



# sonoma county Intergroup Fellowship

# NEWS

# July 2010

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

## NEW SCIF EVENT!

# HOT AUGUST NIGHT

## HEALDSBURG ★ CALIFORNIA

**Saturday, August 28 4 - 9 pm**  
*at the Healdsburger, 48 Healdsburg Ave.*



## BRING YOUR HOT CAR OR BIKE!

- Speaker Meeting 6 pm
- Trophies for "Best in Show"
- Raffle Prizes
- DJ Dancing
- Tri Tip, BBQ Ribs & Burgers for Sale

Volunteers Needed!  
Call Kathy 569-4337

## INSIDE THIS ISSUE

Meeting Updates	Page 2
Petaluma Unity Day	Page 2
SCIF Minutes	Page 3
Hospital & Institution	Page 4
General Service	Page 5
SOCYPAA	Page 5
Calendar	Page 6
Upcoming Events	Page 6
Financial Reports	Page 7
Contacts	Page 8



[www.aa.org](http://www.aa.org)  
[www.aagrapevine.org](http://www.aagrapevine.org)  
[www.sonomacountyaa.org](http://www.sonomacountyaa.org)

## BOOKSTORE

### SCIF CENTRAL OFFICE

750 Mendocino Ave., Suite 10  
Santa Rosa, CA 95401

Manager: Linda M.  
Phone: (707) 546-2066  
Fax: (707) 566-9677  
bookstore@sonomacountyaa.org  
Hours: Mon-Fri 10-6  
Sat 11-3

*The bookstore is staffed by volunteers.  
Occasionally it is closed  
for lack of staff.  
Call first!*

### The Bookstore is closed on these Holidays

Memorial Day	May 31
Independence Day	July 4 & 5
Labor Day	September 6
Thanksgiving	November 25
Christmas	December 25th
New Year's Day	Jan. 1st & 2nd

## NOTES FROM THE BOOKSTORE

There are no shifts currently available at the Bookstore. I would like to thank Carolyn A. for working many extra volunteer shifts last month and welcome back Chris S. and Donna K. as returning Bookstore volunteers. I would also like to welcome Dave T. who has agreed to fill the "first Saturday" shift which was previously worked by our past SCIF chair Bob P.

In Service, Linda M.

*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 express or implied endorsement, approval, or affiliation by Intergroup. We reserve the right to edit submissions for clarity, language, length and content that violates AA Traditions.*

## NEW MEETINGS

### **Bodega**

#### Meeting at the Ranch

Thursday (C) 5:30 pm  
60 Salmon Creek Road (1.2 mi. from Hwy)

### **Guerneville**

#### Sunset Club

Mon-Fri (O)(W) 7:30 am  
Mon-Fri (O)(W) 10:30 am  
14250 Sunset Ave.

### **Rohnert Park**

#### Early Birds

Monday (O)(W) 6:30 am  
Ladybird Clubhouse, Liman Way

## MEETING CHANGES

### **Santa Rosa**

#### Stepping Lively

Monday 7:00 pm  
was meeting Tuesday

#### Midweek Insomniacs

Wednesday 10:00 pm  
moved to 417 Lincoln St.

#### Chopstix

Saturday 10:30 pm  
moved to Orenda Ctr, 1430 Neotomas

#### Happy Trails

Last Sunday 10:00 am  
Carpools from parking lot - 1st & B

### **Sebastopol**

#### Stein Group (Lesbian)

Sunday 7:00 pm  
moved to Palm Dr. Hospital - Conference Rm

## NO LONGER MEETING

### **Jenner**

#### Step Study

Sunday 6:00 pm

### **Rohnert Park**

#### Early Birds

Monday 6:30 am

To report meeting changes email  
[meetingchanges@sonomacountyaa.org](mailto:meetingchanges@sonomacountyaa.org)  
or **contact SCIF Office**  
**546-2066**

## SEMINAR AT THE BOOKSTORE

# A.A. Anonymity on the Internet

a seminar & discussion



Wednesday, July 28, 2010  
6:30 pm to 8 pm

@ Community of Christ Church  
West Steele Lane @ Range Ave., Santa Rosa

CD recordings of the seminar will be available for a \$2 donation

Info: [seminars@sonomacountyaa.org](mailto:seminars@sonomacountyaa.org)

## CONTRIBUTE ONLINE

Recently the General Service Office in New York made "Contributions Online" available via their website; this means that AA Members and Groups go to [www.aa.org](http://www.aa.org) to make their contributions with a credit card or "E-Check". I decided to try this out to make an individual contribution and it was a very simple process to create a profile and make the contribution. This may not be something that AA Members think about doing on a regular basis but I think that we should remember that when the General Service Office is fully funded by group and individual contributions literature prices are less likely to be raised like they were last year. Something to think about when your sobriety birthday rolls around....

Thanks to Linda M.

**Petaluma**  
**UNITY DAY**  
**COME ONE COME ALL**

Food  
Fun & games  
Speaker meetings  
Fellowship  
at  
**PENNGROVE PARK.**  
11800 Main St, Penn Grove  
From 11am-4pm  
Aug 29 2110

# SONOMA COUNTY INTERGROUP FELLOWSHIP GENERAL MEETING

May 24, 2010

Open mtg at 8pm with Serenity Prayer  
Reading of Preamble, Tradition 5, and Concept 5

Intro of New Reps:

Carla S.	Chair It or Air It	Petaluma
Chris S.	Kenwood Step Study	Kenwood
Damien DuB.	Round Table Discussion	Santa Rosa
Alan D.	Mature and Sober	Santa Rosa
Annette S.	Growing Pains	Santa Rosa
Barbara G.	Living Sober	Cloverdale
Chantel E.	Friday Night Live	Rohnert Park
Margaret	Simply AA	Santa Rosa

## Officer Reports:

**Chair:** (Sean McP.) Welcome everyone. We have a new form available for the reps use on the table with the agendas. Feel free to use it.

**Vice Chair:** (Doug S.) no report.

**Recording Secretary:** (Siobhan S.) April minutes were accepted as printed with no corrections.

**Treasurer:** (Shirley J.) Treasurer's report for April 2010: Group contributions were disappointing in April, more than \$6900 less than the prior April. Group supported expenses exceeded contributions by \$305, Bookstore expenses exceeded income by \$464 resulting in a \$627 net loss overall.

**Registrar:** (Rich S.) In April we had 360mtgs/week, 164 reps, for 45% group representation.

**Bookstore Report:** (Linda M.) Steve will be reporting on the bookstore's losses in his report. Jim L., a longtime volunteer, passed away last week. In view of this sad news, we will be accepting applications for a Wednesday morning shift. The tentative date for the next inventory is Sunday, June 27th, at 12 noon.

## Committee Reports:

**ICSC:** (Steve B.) The bookstore is doing well, in spite of showing a loss. The Loss appears to be a result of lower volume of sales. Costs seem to be in line with other Central Offices. We don't want to raise the price of books. We did buy books at a higher price, and may not have raised our prices soon enough. Perhaps \$100 in books has "walked out", or it may be a glitch in the new software. We would like (with this body's permission) to leave it alone for now and will talk about it some more if it is an issue.

**Activities:** (Kathy M.) The flyer for the June picnic is out! Sat June 19th, at Rincon Valley Community Park. Will have 2 speakers, and an ice table for salads. Speakers from 11-12:30, lunch at 12:15/30ish. Next event perhaps Hot August Nights?

**Alkathons:** (Maureen C.) not present/no report

**Communications/Newsletter:** (Brian Z.) there are lots of announcements in the newsletter. New mtg changes info. Will be rotating out at end of year, still looking for an apprentice.

**Outreach:** (DeeDee S.) Brand new at this, job is to get reps from all mtgs, need volunteers to go to mtgs I can't.

**Seminars:** (Jesse B.) Next seminar will this Wednesday, May 26th, 6:30-8pm at the bookstore, Prescription drugs in AA.

**Teleservice:** (Rob S.) 3 shifts open, Monday overnight 10pm-8am, alternate Wednesdays 2-6pm, and Friday 1-6pm.

## Liaison Reports:

**BTG:** (Cassie S.) not present/no report.

**H&I:** (Alex D. for Will S.) our meeting info is in the newsletter. We are always looking for speakers. 2yrs sobriety for locked facilities, 6 mos for unlocked.

**PI/CPC:** (Nick R.) The PI mtg info is in the calendar. There is an article in the newsletter. The schools and rotary we visited are asking for more information, which is great. Our job is to tell them what AA does and does not do. Still doing DDP, looking for speakers, but also people to serve on the committee. We don't have enough people to do all the things we do.

**SOCYPAA:** (John N.) Events coming up: Campout at River's Bend Resort in Guerneville, June 18-19, hosted by ACYPAA and SOCYPAA. July 17th Dodge ball at Howarth Park 1:30 pm. Meeting at 11, BBQ at 12:30 (\$5/plate)

**Access Sonoma County:** (Margie A.) The big news at ASC is the upcoming workshop on Sunday, June 13th, from 1-4 pm at the Luther Burbank Art and Garden Center. We will be discussing mental health issues and AA. There will be a panel which includes a professional who works with dual diagnosed people, someone who sponsored dual diagnosed women, and a dually diagnosed person. There are flyers on the table. We ask that when you announce this that you use the wording on the flyer.

If you are interested in making sure that AA is available to anyone who wants it, come join us. Committee mtg info is in the newsletter.

**General Service:** (Annie T.) on page 5 of the Newsletter is info for the picnic and Delegate's Report. There will be no orientation at June meeting. Also, the July meeting has been moved to the 2nd Monday (July 12th), because of the International Convention. Your GSRs have been reporting back to the groups about the advisory actions taken at the General Service Conference. There is a local motion to buy a computer for our registrar's use, thanks to the donation made by Intergroup

**Spanish Central Office:** (Shaline E.) Spanish Central Office will be having an anniversary party on June 13th in Guerneville, 16290 Fourth St. Still trying to get the bulletin, just having trouble connecting with contact person.

## Elections:

### ICSC:

Partial term replacing Laurie E.- will serve April 2010-April 2011

Mike C. of nominating committee presents one candidate, Trevor H.

Housekeeping motion made by Ben B. to waive requirement for two candidates for this election only. Second. No objections, motion passes.

*continued on page 4*

## MEETING NOTES,

*continued from page 3*

No objections to Trevor's election.

### **Alkathon Chair:**

Maureen has stepped down. No one available, tabled to next month.

### **Liaison to Unity Day:**

H&I will host Unity Day this year, but we need to elect a liaison to that committee.

Alex C. available- no opposed.

**Group Sharing:** Cache Creeks IS still accepting reservations till June 1st. New meetings in Guerneville, flyer available. New mtg at Serenity Fellowship, Wednesdays at Midnight.

**Summation:** (Doug S.) Doug reviewed info to take back to groups  
Closed with Lord's Prayer at 9:03

*"There is a principle which is a bar against all information, which is proof against all arguments and which cannot fail to keep a man in everlasting ignorance—that principle is contempt prior to investigation."*

*—Herbert Spencer*

## Fourth Annual Hand in Hand Women's Day of Unity

Saturday, September 11, 2010  
7:30 a.m. - 5:30 p.m.

### ***New Larger Location***

### **Century Assembly Church**

550 West Century Blvd.  
Lodi, CA 95240



*Along the Broad Highway*

Workshops, Speakers, Workshops, Breakfast and Lunch  
More info: Toni P. (209) 322-5147 Suzell S. (209) 484-8459

***See flyer at Bookstore***

## HOSPITAL AND INSTITUTION COMMITTEE

"I woke up in a place staring at a blue pastel ceiling made of steel with a 40-watt bulb placed in its center. The air was damp and cool and carried an aroma of stale cigarettes. I turned my head to see, within my reach, silver bars made of four-gauge steel. The skin about my wrists still bore indentations halfway around where hand-cuffs once lay.

"Beyond the bars was another wall of bars. As my eyes traced across the cement floor, they came to a reddish brick wall. Halfway up the wall was a window the thickness of a Coke bottle bottom, its exterior encased by a steel mesh cover. Was it hell? It was snowing. I could not touch it and feel it numb my fingers like so many times before.

"It was raining. I could not smell the natural and multiple aromas it produced as new life seeped into the dry land. It was windy. I could not let it blow through my hair or hear it moving through the trees. Now it was sunny. The rays were unable to nourish my flesh.

"What brought me here? I wish I could blame it on the woman I loved, but no! That would be too easy. Think. Was it resentment, passion, jealousy? Was it low self-esteem, loss of trust, self-pity? Was it fear or the total loss of myself? What brought me to this abyss of my life, with death just on the other side of the door?

"It was all of these feelings, but much, much more. There is something much more powerful than I, and I am powerless under its spell. Alcohol."—John R., Canon City, CO. [From *The Grapevine*, July 1989]

The June meeting of the Hospitals & Institutions Committee was proud to welcome new meeting reps Wendy, representing The Rooms group (Sebastopol); Shirle, Acceptance is the Answer; Mary, the Serenity Fellowship; Chris, Monday Night Serenity (Cloverdale); Claudia, Attitude Adjustment; Dean, High Steppers; Brooke, Working Winners; and Lou, Living Right (Sebastopol). A big "hello" as well to our visitors Trey and Dave.

There were over 61 years of total sobriety being celebrated for the month of June.

Remember hitting your bottom with alcohol? Remembering the despair of our lives "before" and then the hope of AA and recovery "after" is what H&I sharing is all about. Come see how you can make a difference in the life of an alcoholic who is confined at the next meeting of the Committee on Wednesday, July 7, at 6:15 pm at the Community of Christ Church, 1495 W. Steele Lane, on the corner at Range Avenue (parking is off of Range, behind the church, with additional parking at the ice arena). The orientation, to which all are welcome, begins at 5:45. Come on down and bring a sponsee or other friend!

In service, Mardi

*"What a piece of work is man!"*

*Shakespeare - Hamlet*



## Upcoming Events

### SOCYPAA



#### Dodgeball

**Sat., July 17th, 2010**  
**Speaker Meeting 11 am**

**BBQ at Noon**

**Dodgeball 1:30 pm**

**BBQ \$5 a plate**

**\$3 to Play Ball**

**Honey Bee Park**

**1170 Golf Course Drive**

**Rohnert Park**

**Volunteer or More Info**

**Fred S. (707) 241-5520**

### SO CO ALANO CLUB

#### JULY 17th

3rd Saturday night Dinner 6:30- 8 PM  
10\$\$8 members

#### JULY 24 th

Sonoma County Alano Club presents  
LUAU and Dance  
Dinner 5:30 - 7PM Meeting 7- 8 PM  
Dance with DJ Mark G. 8:30 - 11:30  
\$20 for Dinner and dance  
\$13 Current members  
\*\*Dance only \$5 at the door.(everyone)

#### August 21st

Sonoma County Alano Club presents  
Anniversary Celebration, meeting and Dance  
5:30 - 7pm Dinner Dottie's fried chicken  
Meeting 7- 8pm  
Live Music and dance w/ The windshield Cow-  
boys 8:30 - 11:30  
\$20 dinner and dance  
\$13 current members  
Music and dance only \$5

sonomacountyalanoclub.com  
1050 Petaluma Boulevard North  
Petaluma, CA 94952 (707) 782-0588

### HAPPY TRAILS

Come hike with us! We always meet on the last Sunday of the month - so next month will be July 25th.

We meet at 10AM in the parking lot on the East side of the Santa Rosa Mall [Sears lot].

Come along on a hike with your AA fellows, get some fresh air, some exercise, and catch a meeting in the woods. Bring your lunch!  
Destination: Armstrong Redwoods State Natural Reserve, Guerneville

For more info call Ryan at 707-478-2170

*See article next page*

**Sober Riders**  
**AA on Horseback!**  
**Sundays, 10 am**  
**Call Judy R. for Location**  
**829-7263**



# JULY • 2010



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1st United Methodist Church Faith Lutheran Church St. Luke Lutheran Church Community of Christ Church S.R. City Hall Employee Lounge SCIF Bookstore	1551 Montgomery, Santa Rosa 4930 Newanga Ave., Santa Rosa 905 Mendocino Ave., Santa Rosa 1495 W. Steele Lane, Santa Rosa First St. & Santa Rosa Ave., Santa Rosa 750 Mendocino Ave, Suite 10, Santa Rosa	<div style="border: 1px solid black; padding: 5px;"> <b>General Service</b>                      Faith Lutheran Church                      6:45 Service Manual Study                      6:45 New Rep Orientation                      7:30 Business Meeting  <b>MEETING ON THE 2nd WEEK THIS MONTH</b> </div>		<b>1</b>	<b>2</b>	<b>3</b>
<b>4</b> SOCYPAA 1st United Methodist 7:15 Business Mtg	<b>5</b>	<b>6</b>	<b>7</b> Hospital & Institution Community of Christ Church 5:45 New Rep Orientation 6:15 Business Meeting	<b>8</b> Access Sonoma County SCIF Bookstore 6:15 Orientation 6:30 Meeting	<b>9</b>	<b>10</b>
<b>11</b>	<b>12</b> SCIF Bookstore 6:00 Teleservice Meeting 7:00 ICSC Meeting 8:00 Intergroup Steering Committee Meeting	<b>13</b>	<b>14</b> PI/CPC S. R. City Hall 7:00 Training, 7:30 Business	<b>15</b>	<b>16</b> August Newsletter Deadline	<b>17</b>
<b>18</b> SOCYPAA 1st United Methodist 7:15 Business Mtg	<b>19</b>	<b>20</b> Bridging The Gap SCIF Bookstore 6:00 New Rep Orientation 6:30 Business Meeting	<b>21</b>	<b>22</b> Communications SCIF Bookstore 6:30 Meeting	<b>23</b>	<b>24</b> General Service Area 06 Committee 320 N. McDowell Blvd Petaluma
<b>25</b> Happy Trails 1st & B parking 10 am	<b>26</b> Intergroup St. Luke Lutheran Church 7:30 New Rep Orientation 8:00 Business Meeting	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>

# SCIF FINANCIAL SUMMARY MAY 2010



## 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 2010			May 2009	Year to Date		2010	2009
	Income	Expense	Net	Net	Income	Expense	Net	Net
<b>Group Supported:</b>								
Central Office								
Groups								
Individuals								
Teleservice								
Web Site								
Newsletter								
ASL Interpreter								
Interest								
<i>Subtotal</i>								
<b>Self Supported:</b>								
Bookstore								
Activities								
Alkathons								
Seminars								
Unity Day								
<i>Subtotal</i>								
<b>TOTAL</b>								

Assets & Liabilities	
Cash in Bank & Petty Cash	
Prepaid Expenses	
Liabilities	
Subtotal	
Bookstore Inventory	
Property	
Total Assets & Liabilities	

Memo:	
Cash in Bank & Petty Cash	
Prudent Reserve	
Liabilities	
ASL Reserve	
Literature Reserve	
Operating Reserve	
Sonoma County General Service	
California Northern Coastal	
AA General Service, New York	
Total Distributions	

## GROUP CONTRIBUTIONS

Meetings	May	2010 YTD	
11th Step Meeting			Sebastopol AA Noon Movement aka The Rooms
12 X 12 @ 12 Group			300.00
12 X 12 Plus Step			Sharing & Caring
A Vision For You			Signs of Sobriety
AA of Sonoma, Friday Night Fellowship			Simply AA
AA of Sonoma, Tuesday Big Book Group			SOCYPAA
Access Sonoma County			Sober Sisters
Be What You Want To See			Sonoma County General Service
Big Book Review			Sonoma Valley Fellowship
Book & Discussion, Sonoma			South Park Survivors
Brodz Nite Out			Stein Group
Cloverdale Fellowship Hall			Stick Around
Defects & Shortcomings			Sunday PM Closed Discussion Group
Drop The Rock Group			The Sunday Night Group
Early Bird Fellowship of Petaluma			There Is A Solution, Healdsburg
Expect A Miracle			There Is A Solution, Santa Rosa
FAHA Home Group			Think About It Group
Gay Newcomers Group			Thurs. Night 12 X 12 Discussion Group
Good Neighbors, Geyserville			Thursday Night Real Life Meetings of AA
Hessel Big Book Study Group			Thurs. Night Women's AA
Kenwood Group			Tuesday Afternoon Delight
Kenwood Step Study			Tuesday Noon, Alano Club
Lost & Found Group			Up The Steps
Lunch Bunch Group			Wednesday Night Men's Stag
Mature & Sober Group			We're In The Now
Men's Smokeless, Windsor			Women In The Solution
Moment of Silence			Women's Book Group
Monday Mood Swings			Women's Perspective AA Group
Monday Night Alcoholics Only Step Study			Women's Step Study & Discussion Group
Northern Calif. Al Anon Conf./AA meetings			Women's Tuesday At Noon
O God It's Monday			Working Winners
Open Door			Young & Young At Heart
Petaluma AA Hotline			
Petaluma Valley Group			Total
Promises Group			
River Discussion			
River Grace			
River Women's Meeting			
S. C. G. M. A. A.			
Saints and Sinners			
Saturday Serenity			

### TAKE A HIKE!

Happy Trails is a once a month outdoor meeting held in the beauty and splendor of nature. On May 30th, twelve or so AA members converged on the Point Reyes National Sea Shore Visitor Center parking lot for a hike and meeting in the woods. It was an easy hike in, with clear skies and mild warm weather. We were accompanied by the soft sounds of the creek along the trail. Ryan, our meeting secretary, settled us on a quiet knoll underneath an oak canopy and a luxurious green meadow spread out before us. We shared AA experiences of serenity and sobriety, celebrated AA birthdays, enjoyed food and shared treats with one another. Some walked the path to return to the parking lot and other more adventurous souls extended the fellowship fun along the path in the opposite direction. We hope to see you on our next adventure in Armstrong Redwoods. Call Ryan for details at 707-478-2170. Happy Trails!

*"Take care of the little things, the bigger things are easier to handle"*  
heard around meetings

## ADDRESS

### Sonoma County Intergroup Fellowship

750 Mendocino Ave. #10  
Santa Rosa, CA 95401-4846

### 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 11305  
Santa Rosa, CA 95406

### SOCYPAA

P.O. Box 5784  
Santa Rosa, CA 95402

*\*Funded solely through Sonoma County General Service*

[www.sonomacountyaa.org](http://www.sonomacountyaa.org)



## TELESERVICE

### Phone Line Coordinator

Dave R. (707) 538-5758

### 12 Step Coordinator

Rich S. (707) 548-0962

## AA HOTLINES

Santa Rosa (707) 544-1300

Toll Free (800) 224-1300

Sonoma (707) 938-8508

Spanish Speaking (707) 623-6702

## CONTACT INFORMATION

### Sonoma County Intergroup Fellowship

#### SCIF OFFICERS

Chair Sean Mc.  
Vice Chair Doug S.  
Secretary Siobhan S.  
Treasurer Shirley J.  
Registrar Rich S.

#### SCIF COMMITTEE CHAIRS

Activities Kathy M.  
Alkathons  
Outreach Dee Dee S.  
ICSC Steve B.  
Seminars Karen M.  
Teleservice Rob S.

#### Communications

Newsletter Brian Z.  
Website Sam K.  
Meeting Changes Russell

#### Unity Day

Terry H..

#### Sonoma County General Service

DCMC Annie T.  
Treasurer Joann L.  
Registrar Claudia N.  
Archivist Jacob L.  
Grapevine Gail M.  
Access So. County Jamie T.  
Bridging the Gap Pete J.  
PI/CPC Dagmar M.

#### Hospital & Institutions Committee

Chair Don S.

#### Sonoma County Young People in AA

Liaison John

intergroup@sonomacountyaa.org  
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meetingchanges@sonomacountyaa.org  
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