma Valley Group		203.39	Up Group		190.00
Came to Believe Group	100.00	208.00	Prayer & Meditation, Sebastopol		50.00	Up The Steps		386.95
Cazadero Group		30.00	Promises Group		125.59	Warm Springs Fellowship @ Mt. Vista Farm		300.00
Cloverdale Fellowship Hall		97.00	Quitting Time Group		1,017.00	Wednesday Matinee		597.00
Daily Reflections Group		114.46	Redwood Winners		87.00	Wednesday Night Men's Stag		425.00
Early Bird Fellowship of Petaluma		2,011.19	River Grace		128.00	Wednesday Wonders	50.00	185.00
Expect A Miracle		1,380.00	Round Barn Big Book Study		80.00	We're In The Now		312.04
Faha Home Group	50.00	100.00	Round Table Discussion Group		350.00	Women's Book Group	80.00	80.00
Fourth Monday	68.50	798.20	Saturday AM Fellowship		30.00	Women's Growings Pains of Alcoholics		155.44
Friday Nite Live Group	160.00	160.00	Saturday Men's Meeting, Healdsburg		719.00	Women's Perspective AA Group		316.39
Friday Nooners of AA	167.00	329.00	Saturday Morning Beginners	60.00	90.00	Women's Step Study & Discussion Group		329.64
Gay Newcomers Group	195.78	251.01	Saturday Night Living Right		280.00	Women's Step Study, Sonoma		162.65
Good Neighbors, Geyserville		500.00	Saturday Serenity		492.17	Women's Tuesday At Noon		180.49
Graton Fellowship	228.96	1,017.88	Sebastopol Men's Stag		198.00	Working Winners		253.74
Gualala Group		600.00	Sebastopol Step Study Group		203.37	Young & Young At Heart		500.00
Happy Hour Group		270.00	Serenity Fellowship Hall	94.92	1,263.82	(group name not on check or money order)		58.66
Healdsburg Group		209.50	Sharing & Caring		360.00	(group name not on check or money order)		299.40
Healdsburg Sunday Morning AA	20.00	70.00	Simply AA		296.28			
Healdsburg Women's Book Study		250.00	Single Purpose Group		91.00			
Here and Now		75.00	Sober Sisters		49.98			
						<b>Total</b>	<b>3,574.70</b>	<b>40,443.68</b>

## HOSPITALS AND INSTITUTIONS

“Gratitude should go forward rather than backward. In other words, if you carry the message to still others, you will be making the best possible repayment for the help given to you.” [Letter from Bill W., 1959]

New meeting reps who introduced themselves at the November 1 meeting of the H&I committee included: Larry, for the Closed Discussion Group; David, Young & Young at Heart Group; Shea, The Up the Steps Group; Shawn, Young & Sober Group; and Nancy, The Graton Fellowship. We were also glad to welcome out visitors Victoria, Dottie, Hal, Karen, William and Steve.

Those present who announced their sobriety birthdays were Valerie, with 4yrs; Dottie, 1; Tom, 6; and Kenneth 6. Many happy returns to all!

Our 5-minute share was Brian, who talked about his

experiences and the strength and hope he has found in AA and in H&I.

When making your New Year’s resolutions, why not consider sharing *your* experience, strength and hope with someone who is confined? Remember that, no matter how far down the scale you have gotten, your story can benefit others. Why not come on down and check out H&I at the next meeting on Wednesday, December 6? We can be found at the Santa Rosa Senior Center (corner of Bennett Valley Road and Rutledge Avenue, one block east of Santa Rosa Avenue) at 6:00 p.m. All are welcome to attend the orientation that begins at 5:30.

Wishing you a sane, joyful, sober holiday season,  
Mardi

### Holiday Service Meeting Changes:

- Intergroup is meeting on the 18th instead of the 25th.
- General Service Area 06 Committee is meeting on the 16th instead of the 23rd.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<span style="font-size: 2em; font-weight: bold; letter-spacing: 0.5em;">SCIF CALENDAR • December 2006</span>						
SCIF Bookstore .....750 Mendocino Ave. Suite 10 Faith Lutheran Church.....4970 Newanga Ave. St. Luke Lutheran Church.....905 Mendocino Ave . S.R Senior Center .....704 Bennett Valley Rd. S.R. City Hall Employee Lounge...First St. and Santa Rosa Ave.						
3	4	5	6	7	8	9
<b>SOCYPAA</b> 1551 Montgomery 7:15 Business Mtg.	<b>General Service</b> Faith Lutheran Church 6:45 Service Manual Study 6:45 New Rep Orientation 7:30 Business Meeting		<b>Hospitals &amp; Institutions</b> S.R. Senior Center 5:30 New Rep Orientation 6:00 Business Meeting			
10	11	12	13	14	15	16
	<b>SCIF Bookstore</b> 6:00 Teleservice Meeting 7:00 ICSC Meeting 8:00 Intergroup Steering Committee Meeting		<b>PI/CPC</b> S.R. City Hall 7:00 Speaker Training 7:30 Business Meeting  <b>Newsletter</b> 6:30 SCIF Bookstore	<b>Access Sonoma County</b> SCIF Bookstore 6:30 Meeting		<b>General Service</b> Area 06 Committee Mtg 320 N. McDowell Blvd Petaluma 12:30 – 3:30
17	18	19	20	21	22	23
<b>SOCYPAA</b> 1551 Montgomery 7:15 Business Mtg.	<b>Intergroup</b> St. Luke Lutheran Church 7:30 Newsletter Collating 7:30 New Rep Orientation 8:00 Business Meeting	<b>Bridging The Gap</b> SCIF Bookstore 6:30 New Rep Orientation 7:00 Business Meeting				
24	25	26	27	18	29	30
<b>Christmas Alcathon</b> The Light — 525 5th St. 6PM Sun – 12mid Mon		<b>General Service</b> District 12 Officers Meeting 6:15 SCIF Bookstore				
31						
<b>New Years Alcathon</b> The Light — 525 5th St. 6PM Sun – 12mid Mon						

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## LISTEN

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I look into young eyes and see the cover that has grown over the shine -  
Put there by experiences too old for their years.  
Too painful to bear, too lonely to be imagined.

I see a certain dusty deadness that grows like mold on bread.  
Transforming this child into someone who is  
too old to be young and too young to be old.

"I've been ignored," he said, "dying for some attention, some love,  
some understanding, some discipline.  
Longing for something on which I could depend but everything  
changes around me like the shifting desert sands.

I've been hurt; touched in ways I didn't want,  
Helpless against the will of others.  
Cold fear cuts like a surgeon's knife,  
Removing flesh from bone - removing my childhood from me.  
Dark, secret surgeries.

I've been thrown away. I want to throw myself away.  
How does this happen at this young age?  
There has been so much, so soon and I can't find a starting place.

I've been deceived. I've waited helplessly for someone to make it work out.  
I see TV lives and TV hair combed, shining teeth, looks like wealth.  
Supposed to be family.

I've been hungry. No breakfast, no dinner, no milk for you.  
Birthday cake? Don't be foolish. We deal with much broader issues here.  
Stop dreaming. Stop thinking about it.

I've lay awake, wet with fear, straining for each noise, any motion  
Ready for what will be next. Ready? Ok - not ready.  
Trying to be ready. Ready to be ready.

The amazingly ingenious part is I've learned to cover it all up  
with a milky, "I'm bored and I don't really care" look.  
It's my best one! I almost believe it myself.

I've wrapped myself in defiance and indifference, muting my ears  
so I don't have to hear what's out of my reach, see what's too  
painful to see or think about what's too distant to touch.

I'm lost in my own life - locked up in my own body,  
out of control and too young to begin to understand  
how this happened to me.

Listen!  
Please listen to the words I don't say!

by Donna E.

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### Unity Day *(Continued from page 1)*

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Speakers: Margrete V., Kelly T., Bob K., Susan C., Diane W., Jolie B., Juan P., Tony  
K., James C., and Clarence.  
Actors: Bonnie-Jean K., Susan M., James C., Tilly C., Susy E., Ed G., Keith T., and  
Dave H.  
Committee Heads: Chris B., Tim P., Rita P., Dee S., John S., Patrick P. (sound  
system), Brad M., David, Cam F., Rob L., Mike O., Andy, Randy, Diana D., Katha  
S., Padee M., and Jack M.

*(Continued next column)*

*(From previous column)*

And anyone who helped that I forgot  
to mention.

Although this year's Unity Day was  
not a financial success (we lost  
money), as an A.A. event, it was  
extraordinary, and I was lucky to be a  
small part of the process.

The people who gave extra special  
effort/passion: Susy E. & James C.,  
Tim P., Jeff G., Jeff S., Rafa G., Sarah  
S., Jolie B., John S., Bonnie-Jean K. &  
company.

And special thanks to General  
Service and H&I for co-sponsoring the  
event.

Thank you!

Larry O., Unity Day Coordinator

She said accusingly:

"I saw you coming out of McCarthy's  
saloon last night!"

Said he blearily:

"Well, I had to come out sometime."

*From the December 1945 Grapevine*

If you're going through hell, keep  
going.. ~ Winston Churchill

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## January SCIF Positions

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*(Continued from page 3)*

**Treasurer:** Pays S.C.I.F.-related bills.

Collects and records contributions  
from groups and prepares monthly  
financial statements, reporting to  
Steering Committee, ICSC, General  
Meeting, & for inclusion in the  
Newsletter. Accounting & computer  
background helpful. Receives all  
monies collected at Alkathons &  
Activities. Serves on ICSC. Length of  
sobriety = 4 years. Average monthly  
time commitment: 30+ hrs.

**Recording Secretary:** Attends regular  
S.C.I.F. meetings and takes minutes.  
Delivers correct copy of minutes to  
Newsletter Editor. Attends Steering  
Committee meetings. Length of  
sobriety = 3 years. Average monthly  
commitment: 6-8 hrs.

**Registrar:** Maintains a list of groups  
and meetings available within the  
County. Keeps track on a monthly  
basis of which groups have  
representatives and how often reps  
attend meetings. Works with  
Outreach Committee to contact  
those groups that are not active in  
S.C.I.F. meetings. Average monthly  
commitment: 4-6 hrs.

## NEW MEETINGS

### *Petaluma*

Sat 4:00 PM (O)(W) Afternoon Reality Check  
Alano Club 955 Petaluma Blvd S.

### *Sebastopol*

Mon 12:15 PM (O)(W) Grapevine Meeting

Tues 12:15 PM (O)(W) As Bill Sees It  
(meditation)

Wed 12:15 PM (O)(W) Daily Reflections  
(discussion)

All of the above meet at the Church at  
1000 Gravenstein Hwy North.

## MEETING CHANGES

### *Healdsburg*

Sat 8:30 AM (O)(W) Men's Meeting

Moved to Villa Chanticleer

1248 N. Fitch Mountain Rd.

(take Powell St. to top of hill)

Tues 8:00 PM (O)(W) 4 IN 1 Meeting

Moved to Church at 208 Matheson St.

### *Petaluma*

The Alano Club has moved to

955 Petaluma Blvd. S.

This affects 27 meetings. Please refer to the Fall/

Winter A.A. Meeting Directory, or online at

www.SonomaCountyAA.org.

**Area 06 General Service Committee is meeting**

**December 16.**

### *Santa Rosa*

Thu 5:30 PM (O)(W) Men's Meeting

Now open to men New name:

and women The Desperate Group

**Intergroup is meeting December 18.**

### *Glen Ellen*

Sat 8:30 PM (O) New Vistas

New time - 8:00 PM

## 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 @ 570-9268

## Gloria's Corner

Openings: FRI 2-6 PM every other week.

Have a sober, loving, A.A. holiday season.



*Gloria*

Thanks,

## 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

### SOCYPAA

P.O. Box 5435

Santa Rosa, CA 95402

\*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 staffed by volunteers and is  
sometimes closed for lack of manpower.

**Call first!**

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. 545-3183 aa.news@dslextreme.com

Meeting Changes: Russell 570-9268

### Sonoma County General Service

DCMC: Margrete V. 575-3345 margadrichem@sbcglobal.net

Alt. DCMC: Kenin H. 538-5105 keninlee@juno.com

Registrar: Chris B. 792-9991 fishpond42@sbcglobal.net

Archives: Cory B. 579-2725 cboyan@sbcglobal.net

Grapevine Rep: DJ S. 829-4744 DJatDist12GVR@aol.com

Literature: Ken M. 578-7232 soberump@aol.com

Newsletter: Bill K. 538-5105 billkad1@juno.com

Bridging The Gap: Bob F. 328-6827 bobbtdist12@aol.com

PI/CPC: Yannick W. 583-2310 yannickW@sbcglobal.net

Recording Secretary: Donna K. 665-9825 djking2254@aol.com

Treasurer: Vinny M. 758-6237 vinny@castlesoberliving.com

### Hospitals and Institutions

Chair: Kelly T. 479-5978

### Sonoma County Young People In Alcoholics Anonymous

Liaison to SCIF Larry C. 364-0400

For a one year subscription send in either  
\$8 per year for regular mail or \$4 for emailed PDF or HTML (circle  
choice) to

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