



SONOMA COUNTY INTERGROUP FELLOWSHIP NEWS

March 2005

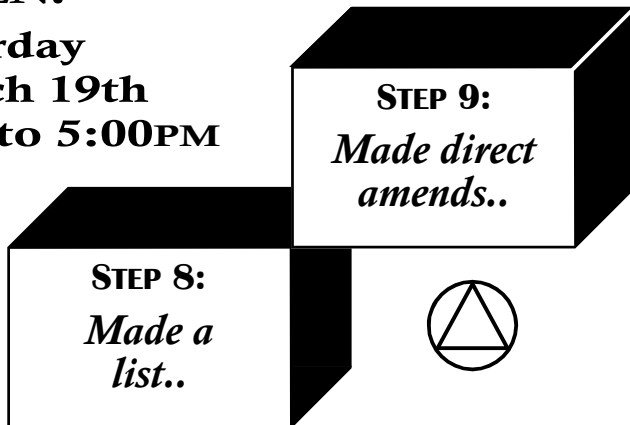
50¢

March Seminar

Steps 8 & 9

WHEN:

**Saturday
March 19th
3:00 to 5:00PM**



WHERE:

**SCIF Bookstore
750 Mendocino Ave. Santa Rosa**

For more information call Susy at 546-4623

Those Dreaded Amends

It is suggested that *honesty, open-mindedness, and willingness* are the HOW of this program. Steps 8 and 9 test our resolve in all three! I remember how bogged down I became trying to work these action steps. How I struggled with honesty and being open-minded enough to let others be themselves without my criticism. My lack of willingness to even consider making amends to some people because I was unwilling to admit my part in things.

If you are working those steps now, or the person you sponsor is doing so, I strongly encourage you to come and participate in the **March Seminar**. Hear what these steps mean to others, and to share your experiences around these steps. There will be a panel, and then discussion along with refreshments. Please consider this opportunity to discuss these steps with other alcoholics who may be struggling, as I was. To volunteer, or for further information about upcoming seminars in the months ahead, call Susy at 546-4623.

Carrying the Message from Home

It has been some time since I started doing Teleservice Hot Line, maybe 3 1/2 years. It happened in an unusual way. A friend asked me if I could do her shift once a week for 3 weeks. I was willing. I attended the general monthly meeting monthly with her at the Bookstore once or twice along with some "do's & don'ts" that she explained to me. Within a few days I decided it

would be a good way to stay home and do my "chores" as well as do service. I feel as though I need to do service to always stay connected to AA. I need to always be reminded of the good path I have been guided to by my Higher Power and which has been my Solution to life's problems. I thoroughly enjoy Teleservice. It gives me a sense of

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SCIF BUSINESS MEETING

INTERGROUP OFFICERS

- ◆ CHAIR: Bob K.
578-4877
- ◆ VICE-CHAIR: Steve B.
478-5522
- ◆ SECRETARY: Kim M.
545-6138
- ◆ TREASURER: Tom R.
541-7206
- ◆ REGISTRAR: Deborah L.
527-6132

INTERGROUP COMMITTEES & CHAIRS

- ◆ SEMINARS: Sebrina G.
- ◆ ACTIVITIES: Craig G.
- ◆ OUTREACH: Linda C.
- ◆ COMMUNICATIONS:
Rory B.
- ◆ HOTLINE/TELESERVICE:
David L.
- ◆ ALCATHONS: Brian A.

AA HOTLINE TELESERVICE

- ◆ CHAIR: David L.
- ◆ SCHEDULER: Andi P.
- ◆ 12 STEP COORDINATOR:
James C.
- ◆ SANTA ROSA HOTLINE
544-1300
- ◆ LONG DISTANCE ONLY
800-224-1300
- ◆ PETALUMA HOTLINE
762-5122
- ◆ SONOMA HOTLINE
938-2027
- ◆ SPANISH HOTLINE
545-7417

SCIF Meeting January 24, 2005

Tradition 1 was read by Ann, **Concept 1** read by Kit and the Preamble was read by Kay.

Intro of New Reps: Tom R. from *Up the Steps* in Santa Rosa; Cindy from the *Promises* in Sebastopol; Ann from *Women's Tuesday Nooner* in Windsor; Vicki from *Guerneville Friday Night*; John from *As Bill Sees It* in Guerneville; Bruce from *Tuesday Cazadero Speaker/Discussion*; Don C. from the *Light Group* in Santa Rosa; Sheila from *Hearts Desire* in Guerneville; Sable from *Sober Sisters* in Sebastopol; Kit from *Sunday Night Sebastopol*.

January Birthdays: Pat, 8 yrs; Dee, 4 yrs; Linda, 22 yrs (December); Jim, 5 yrs; Alex, 20 yrs; Kim, 15 yrs; Jeff, 14 yrs (December); Courtney 1 yr.

Seventh Tradition was exercised.

Minutes of December 27, 2004 SCIF General Meeting were reviewed and then approved.

Elections occurred utilizing the third legacy method with the following results: Chair Bob, Vice Chair Steve, Treasurer Tom, Recording Secretary Kim, Registrar Deborah.

Registrar: Deborah indicated she is still working on database.

H&I: Francis reported that H&I meets on the first Wednesday of each month with an orientation for folks new to H&I taking place at 5:45PM followed by the business meeting at 6:15PM. The H&I 33rd Annual will be held in Galt April 22-24th, 2005.

LIAISON REPORTS

General Service: Kenin reported that GS is getting ready for an Agenda Topics Workshop on February 19 at St. Marks's Church on Mayette Ave. in Santa Rosa. Registration forms are available now for PRAASA 2005 which is an incredible weekend gathering of AAs from the western U.S., incl. Alaska and Hawaii, to be held in Tucson, AZ; info can be had at: www.PRAASA2005.

org or from your GSR. Stories from Spanish speaking members are needed for Spanish 3rd edition of the Big Book.

PI/CPC: Dave indicated that they meet the 2nd Wednesday of each month at SR City Hall Lounge w/ speaker training at 7:00PM and Business meeting at 7:30PM.

Bridging the Gap: Susy indicated that BtG needs volunteers with 6 months sobriety, esp. in the West County, Sonoma, and North county areas. BtG has positions open: recording secretary and presenters.

OFFICER REPORTS

Intergroup Chair: Kay highlighted a Spanish AA event-Convention which will take place May 27-29th at the Flamingo.

Vice Chair: Steve B. indicated that 6 new reps attended orientation tonight at 7:30, but we had 9 new reps introduced.

Treasurer: John S. directed everyone to page 5 to review monthly financial report and indicated that, financially, Intergroup came out ahead for the year with \$52.00.

Bookstore: Gloria reported she has new volunteers on board, the ICSC has given her permission to reduce the inventory of certain items in the bookstore—sales will be forthcoming. Cassettes will be half price and experimenting with making CDs for purchase.

Outreach: Linda was absent.

Activities: Chris filling in for Craig reported that volunteers are needed for set up and clean up in exchange for free admission at the Valentines Dance.

Seminars: Kay reported for Sebrina that the "How to Run a Steering Committee Meeting" seminar had about 15 attendees and was well done. .

Teleservice: Dave L. referred everyone to the wonderful calendar on page 6 of the newsletter and pointed out when Teleservice meets; invited everyone who is interested to show up. Shift open on Mondays from 1-5pm. James is passing

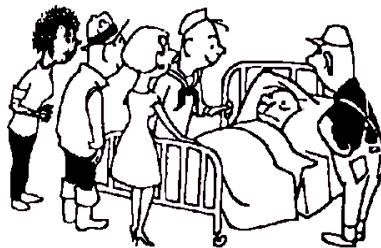
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HOSPITALS & INSTITUTIONS

"Then came that little man that we who live in this area saw so much, him with the kind blue eyes and white hair, Doc Silkworth. You'll remember that Doc said to me, "Look Bill, you're preaching at these people too much. You've got the cart before the horse. This 'white flash' experience of yours scares those drunks to death. Why don't you put the fear of God into them first. You're always talking about James and The Varieties of Religious Experiences and how you have to deflate people before they can know God, how they must have humility. So, why don't you use the tool of the medical hopelessness of alcoholism for practically all those involved. Why don't you talk to the drunk about that allergy they've got and that obsession that makes them keep on drinking and guarantees that they will die. Maybe when you punch it into them hard it will deflate them enough so that they will find what you found."

[Part 1 of an interview with Bill W.]

The February meeting of the H&I committee extended a warm "hello" to new meeting reps Lisa D., Tom, Daniel O., Dustin R., Mark B., Patrick S., Jolie B., Brian Z., Kimo G. and



Stacy D. We also welcomed visitors Mike, Jesse and Richard. Celebrating sobriety birthdays for the month of February were Greg C., with 1 year; Jerry, 4; Katherine, 2; James, 4; George, 7; Mardi, 10; and Kelly, 14. Keep coming back—you must be doing something right!

Theo T. related how he was "dragged" into

H&I service in early sobriety by someone who became a close friend. In addition to playing a major role in revamping the Grapevine distribution in Northern California, he spent several years going into recovery facilities, carrying the message of AA. He recalls that on several occasions, someone would come up to him and ask, "Do you remember me? You came and spoke to us and—guess what—I'm still sober!" As Theo put it, "It just warms the cockles of my heart."

Want that warm feeling of sharing your recovery with another? Maybe H&I is for you. To find out more about the Hospitals and Institutions Committee and its works, please join us at the next meeting on Wednesday, March 2, at 6:15PM at the Santa Rosa Senior Center located on Bennett Valley Drive and Rutledge. All are welcome to attend the orientation at 5:45PM. Come on down and bring a friend!

In service,
Mardi

SCIF Meeting Minutes

(Continued from page 2)

around a sign-up list.

Newsletter/Communications: Rory had to leave early, no report.

Old Business: Bob volunteered to bring Larry O. to next meeting to run for a position on ICSC.

Group Sharing: Don C. from The Light thanked everyone for taking such care of the space during the Alcahons, he was thrilled with Alcahons and wants his space to be available for them in the future.

Summation:

- ▲ Thank you to John S, and Kay for service to Intergroup.
- ▲ Committee Chairs up for election in February.
- ▲ Gloria needs help with inventory on the 31st.
- ▲ Dave would like more volunteers for Teleservice.
- ▲ Upcoming Seminar: *How to Run a Steering Committee.*
- ▲ Intergroup has a positive year end of \$52.00 in the black.

Gratefully in Service,
Kim M.

ACTIVITIES

March, let's see, what comes in March? St. Patrick's Day? That's such a great active-Alcoholic holiday, isn't it? I mean everyone gets together in bars, and drinks regardless of if they are Irish or not. Somehow this ties in with, leprechauns, four leaf clovers, and ridding Ireland of snakes; not to forget the most important thing; McDonalds' green, "Shamrock Shakes." Yep, only an Alcoholic could have come up with such a grand holiday as that.

It's funny, because I'm about 3 quarters Irish and I don't really understand the deal of this day. When I was a kid it was all about hoping your fiends would forget to wear green, so you could pinch them. That doesn't seem so much fun these days; well come to think about it, it does kind of sound fun, but I don't think my friends would really put up with it.

You know that's the best part about sobriety, when I first came into these rooms, I thought all the fun was over. No more drinking during holidays, or at

parties, weddings, behind the bus station, under bridges, etc..etc..nope, all the good times were over; but was I ever wrong!

If you are new to these rooms, you are in for some surprises and some fun. We just had the Valentine's Day dance and it went over very well. We had a really mixed crowd, of young and old. People seemed like they really had a good time. I brought a newcomer that night, and he went home smiling from ear to ear. He had so much

fun, it was infectious to me. He shared with me that he had thought he wouldn't have a good time now that he was clean and sober, but that he'd had the time of his life that night. Those kinds of testimonies are what make me enjoy doing this position. If you can't have fun in sobriety, why bother?

On the note of the dance I want to put out my thanks again to all those who helped. Tim B. and Mike K. from Rohnert Park

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GENERAL SERVICE

We welcome you all into the New Year, and hope that this is one of many sober years to come.

Our business meeting was held on Jan. 3rd, and the meeting was great. We had visitors in the form of a brigade of past delegates, all of whom have attended our meetings before. Either that is very flattering, or we're in deep trouble! The visitors were Ross J. the outgoing Area Chair and incoming Alternate Delegate, and four past delegates, Bill M., panel 33; Diane W., panel 43; Suzanne M. panel 51; and the most recent, having just finished his service, Doug G., panel 53.

The general feeling is that we cannot adequately express how grateful we are for their support.

We welcomed 11 new General Service Representatives (GSRs), Jody R., Michael K., Sean M., Brian K., Peter F., Regina C. (alt), Robert L., Lloyd H., Gretchen H., Regina K., and a new GSR from the Graton Fellowship whose name is currently missing from our minutes, but we feel secure that he or she is not missing.

And it is time to publicly proclaim our appreciation to DJ, who has consistently supported our meeting with coffee, without which it would be impossible (at least for this officer) to attend the Business Meeting. He is such a persistent fixture at meetings that we have come to feel he comes with the rent.

We celebrated the following birthdays: Catherine C. - 12 years, Pert - 9 years, Jeff S. - 14 years, Jody R. - 2 1/2 years, and Larrick - 10 years. Yes, I know it may seem a cliché to say it, but in fact service does seem to work at helping keep you sober.

Ross J. (the current alternate Area Delegate) gave a talk about what it means to be a GSR, complete with a

brief analysis of how it feels as a new GSR (generally one feels lost), and he pointed out that the GSR is the link between New York and the groups. He suggested ways to end that "lost" feeling; Read pamphlets, talk to others (including delegates), go to assemblies, go to PRAASA, go to Agenda Topics workshops, hold sharing sessions, read the conference report, etc., etc.

A few other things were touched upon at our meeting. For example, let's say you like service, and you want to expand your horizons a bit. Well, how would you like to correspond with someone in prison? Get in touch with General Service in NYC, or talk to your GSR, and they will set you up.



JUNE 30 - JULY 3, 2005
TORONTO, CANADA

Also, they are looking for stories from Spanish speaking members for the Spanish language Big Book. If you speak Spanish you might mull it over.

As a reminder to everyone, there are a few upcoming events worth mentioning, so I will do just that. The Pacific Region Alcoholics Anonymous Service Assembly (PRAASA) will be March 11-13 in Tucson, AZ, and you do not need to be a GSR to attend. In fact, it is about all the service entities in AA. It is informative, exciting, and a great time.

As you may know, there is an Agenda Topics workshop at St. Marks Lutheran Church on Mayette in Santa Rosa on Feb. 19th. So come and get informed, come and participate, come and find out what the current "hot topics" are in AA, or just come and socialize. It will be worth it.

Last but not least, do not forget the International Convention in Toronto at the beginning of July. These things are truly unforgettable, so if you can, attend.

In service,
Bill K.

SCIF Officers for 2005

Two new officers were elected at the January Intergroup Meeting. Following the Third Legacy procedure, **Bob K.** was elected Chairperson and **Tom R.** was elected group Treasurer. **Steve B.** will continue as Vice-Chair for another year, as will Recording Secretary **Kim M.** and Registrar **Deborah L.**

We would like to express appreciation for outgoing officers Kay S. and John S. for their dedicated service. Also, a big thank you to Bob, Tom, Steve, Kim and Deborah for making themselves available for 2005!

Activities Report

(Continued from page 3)

helped me to transport the sound equipment, the soft drinks, and the decorations. Rochelle helped again to coordinate the decorating and it was truly beautiful. Preston and Dorian for working the door, and helping couples to remember the night with wonderful photographs, just like you used to have taken at the prom. Then there were all the people from "A Step Up", and from "Orenda Center." There were more people than I can think of names, but I am deeply thankful to each and every one. If it were not for all of you, I couldn't have pulled off this event!

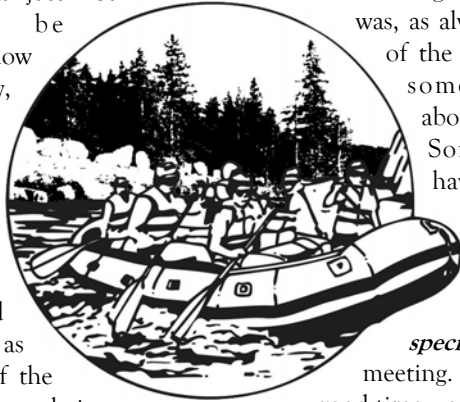
Well, that was my last event for this term. I've decided that if nobody else wants to step up and take this position over, to go for another year, (assuming that I get elected at the business meeting.) So, if someone else is writing in this spot next month, then you know that someone else wanted to do this. If that's the case, let me say thank you to everyone who has helped, volunteered, and just been really supportive in all the events I've organized in the last year. I've gotten a lot out of this position and learned some really valuable lessons. So, maybe I'll see you next month.

F.Y.I. We have reserved the Sebastopol Community Center on Saturday April 9th for a dance that's yet to be themed. Maybe I'll be doing that dance.

Take care everyone.
Craig G

Cache Creek 2005

If you did not attend the Cache Creek White Water Rafting Trip #17 last year, you really did miss out on a great trip. The weather was just hot enough not to be unbearable, the river flow cooperated beautifully, and the water temperature was spectacular! There were the usual water fights all up and down the river with water cannons around the bend of the river as kids would rise out of the water and usually get their mom or their neighbors to douse them and *not* get into trouble. Then there were the usual kids in "*trouble training*" (in a good way of course) the ones who were out to "get into



trouble" (water fights) with anyone, *just* to get into it. They just wanted to have some fun!

The meeting on Saturday Night was, as always, the highlight of the trip. There is just something special about that meeting. Something about having all those alcoholics (about 200) together in one place that brings out a *special energy* to the meeting. Suffice to say a good time was had by all.

Now however for some not so good news. We (The Cache Creek Group Steering Committee) have taken a group conscience and decided to roll back the spots available next year to

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Happy Trails

This month's meeting/hike will be on **March 27th**. A great hike for beginners. It is a short (2.2 miles) but beautiful hike, with abundant wildflowers. Hike will be at Crane Canyon Regional Park on Pressley Rd in Rohnert Park. Meet at the Bailey Field parking lot at the SRJC at **10:00** or trailhead at **10:30**. Bring a smile, lunch and water. Questions? Pat. F. at **829-1148** or Jeanine **545-1018**

SUN	MON	TUE	WED	THUR	FRI	SAT
	We Are Not A Glum Lot!	1	2 Hospitals & Institutions S.R. Senior Center 5:45: New Rep Orientation 6:15: Business Meeting	3	4	5
6	7 General Service Faith Lutheran Church 6:45: Service Manual Study 7:00: New Rep Orientation 7:30: Business Meeting	8	9 PI/CPC S.R. City Hall 7:00: Speaker Training 7:30: Business Meeting	10	11	12
13	14 SCIF Bookstore 6:30: AA Teleservice Business Meeting 7:15: ICSC Meeting 8:00: Intergroup Steering Committee Meeting	15 Bridging the Gap SCIF Bookstore 6:30: New Rep Orientation 7:00: Business Meeting	16	17	18	19 Seminar Steps 8 & 9 SCIF Bookstore 3:00-5:00PM
20	21	22	23	24	25	26
27 Happy Trails 10:00: SRJC Parking Lot at Bailey Field	28 Intergroup St. Luke Lutheran Church 7:30: Newsletter Collating 7:30: New Rep Orientation 8:00: Business Meeting	29 General Service District 12 Officers Meeting - 6:15 SCIF Bookstore	30	31		
					Good	Not So Good

Carrying the Message

(Continued from page 1)

satisfaction because in my day at home doing "my thing" I am doing service carrying the message, answering calls for information that are forwarded to my home.

I am realizing how precious this thing called sobriety, recovery, Alcoholics Anonymous, my new awareness and my new way of life are, and also how I must everyday do something to access my life program, my spiritual path and my Higher Power. Doing Teleservice fits in nicely with all my spiritual daily plans and with giving back for all the wonderful help I have received.

In gratitude,
Dorothy L.

What is Teleservice?

Sonoma County Teleservice is a group of alcoholics who answer the local A.A. Hotline from the convenience of their homes. This telephone service operates 24- hours a day, seven days a week. Calls to the hotline range from people requesting meeting information, to people wanting to stop drinking, people wanting information about A.A., or people afraid they will drink. Hotline volunteers are given training and Operations Guidelines to assist them in handling calls to the Hotline. Suggested requirements include 6 months or more of continuous sobriety, a sponsor, and a working knowledge of the 12 steps. Please consider this as an option for service that will enhance your sobriety and help other people who need direct contact with an alcoholic. Call James C. at 586-1604 for more information if you are available to fill one of these very worthwhile commitments!

AA Traditions Workshop

Coming to Santa Rosa
in Mid-April !

(Time and location to be announced)

- 4 FANTASTIC PANELISTS
- ASK-IT BASKET
- BROWN BAG LUNCH
- FELLOWSHIP SHARING TIME

Come find out why these traditions are so valuable and important, and how they help us wild and wiggly alcoholics stay together in fellowship, sobriety and service as the years go by!


ALL AA'S ARE INVITED!

BRING YOUR SPONSEES!

WE CAN'T WAIT TO SEE YOU
THERE!

*In Service,
Up The Steps Group*


SOBRIETY BIRTHDAYS



MARCH

CLOVERDALE	
Teresa H.	03/04/1994
Toby Z.	03/28/1990
ROHNERT PARK	
Jeff L.	03/14/1999
PETALUMA	
Cathy M.	03/21/2002
SANTA ROSA	
Cindy S.	03/30/1988
Mary S.	03/15/1982
SONOMA	
Bill A.	03/19/1999

In Memoriam



Neal Allen Inglis 43, of Sonoma, died Feb. 10, 2005, in Sonoma. He died sober and clean of a fatal heart attack. If anyone would like further information, they may contact Mary Stead, 707-578-9046.

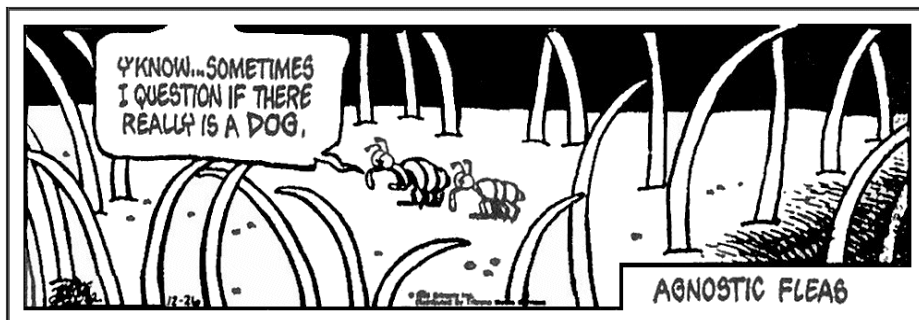
Cache Creek 2005

(Continued from page 6)

150. Even though we sell about 200 most of every year, the spots are selling closer and closer to the end of the registration period. We, as the Cache Creek Steering Committee cannot in good conscience ask the rafting company to hold these spots open while we may or may not find enough interested rafters to fill those spots.

We want all to have a good time. At the same time it is just too stressful to not have the last fifty spots up in the air as to whether they will be sold or not. We are financially responsible for the amount of spots that we reserve, *whether we sell them or not!* That is why we ask for money to be paid beforehand, we are required to give the raft company a deposit for every spot we reserve. Also then we won't have last minute cancellations that leave the rest of us on the hook financially.

Look for the yellow "Cache Creek Group" fliers at your favorite meeting or at the bookstore.



MEETING CHANGES

Santa Rosa 12 STEPS & 12 TRADITIONS
BOOK STUDY

(O) (W) Thursday, 7:00PM
Church, 3950 Doubles Dr.

Changed from Tuesday 6:00PM

Santa Rosa Happy Trails

(O) (W) Last Sunday of the Month

New Contact Number: (707) 545-1018

NO LONGER MEETING

Petaluma CONCEPTS AND TRADITIONS

(O) (W) Sunday, 2:00PM

Alano Club, 221 Water St.

Meeting Changes?
Contact Russell

WANTED:

Sobriety Birthdays to be Published in the Newsletter

Send your first name & last initial, city and birth date (month/day/year) by e-mail to aa@ap.net, mail or drop off at the Bookstore or leave a message at (707) 318-5065.

Deadline:

Second Monday of the month

Gloria's Corner

We've had 2 or 3 shifts with now shows, but we are training 3 new volunteers.

In March we'll have cassette tapes & wooden plaques for 1/2 price. We have one set of Concept window shades at 1/2 price. We are clearing out odds & ends to reduce our inventory.

We've had great help to do inventory lately, thanks to all of you!



Many Blessings,

Gloria

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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

*Funded solely through Sonoma County General Service

BOOKSTORE & TELESERVICE

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
Saturday 11-3

The Bookstore is closed on these holidays:

Independence Day...July 4th

Labor Day.....September 5th

Thanksgiving.....November 24th

Christmas.....December 25th

New Year's Day.....January 1st

CONTACT INFORMATION

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Hospitals & Institutions

Chair: Kelly T.

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