

Sonoma County Intergroup Fellowship

NEWS

December 2018

Get the latest meetings listings, upcoming events and more at www.sonomacountyaa.org

Sonoma County A.A. Intergroup Presents

A Black & White

Winter Dance



Saturday, December 29, 2018

Meeting at 6:30pm / Dance from 8pm to 11pm

Odd Fellows Hall - 545 Pacific Avenue - Santa Rosa

- \$10 donation at the door ~ mix of music by DJ Dax
- make your song requests now ~ daxentertainment.com
- pizza salad sweet treats ~ available at modest cost
- want to help? ~ see Shellie W ~ events@sonomacountyaa.org
- want to help? ~ www.volunteersignup.org



DRESS UP & COME DANCE ~ MASQUERADE ENCOURAGED! great AA coffee, fellowship & fun all evening long

 \sim More will be Revealed \sim



Living in the Presence

In Alcoholics Anonymous we learn to live in what is referred to in the Big Book as the fourth dimension. This is a powerful shift in consciousness. When I came into AA I was full of fear. The past was over, the present included profound grief over the loss of my wife of 20 years, and the future was bleak. I was lost in fear and had sought solace in alcohol. That lead me to deeper despair and suicidal attempts. I was confused and did not understand what was happening to me.

From the first moment I walked into AA I knew I was powerless over alcohol and that my life had become unmanageable. Being raised Lutheran it was easy for me to believe in a Power greater than myself including all of my new friends as well as a Creative Loving Energy I had turned away from years earlier. I trusted the group and the process.

With each meeting, each exchange with another AA member, every new day in sobriety I learned to let go of the past, quit anticipating the future, and experience the NOW, the present moment. And the more I did that, prayed and meditated, I became aware of the PRESENCE which is an experience of the Divine unfolding in every person and situation. A new-found peace began to emerge and lasted longer and longer each day. (See **Presence** on Page 3)

Disclaimer: The Fellowship News is the monthly newsletter of Sonoma County Intergroup Fellowship. Opinions contained herein are strictly those of the authors. Publication of opinions, articles, and announcements does not represent endorsement, approval, or affiliation by Intergroup. We reserve the right to edit submissions for clarity, language, length and content that violates A.A. Traditions.

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

Manager: Glenn C. Asst. Manager: Carolyn A. Phone: (707) 546-2066 Fax: (707) 566-9677

Email:

bookstore@sonomacountyaa.org

FALL & WINTER HOURS

Mon-Thur 10am - 5pm
Friday 10am—6pm
Saturday 11am - 3pm
Sunday Closed

The Bookstore is Closed on these Upcoming Holidays

> Thanksgiving Nov 22 Christmas Dec 25 New Years Jan 1

www.aa.org www.aagrapevine.org www.sonomacountyaa.org www.cnca06.org www.socypaa.org

ACCESS

We're putting together a workshop on **Mental Health** in Sobriety, tentatively scheduled for this summer. Our next planning meeting will be 10:00am, Sunday, December 16, at the SCIF **Bookstore.** We want your energy, enthusiasm, and ideas as we continue to develop the workshop format, work out our committee subchairs, and recruit volunteers and speakers. Join us! If you can't attend but would like to be involved, please contact me at 805-835-3027 or asc@sonomacountyaa.org.

FEBRUARY 1-3, 2019 SYMPOSIUM ON

A.A. HISTORY

SAN FRANCISCO BAY AREA

El Retiro San Iñigo 300 Manresa Way Los Altos, California



A weekend gathering that brings together researchers and lovers of A.A. history to share the experience, strength and hope of the members and groups who came before us.

All Inclusive Registration

Shared Room \$325 / Private \$400

Housing & Meals included

\$25 discount code expires Aug 1: EARLYBIRD25

www.aahistorysymposium.org

A.A. on Reservations
San Quentin Group
Bill's "Spook" Sessions
Debate over Special
Purpose Groups
The Spanish Big Book
Al-Anon Pioneers

AND A SPECIAL PRESENTATION BY THE G.S.O. ARCHIVIST

2018-2019 ALKATHONS

Christmas				New Year's			
Date	Start Time	Meeting Host	Date	Start Time	Meeting Host		
12/24	6:00 p.m.	WE'RE IN THE NOW Rohnert Park	12/31	6:00 p.m.	PETALUMA VALLEY GROUP		
	8:00 p.m.	EXPECT A MIRACLE Santa Rosa		8:00 p.m.	MONDAY NIGHT ALCHOLICS ONLY Santa Rosa		
	10:00 p.m	NORTHBAY DOG ON THE ROOF Rohnert Park		10:00 p.m	SERENITY ROCKS Santa Rosa		
12/25	12:00 a.m.	SOUTH PARK SURVIVORS Santa Rosa	1/1	12:00 a.m.	ON FIRE! Cloverdale		
	2:00 a.m.	WORKING WINNERS Santa Rosa		2:00 a.m.			
	4:00 a.m.	KNUCKLEHEADS Santa Rosa		4:00 a.m.	READING BETWEEN THE LINES Santa Rosa		
	6:00 a.m.	TUESDAY AFTERNOON DELIGHT Rohnert Park		6:00 a.m.	FRIDAY NOONERS Santa Rosa		
	8:00 a.m.	FRESH AIR GROUP Santa Rosa		8:00 a.m.	THINK ABOUT IT Sebastopol		
	10:00 a.m.	A VISION FOR YOU Santa Rosa		10:00 a.m.	GRATITUDE GROUP Santa Rosa		
	12:00 p.m.	BIG BOOK REVIEW Santa Rosa		12:00 p.m.	RIVER WOMENS/SOBER SISTERS Guerneville/Sebastopol		
	2:00 p.m.	SPEAKER-DISCUSSION MEETING Rohnert Park		2:00 p.m.	MIDWEEK MADNESS Santa Rosa		
	4:00 p.m.	CHECK IT OUT GROUP Santa Rosa		4:00 p.m.	12&12 DISCUSSION GROUP Santa Rosa		
	6:00 p.m.	MEN'S SMOKELESS Santa Rosa		6:00 p.m.	WOMENS STEP STUDY DISCUSSION Santa Rosa		
	8:00 p.m.	HARMONY GROUP Santa Rosa		8:00 p.m.	YOUNG & YOUNG AT HEART Rohnert Park		

In unity, Alan W.

MEETING CHANGES

GLEN ELLEN New Location

Tuesday 8 am: Womens Book Group

Church, 5311 O'Donnell Lane (From Sonoma Developmental Center)

ELDRIGE

Monday 7 pm: Eldrige Group

Moved to 5311 O'Donnell Ln.,
Glen Ellen

CLOVERDALE

Tuesday 8 am: **Big Book Study**

Moved to 122 n. Main St.

WINDSOR

10 am: Third Step Group Church, 251 Windsor River Rd. (Moved from Santa Rosa)

NO LONGER MEETING

CLOVERDALE

Friday Noon: As Bill Sees It Saturday 9 am: Spiritual

Awakening

SANTA ROSA

Monday 8 pm: Big Book Study

(Presence from Page 1)

With each meeting, each exchange with another AA member, every new day in sobriety I learned to let go of the past, quit anticipating the future, and experience the NOW, the present moment. And the more I did that, prayed and meditated, I became aware of the PRES-ENCE which is an experience of the Divine unfolding in every person and situation. A new-found peace began to emerge and lasted longer and longer each day.

Today I practice the presence, that is, I constantly try to have my focus be on the wholeness and beauty of each moment. I remind myself, when I get anxious, that I have everything I need AT THIS MOMENT. Nothing more is required for me to feel peace and serenity...just to let go and BE IN THE MOMENT. This is much more than relief from alcohol, it is a profound new way of living that we all are learning and practicing in each moment. How blessed we are!

Respectfully submitted, Rose B. (Not Just Another Newcomers Meeting, RP)

Two Bucks Is the New Dollar (from the Akron IG News)

Have you been able to stay away from a drink because of A.A.? Have you gotten your life back? How much is that worth to you? In the rooms, we A.A. members agree that our sobriety is an undeserved gift from a higher power. While the message is free, our meeting, Central Office, Area and New York Office have expenses to carry the AA message. For those of us who can afford it, it is our responsibility to put more than a dollar in the basket. Many of our members go beyond this! However, many more do not. Where we used to give \$1, we must try to give \$2. And those of us not giving at all, we must try giving something and have faith we will be taken care of for helping. It works, it really does. Are you giving more to the coffee chain on the corner than to the Program that gave you your life? Part of spiritual growth is adapting to reality. The reality is the world is more expensive and a buck doesn't go far enough. Let's get real, let's get sober and give a little more.

Sonoma County Intergroup Fellowship Bookstore

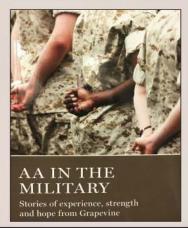
Holiday Gift Ideas From the Bookstore Coffee Mugs Jewelry Books Many other miscellaneous items

SALE BOOK FOR DECEMBER

"AA IN THE MILITARY"

JUST \$11.19!

While Supplies Last!



SCIF CENTRAL OFFICE & BOOKSTORE • 750 Mendocino Avenue, Santa Rosa, CA (707) 546-2066 • Hours • Monday - Friday: 10am - 6pm • Saturday: 11am - 3pm

SONOMA COUNTY INTERGROUP FELLOWSHIP GENERAL MEETING - October 22, 2018

The meeting opened at 7:30pm with the Serenity Prayer , Preamble:; Tradition 10: Wayne; Concept 10: Mary

INTRODUCTION OF NEW REPRESENTATIVES: Gerald-Not Taking a Trip, Erin-We're in the Now, Maryellen– Great Reality Book Study, Eric-Wednesday Westsiders, Wayne-Bodega Bay Meeting, Mary-Tuesday Lunch Bunch

BIRTHDAYS: Debbie(40yrs), Penny(18yrs), Tatiana(3yrs), Ava(28yrs), Mary(11mths), Ashley(18mths)

Election of ICSC member: There were two candidates Eric, and Steve. Eric was elected by majority vote.

OFFICER REPORTS:

Chair: (James .C) Our December general meeting will be moved to Wednesday December 26th at 7:30pm

Vice Chair: (Justin. C) There were three new reps at our orientation this evening.

Secretary: (Patrick. B) Minutes were passed.

Treasurer: (Francis. B) Group contributions for September were \$1,703 which was \$367 less than September of last year, we received \$1 from bank interest and \$250 in group insurance fees for a total of \$1,954 and after expenses we had a net loss of \$1,770 Bookstore income was \$6,551 and after expenses we had a net loss of \$259. We received \$250 in group insurance fees. We had a net gain from Unity Day of \$254. Overall, we had a net loss of \$1,525

Registrar: (Craig. H) As of September 24th, 2018, there were 236 groups in Sonoma County offering348 meetings each week. Trial Sign-in Sheets Were Put Out Tonight. Hopefully they worked well. Constructive suggestions are welcomed so that they may be fine-tuned – please see me after the meeting one-on-one if you have any input you would like to share. There are 170 meeting representatives on record, for 67% participation. There were 76 representatives attending the August 2018 General Meeting, for 41% participation. There were 10 new reps attending the August 2018 new rep orientation. If you missed the new representative meeting, it is held at 7 pm and is put on by the Vice Chair, so be sure and attend next month.

COMMITTEES:

ICSC: (Andy. M) This was a pleasure serving on this committee.

BOOKSTORE: (Glenn. C). November sale book: Young and Sober, sale price \$10.79. New book: One Big Tent; Grapevine stories from atheists and agnostics; \$13.99; will be ordering more after November 1, when shipping is free. Time change: November 4, clocks fall back; Bookstore will close at 5PM, Monday through Thursday.

Activities: (Shellie. W) Our winter dance is coming but we are still looking for a venue.

Alkathons: (Max. B) Everything is moving forward for the alkathons. Our next planning meeting will be November 5th at 1020 Jennings avenue.

Newsletter: (Peter. D) Not present. **Outreach:** (Amber. H) Not present.

Seminars: (Donna. L) Our next seminar will be in January on steps 10,11,12.

Teleservice: (Gus. C) No open shifts.

ICSC NOMINATING COMMITTEE: (Monica. B) Thank you to the candidates that made themselves available.

LIAISONS:

SOCYPAA: (Tatiana) Our next event will be in November, with a rocky horror theme.

Spanish Central Office: (Chris) District 18 will be holding elections November 3rd .

H&I: (Lee. J) Not present.

GENERAL SERVICE: (Bob. F) Claudia fills in, Elections will be happening November 5th. A new delegate will be elected in Livermore November 3rd. District 12 will be hosting the pre-conference assembly and will need volunteers.

Bridging the Gap: (Jim) Maryellen fills in, we could use support help with commitments within bridging the gap.

PI/CPC: (Michelle. O) Claudia fills in, we are looking for women to go into schools to speak for us.

Access Sonoma County: (Pat. N) A mental health workshop is being planned.

OLD BUSINESS: NEW BUSINESS: None

Group Representative Sharing:

Ashley- Women's perspective meeting will change to a open meeting and is child friendly.

Marcus- Cherry street meeting could use support.

Larry- Graton fellowship could use some support, we are located at the oak grove school Tuesday 8pm

Meeting adjourned at 8:11pm with the Responsibility Statement

-In Service

Patrick. B



December 2018



SERVICE MEETINGS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
SOCYPAA 1551 Montgomery Dr. 7:15pm Business Mtg.	Gen. Service District 12 Faith Lutheran Church 6:45 Service Manual Study 6:45 New Rep Orienta-		Hospitals & Institutions Community of Christ Church 5:45 New Rep Orien- tation			
9	10	11	12	13	14	15
	SCIF 6:30pm ICSC Mtg 7:30 Steering Mtg @ Bookstore		PI/CPC Santa Rosa City Hall 7:00 Speaker Training	Access Sonoma County SCIF Bookstore 6:30 Business Mtg		
16	17	18	19	20	21	22
SOCYPAA 1551 Montgomery Dr. 7:15pm Business Mtg.		Bridging the Gap SCIF Bookstore 6:00 New Rep Orienta- tion 6:30 Business Mtg			December 2018 Newsletter Deadline 7 pm	General Service Area 06 Com- mittee 320 N. McDowell Blvd Petaluma
23	24	25	26	27	28	29
		Christmas	Intergroup St, Luke Lutheran Church 6:00pm Teleservice 7:00 New Rep Orientation 7:30 Bus. Mtg.			
30	31					
HIKE Meet at Cod- dingtown P.O. 10 am Carpool						

Community of Christ Church: 1495 W. Steele Lane, SR

Faith Lutheran Church: 4930 Newanga Ave., SR

First United Methodist Church: 1551 Montgomery Dr., SR

Santa Rosa City Hall Underground: First & Santa Rosa Ave., SR

SCIF Bookstore: 750 Mendocino Ave., Suite 10, SR St. Luke Lutheran Church: 905 Mendocino Ave., SR

GENERAL SERVICE

The Third Legacy, "I am available."

By Nora H., District 70 (Alameda South) Alternate DCMC (Reprinted from District 12, November Newsletter)

It's an immense privilege for me to be able to come visit the districts. And I always look forward to my visit to District 12. You all do such an awesome job and you're such great examples of leadership in AA. It's amazing to sit here and hear your sub-district reports. Your reporting is exceptional and doesn't happen everywhere. Thank you all for your service to your groups and to AA as a whole.

"Am I Available?" This is the question we get to ask ourselves. Particularly at this time of year, in service, as we have that beautiful thing called *Rotation*. My experience has been that for every service position that I have ever had, it's been a leap of faith. AA's uncommon sense becomes common sense. In elections held in other places, folks throw their hat in a ring. In AA, we throw our names into the hat. So, why is it called Third Legacy? It's called the Third Legacy election procedure because it's about service. The question becomes not, "who wants to be (fill in the blank)," but "I am available to serve as (fill in the blank)."

At this point, my "committee" says: 1. You're not good enough. 2. You're too good. The solution here is the same unshakeable foundation for life: Prayer, mediation and inventory. I take my inventory and look at my track record in service: What kind of service have I rendered? Did I show up and do my best? Are there any particular skills that will be required, and, do I have those? Do I have the time? Can I accomplish the tasks? Study the position description and what other qualifications may be specified.

Having taken inventory, I seek a conscious contact with my higher power, seeking guidance through prayer and meditation. I'm thoughtful of others: How might this service impact my spouse, my employer, my children or other dependents? Do I have their support?

- 3. Someone else will be better. Selfish. It denies my colleagues the opportunity to choose between the available candidates. So that is ME, making up MY mind, for THEM. Selfish.
- 4. You're too busy. Am I available to be of service to the program that saved my life? For me, there is no amount of service that I could render that would begin to repay that debt of gratitude.

This is why I need the 3rd legacy procedure: Because I am an alcoholic. There are no certainties, no shoe-ins. And, the only qualification is a desire and availability to serve.

My higher power has always supplied the tools for the job as long as I am humble enough and remember that I can also ask for help. For example, when I first made myself available to serve as an Area Officer I had been told, "You gotta have a car." Well, I don't have a car. So, I looked to see where all the District meetings were in our Area. I figured out how I would get to each meeting: By bus, train or some other means. I had a plan. Guess what happened when people found out my situation? I got all kinds of help and rides offers! This is what happens when I make myself available for service. This is when the magic happens. I got to really know some people because we spent so much time together in the car!

Making myself available and trusting the third legacy procedure is a sweet surrender. It helps me avoid the temptations of manipulation and politicking. It's an opportunity to show up, suit up, and let the universe take its course.

The Third Legacy is a playground of spiritual principles and its application is a demonstration of our faith in the program of Alcoholics Anonymous.

At our International Convention, as we wait for the big meeting to start, a wave goes around the stadium. General Service is like that. Every two years, the service wave comes around. And, I have a choice to stay seated or to participate: **To stand and raise my hands.**

A Gift of Thanks

By Eric H., District 12 Newsletter Editor

Thanks for the gifts we've received through our "AA life". Thanks to a Higher Power for helping us to escape from the bondage of self. Thanks to the people who support us and guided us toward a better today. Thanks to our founders, Bill and Bob, and the original 100 AAs who've figured out a guide to recovery and living. Thanks to the staff of the General Service Office in New York, to the members of the AA General Service Conference (including the AA World Services and Grapevine/La Viña boards), and our Group, District and Area General Service representatives and officers who help hold our fellowship together and keep the doors open, publish the books, newsletters, pamphlets, magazines, and online content that we read, who inform us and provide timely news and inspiring articles.

But, gratitude is not just a word describing something we feel. Gratitude is an action and a state of being. Gratitude, put into action, is more profound and powerful than the hundreds of "thank yous" that we casually offer throughout our daily lives. Living in gratitude is about acknowledging the kindness and love that has been shown to us, and showing kindness and love in return.

So, I find myself reflecting on the recent elections in our Area and in our District. Scores of people made themselves available. And, many were elected to serve our fellowship in various capacities for the next two year panel (District's elections will continue in our December meeting). Those, who run for election, have a desire to put their gratitude into action.

I'm humbled and encouraged by the passion and selflessness demonstrated by the members who make themselves available to serve us. With anticipation, I'm looking forward to the panel's and officers' next two year term.

SCIE	FINANCIAL	SUMMARY	OCTOBER.	2018
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	Income	Oct-18 Expense	Net	Oct-17 Net	Income	Year to Date Expense	<u>2018</u> Net	2017 Net Compari-	differ- ence
Group Supported:				Comparison				son	
Central Office	_	(2,491)	(2,491)	(2,274.67)		(24,841)	(24,841)	(23,414)	(1,427)
Groups	6,441		6,441	5,152	41,405		41,405	41,424	(19)
Individuals	0		0	0	0		0	0	0
Group Insurance Fee	200		200	0	625		625	0	625
Directories		(209)	(209)	(196)		(1,968)	(1,968)	(1,870)	(98)
Pamphlets & Cards		(18)	(18)	(212)		(1,425)	(1,425)	(1,505)	80
Newsletter		(489)	(489)	(489)		(4,844)	(4,844)	(4,932)	88
Teleservice		(352)	(352)	(352)		(3,504)	(3,504)	(3,554)	50
Interest/Bank									
Charges	7		7	1	41		41	10	30
Subtotal	6,648	(3,559)	3,089	1,630	42,071	(36,581)	5,489	6,160	(671)
Self Supported:									0
Bookstore	6,579	(6,866)	(287)	(882)	72,211	(73,951)	(1,740)	(1,163)	(577)
Group Insurance Fee	200		200	0	625		625	0	625
Alkathons			0	0	0	0	0	0	0
Activities	2,071	(2,772)	(701)	759	2,633	(3,413)	(780)	819	(1,599)
Seminars			0	0	0	0	0	0	0
Unity Day				266	254		254	66	188
Subtotal	8,850	(9,638)	(788)	143	75,723	(77,364)	(1,641)	(277)	(1,363)
TOTAL	15,498	(13,197)	2,301	1,773	117,793	(113,945)	3,849	5,882	(2,034)

0

Assets & Liabilities

Cash in Bank & Petty Cash	45,609
Prepaid Expenses	7,408
Bookstore Inventory	20,167
Property	<u>2,576</u>
Subtotal	75,760
Liabilities	(3,273)
Total Assets & Liabilities	72,487

Cash in Bank & Petty Memo: Cash	45,609
Prudent Reserve	(38,308)
Liabilities	(3,273)

Operating Reserve 4,029 4,029

A.A. HOTLINES

Santa Rosa (707) 544-1300 Sonoma (707) 938-8508 Spanish Speaking (707) 623-6702

WEB LINKS

Sonoma County Intergroup

Fellowship: www.sonomacountyaa.org

SOCYPAA

www.socypaa.org

California Northern Coastal Area 06

www.cnca06.org

Alcoholics Anonymous

www.aa.org

A.A. Grapevine

www.aagrapevine.org

ADDRESSES

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New York, NY 10163

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San Francisco, CA 94188

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P.O. Box 11305

Santa Rosa, CA 95406

SOCYPAA

1275 4th St. #221

Santa Rosa, CA 95404

If you'd like a monthly email with a link to the online version of "SCIF News," send an email to: newsletter@sonomacountyaa.org with "Subscribe SCIF" as the subject.

CONTACT INFORMATION

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Chair James C. intergroup@
Vice Chair Justin C. vice-chair@
Secretary Patrick B. secretary@
Treasurer Francis B. treasurer@
Registrar Craig H. registrar@

COMMITTEE CHAIRS

Activities Shellie W. activities @
Alkathons Max B. alkathons@
Communications Pete D. newsletter@

~Newsletter/Website

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Meeting Changes Russell meetingchanges@

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Outreach Amber H. outreach@
Seminars Donna L. seminars@
Teleservice Gus C. teleservice@

Unity Day Evan C. ezclark4115@gmail.com

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Treasurer Bob S. treasurer-gs@
Registrar Lora L. registrar-gs@
Archivist Benjamin G. archivist-gs@
Grapevine Cindi W. grapevine@
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Bridging the Gap Rob M. btg@
PI/CPC Michelle G. picpc@
Interp/Transl. Darleen H. it@

HOSPITAL AND INSTITUTION COMMITTEE

Chair Steven M. handi@

SONOMA COUNTY YOUNG PEOPLE IN A.A. (SOCYPAA)

Liaison Eliseo F. socypaa@

ALANON/ALATEEN

District 5 Hotline 575-6760

TELESERVICE

Teleservice staffs the A.A. hotline, providing 24-hour phone access to a live recovering alcoholic. This is vital Twelfth Step service; providing the hand of A.A. to the alcoholic reaching out for help. Calls are forwarded to your home or mobile phone, and training is provided. There are occasionally open shifts to fill. For information, see Teleservice listing above.