



# SONOMA COUNTY INTERGROUP FELLOWSHIP NEWS

May 2005

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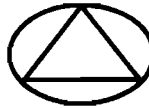


Sheri McG.	April 15, 1980
Tom (TJ) B	April 09, 1996
Roger A.	April 16, 1997
Robert S.	April 13, 2000
Andrew E.	April 17, 2004
Bobbi H.	April 05, 2004
Barb C.	May 01, 1985
Dave F.	May 01, 1985
Dean C	May 03, 1982
Kendall G.	May 09, 1989
Pamela K.	May 11, 1998
Tim R	May 31, 1985
Susan D.	April 1, 1984

## May Seminar Steps 10 & 11

WHEN:

**Saturday**  
**May 21st**  
**3:00 to 5:00PM**



**STEP 11:**  
Sought through  
prayer and medita-  
tion...

**STEP 10:**  
Continued to take  
personal  
inventory...

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

For more information call Sassy.

### Roses and Horses

No matter what I tried, my roses kept withering and dying, and so, out of desperation I went to my neighbor, whose roses were magnificent and asked his advice.

"What do you do to your roses to make them so beautiful?" I asked. He pointed to the ground around the bushes and said, "I put that on them." Well, I studied the stuff and smelled the stuff, and decided to go for it. "Ok, Great!" I said. "How do I make that stuff?" He replied, "You don't. I feed my horses and my horse makes the stuff. Get it?" And I said, "Yeah, I got it. Thanks. See you later," and trudged home chanting to myself, "Feed the horse and the roses get better. Feed the horse and the roses get better. Feed the horse and the roses get better..." I didn't get it.

And so I continued to try and figure it out while doing all I could to save my roses. I over-watered them. I under-watered them. I gave them artificial sunlight at night and shaded them during the day. I even switched from well water to distilled water but nothing was working.

Finally, once again out of desperation, I decided to just follow my neighbor's advice and I fed my horse. And after a few days of this, an amazing thing happened. My horse started to like me better. He began to nuzzle me when I came up. So I started treating him to a carrot now and again in addition to his normal feed because, after all, he was a pretty great horse.

Soon I was brushing him every day and going for rides on him around the town site. The neighbor kids came running to see the horse and go for supervised rides and the kids' parents came over to see what was going on. Someone broke out the barbecues and someone brought out the steaks. Guitars started playing. We were all singing and laughing and having a great time. We started doing this every weekend and all planned outings together and celebrated birthdays and anniversaries together and shared grief and joy together.

And all the time my roses were getting better. This is not to say I didn't have anything to do with my roses getting better. I still had to do the necessary everyday toils and still had to work up a sweat when needed. I still had to spray for bugs and I still got an occasional scratch from the thorns. However, it was by following the suggestions, whether I understood the reasoning behind the suggestions or not, of someone who had what I wanted and was willing to share his solution with me, that produced the roses I wanted.

That has been my journey in Alcoholics Anonymous. I just didn't get it. I kept fighting alcohol even though I was powerless. I kept trying to figure out why what you were telling me would work instead of simply following the suggestions as laid out. I kept waiting for you to give me the power back to deal with my problem. I just... didn't... get... it. Finally, out of desperation, I became willing to follow the formula that has worked so well for countless numbers of alcoholics. And it worked for me. Today, I don't need to understand why it works-just that it does. A fellowship of sober, recovering alcoholics has formed around me and protects me from those times when I insist on returning to manufacture my own manure. And when my neighbor knocks on my door and asks me how it is that my roses are doing so magnificently, I have a message that works to pass on to him or her and to those similarly afflicted. I have a life today that is worth living and I owe it all to the willingness to try something my mind couldn't accept as a solution to a problem I couldn't solve.... I just keep feeding the horse.

—By Mike G.

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## Intergroup Officers

- ♦ **Chair:** ————— Bob K
- ♦ **Vice-Chair:** ——— Steve B
- ♦ **Secretary:** ——— Kim M
- ♦ **Treasurer:** ——— Tom R
- ♦ **Registrar:** ——— Deborah P

## Intergroup Chairs/ Committees

- ♦ **Activities:** ——— Craig G
- ♦ **Alcathons:** ——— Brian A
- ♦ **Communications:** — Charles W
- ♦ **Hotline:** — David L  
[Teleservice]
- ♦ **Outreach:** ——— Maurice
- ♦ **Seminars:** ——— Susy

## AA Hotline/Teleservice

- ♦ **Scheduler:** ——— Andi P
- ♦ **12 Step Coordinator:** — James C
- ♦ **Santa Rosa Hotline:** ——— <544-1300>
- ♦ **LongDistanceOnly:** ——— <800-224-1300>
- ♦ **Petaluma Hotline:** ——— <762-5122>
- ♦ **Sonoma Hotline:** ——— <938-2027>
- ♦ **Spanish Hotline:** ——— <545-7417>

## SCIF BUSINESS MEETING

Tradition 3 was read by James. Concept 3 read by Jeff

**INTRO OF NEW REPS:** Connie from the Wednesday Burbank Group, Diane from Tuesday Step Study, Jonnie from Wednesday Happy Hour, Tom from Grin and Win, Ann from Hessel Big Book, Mike from Monday Noon, Linda from Windsor Group  
**March Birthdays:** Theo 22 years, Joan 24 years, Dave 3 years, Fritz 6 months, Jeff 5 years  
Seventh Tradition was exercised.

Minutes of February 28, 2005, SCIF General Meeting were reviewed and then approved.

**REGISTRAR:** Deborah continuing to work on database.

**H&I:** Mark P. 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 33<sup>rd</sup> Annual will be held in Galt April 22-24<sup>th</sup>, 2005.

**GENERAL SERVICE:** Kenin GS is getting ready to have Area Assembly (where our group consciences will be delivered to our delegate) in Hollister this weekend. Next month, our delegate will pass this info on to the Conference in New York. This is how the democratic voice of AA expresses itself. At the Conference in New York, your groups' conscience will become part of the collective group conscience, which will guide the groups of AA in the U.S. and Canada for the years to come. The pamphlets "Too Young" and "It Happened to Alice!" are being revised and will be reviewed at the Conference next month. These revisions have come at the direction of the groups consciences expressed in past Conferences. To hear a speaker from the past, someone who may or may not be in our area anymore, GS Archives has begun transferring speaker tapes onto CD format. These are available for loan.

**PI/CPC:** Dave indicated that they meet the 2<sup>nd</sup> Wednesday of each month at SR City Hall Lounge w/ speaker training at 7:00pm and Business meeting at 7:30pm. He explained that the function of this committee and that they have been distributing literature to hospitals, police stations, senior centers and the like. Additionally, he indicated that there are currently 24 different (featuring people of a wide range of ages/sex/races/social backgrounds) public service announcements that may be heard or seen on local radio and TV. They are currently doing educational presentations at 12 +/- DUI classes per month.

**BRIDGING THE GAP:** Susy indicated that the primary purpose of BtG is to introduce the newly released residents of treatment facilities to AA in their local community. BtG utilizes a list of AA volunteers to match up with the newly released AA newcomer and take them to their 1<sup>st</sup> meeting. All that is required to be a volunteer is 6 months sobriety, working knowledge of the steps and a car is helpful. We did 6 presentations last month and had 44 requests last month, with 18 local requests and 26 out-of-district requests. In need of volunteers with 6 months sobriety, esp. from City of Sonoma. Also still have available: recording secretary position.

**INTERGROUP CHAIR:** Bob reviewed the flyer that was distributed to reps regarding how Intergroup money is allocated and spent. He mentioned that the new schedule of meetings has a price of 20 cents on the front of it. This has not been charged to anyone yet, but was approved by reps. He noted that in honor of a super fabulous 13+ years of volunteering at Bookstore, a plaque in honor of Tom C. was being made and erected. Had a little trouble getting into church meeting room tonight—some mix up apparently and will have more chairs next meeting.

**VICE CHAIR:** Steve B. indicated that 5 new reps attended orientation tonight at 7:30, and 9 total announced themselves as new.

**TREASURER:** Tom and directed everyone to page 5 to review monthly financial report, explained what the prudent reserve is and it's reason for being, and indicated that he is available by phone for any questions regarding Intergroup finances.

**BOOKSTORE:** Bookstore is doing real well. Gloria reported she ½ price sale ongoing to reduce inventory of certain dated items and cassettes. Volunteer openings every other Monday and Friday from 2pm-6pm.

**OUTREACH:** Maurice introduced himself, indicated he is very excited about being part of service at this level, welcomed the 9 new reps, and indicated he would like folks who would be interested in helping Outreach to come up to him after the meeting.

**ACTIVITIES:** Craig announced next meeting/dance will occur on April 9<sup>th</sup> at the Sebastopol Community Ctr.-with a Hawaiian theme. Meeting 7-8pm, dance 8:30-midnight. Band is from Tri-Valley area along with my DJ'ing, contests will be held for different types of Aloha wear, and need lots of volunteers this time around, so please help get the word out.

**SEMINARS:** Susy indicated the Steps 8 & 9 seminar on Saturday was a big hit—standing room only—74 years of sobriety between the 4 panelists. Thanks you to Steve B. for your expert assistance. Next seminar is on Steps 10 & 11 on May 21<sup>st</sup>.

**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 to help lower his blood pressure.

**NEWSLETTER/COMMUNICATIONS:** Charles introduced himself, asked everyone to give Rory a big round of applause for his dedication and hard work for the last 2 years— it's a big job. Financial Summary has a misprint, should be titled "February". Accidentally left H&I and PICPC off calendar—will correct next time. New sections "Harmless Humor" and "Dear Alky". The April 16<sup>th</sup> Workshop has incorrect start time of 10:30—the correct start time is 1pm. Please notify me if you have any Newsletter suggestions, changes, corrections.

**OLD BUSINESS:** none

**GROUP SHARING:** Mark P. announced annual Cache Creek Meeting to take place June 25 and 26<sup>th</sup>—only 150 spots reserved for AA this time sign up soon, flyers on table.

**SUMMATION:** Steve B.: Dance April 9<sup>th</sup>—need lots of volunteers

Gloria needs help with inventory on Thursday

Cache Creek Meeting coming up—register now Traditions Seminar on April 16<sup>th</sup> at 1pm NOT 10:30am

Intergroup Seminar May 21<sup>st</sup>, Steps 10 & 11 Outreach Committee in need of Support/Volunteers Gratefully in Service, Kim M.

# HOSPITALS & INSTITUTIONS

"Well, [Dr. Bob] gagged on [the dose of hopelessness] a little, got drunk once more and that was the end. Then he and I set out looking for drunks, we had to look some up. There is a little remembered part of the story. The story usually goes that we immediately called up the local city hospital and asked the nurse for a case but that isn't quite true. There was a preacher who lived down the street and he was beset at this time by a drunk and his name was Eddie and we talked to Eddie and it turned out that Eddie was not only a drunk but something which in that high-falutin' language is now called a manic depressive, not very manic either, mostly depressed. Eddie was married with two or three kids, worked down at the Goodrich Company and his depression caused him to drink and the only thing that would stop the depression was apparently baking soda. When he got a sour stomach, he got depressed so he was not only drinking alcohol but we estimated that in the past few years he had taken a ton of baking soda.

"Well, we tried for a while, of course, we thought we had to be good Samaritans so we got up some dough to try to keep the family going, we got Eddie back on the job but Eddie kept right on with the alcohol and baking soda both. Finally, Dr. Bob and Annie took Eddie along with me into their house, a pattern which my dear Lois followed out to the nth degree later, and we tried to treat Eddie and my mind goes back so vividly to that evening when Eddie really blew his top. I don't know whether it was the manic side or the depressive side but boy did he blow it. Annie and I were sitting at the kitchen table and Eddie seized the butcher knife and was about to do us in when Annie said very quietly, "Well Eddie, I don't think you're going to do this." He didn't.

"Thereafter, Eddie was in the State Asylum for a period of a dozen or more years but believe it or not he showed up at the funeral of Dr. Bob in the fall of 1950 as sober as a judge and he had been that way for three years." [Part 3 of an interview with Bill W. about Dr. Bob]

At the March meeting of the H&I Committee meeting, nine new reps introduced themselves: Johnny, Pat H., Chris M., Katy S., Andie, Ira, Casey, Meredith and Ken. Joining in the introductions were visitors Allison, Kimberly, Tom B., Cheryl B., John R., Suzanne, Mike O. and Mark. We extend a warm spring welcome to all of you!

We shared in the celebration of two sobriety birthdays for the month of April: Mariko, with 16 years and Scott with 4. Keep coming back!

Mike F. shared how his involvement with H&I began "on the other side of the table." He said that somehow something clicked for him when he heard the suggestions of the presenters, and that meeting started him on his road to recovery. He got actively involved in taking in meetings at about two or three years of sobriety and has stayed with it ever since in various commitments. He told us that he'd like to help others they way he had been helped. Next to walking in the doors of AA and doing the steps, Mike said, H&I has been what has kept him sober.

Would you like to share with someone what AA has meant in your life? Perhaps an H&I commitment is for you. Come on down and find out at the next Committee meeting on Wednesday, May 4. The time? 6:15 for the general meeting, 5:45 for orientation. The place? The Santa Rosa Senior Center located on Bennett Valley Rd. at Rutledge (a block off Santa Rosa Avenue). Bring a friend, bring yourself—just show up! — In service, Mardi

## Positive Submissions



Whether newly clean and sober, or simply in need of an alternative living environment, living in a transition home provides an excellent opportunity for people in recovery to put themselves into a safe and stable environment. Transition homes, also known as Sober Living Environments (SLE's) bring together people who are facing similar struggles – affording them the opportunity to unite under the common interest of continuous sobriety.

A major reason that many people move into transitional environments is because they arrive at the understanding that they no longer know what is best for themselves. Through listening to the advice of other successful members of the household, the new roommate can observe firsthand the results of good decision making in this crucial time. Likewise, the process of observing fellow roommates physically and mentally recover from disease on a daily basis can provide a sense of inspiration which further propels one's own desire to get better.

Transition homes vary in shape and size, and most commonly take the form of two to three bedroom households with two or more to a room. Most transition homes consist of same-sex living relationships, but there are also several co-ed facilities in Sonoma County. Most SLE's ask that new housemates make at least a 90-day commitment, and some require that you make a commitment to attend 90 AA meetings during this period.

If you are considering moving into a transitional living environment, take the time to research which house is right for you. One thing's for certain, the power of a group of alcoholics working together to combat alcoholism provides much more strength than one could hope to attain by themselves. Furthermore, the rules and regulations that an SLE provides allows people to put some structure back into their otherwise unmanageable lives.

—Nick C.

# GENERAL SERVICE



**JUNE 30 - JULY 3, 2005  
TORONTO, CANADA**

Well, we had our Pre-Conference Assembly in Hollister on April 2<sup>nd</sup> and 3<sup>rd</sup>, and it was actually exciting to watch the AA process at work. The GSRs form the various districts came up to the microphone and expressed their group's conscience on various issues, our delegate took notes, and as usual, Sonoma County (District 12) was heavily represented. An added benefit was excellent food, and I was able to obtain SECONDS. Very good!

This should serve as a reminder that our District 12 will be hosting the Post Conference Assembly at the Petaluma Fairgrounds on May 14<sup>th</sup>, and you all are invited. You will hear the results of the Conference in New York and learn a little about the direction AA is taking for the future. And I have heard rumors that the food will be good there as well.

Another reminder. If you all are going to the International Convention in Toronto (June 30<sup>th</sup> through July 3<sup>rd</sup>), Sonoma County (District 12) will be hosting the hospitality room from 2 to 4 PM on June 30<sup>th</sup>.

In each newsletter we do in General Service, there is an entry from the 12 concepts of world service taken from our Service Manual. Each month we include the short form of the relevant concept; that is, February is concept 2, April is concept 4, etc.

These concepts apply to anyone doing service for AA, so I thought I would review one of the concepts right now.

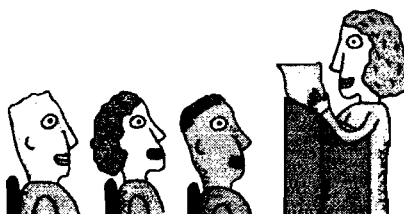
Concept III (short form, from the Service Manual, p.13). "As a traditional means of cresting and maintaining a clearly defined working relation between the groups, the Conference, the A.A.S. General Service Board and its several service corporations, staffs, committees and executives, and of thus insuring their effective leadership, it is here suggested that we endow each of these elements of world service the a traditional 'Right of Decision'."

That means, in its simplest form, that we have trusted servants, and that we don't dictate to them exactly how they are to vote on a issue, but we rather let them know our opinions and trust that they will make the right decision when the time comes. Since there is often diversity of opinion in AA, it is imperative that we accept that we won't always get our own way. Sometimes our "trusted servant" learns something which changes his or her whole opinion on an issue and thus the vote.

That is the "Right of Decision". As a member of intergroup, you obviously need to make many decisions which are impossible because of time constraints or other factors to explain to your membership, and they trust you will make a decision which turns out best for the whole of local AA.

From time to time I will review a service concept, because they apply to all aspects of our service life.

**If your home group doesn't have a GSR rep then elect one. Add your groups voice to the whole of AA in Sonoma County.**



## COMING IN JUNE:

### *THE* **"DEAR ALKIE"** Column...

Submit your sobriety related questions, problems, quandaries and gripes. Questions will be sincerely answered (but are intended for entertainment only).  
If you have a serious problem that requires serious attention please remember to call your sponsor!



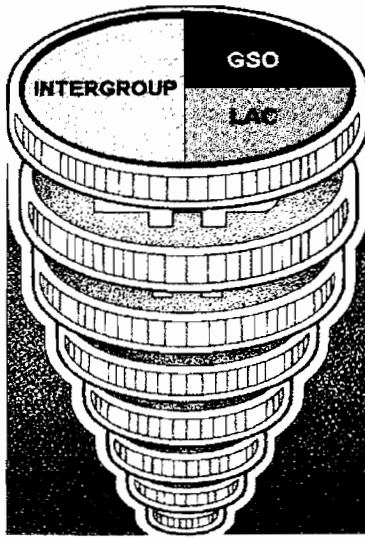
### **HAPPY TRAILS**

This months meeting/hike will be on Sunday, May 29th. We will hike along the coastal bluffs from Shell Beach to Wrights Beach. Gorgeous views and great wildflowers. Bring your sweatshirt in case of colder weather. Total 4.75 miles roundtrip. We meet at SRJC parking lot at 10:00 to carpool or at the trailhead around 11:00. Bring a smile, lunch and water. A great way to meet new friends and have a meeting too.

Questions?

Jeanine

# SCIF FINANCIAL SUMMARY MARCH 2005



Examples of Suggested Group Contributions To AA Service Entities

- ▲ 50% to Intergroup
- ▲ 25% to GSO
- ▲ 25% to Local Area Committee

Submit your *jokes*  
and  
*humorous anecdotes*  
to the  
**HARMLESS HUMOR**  
section.

Email them to [aaesw@sonic.net](mailto:aaesw@sonic.net).  
Make sure they're funny!!!



## Month of MARCH

## Year to Date

	<u>Income</u>	<u>Expense</u>	<u>Net</u>	<u>Income</u>	<u>Expense</u>	<u>Net</u>
Central Office						
Groups						
Individuals						
Teleservice						
Web Site						
Newsletter						
Interest						
<b>Subtotal:</b>						
Bookstore						
Activities						
Alcathon						
Seminars						
<b>TOTAL:</b>						

### Assets & Liabilities

Cash in Bank & Petty Cash  
Prepaid Expenses  
Liabilities  
**Subtotal:**  
Literature Inventories  
Property  
Total Assets & Liabilities

### Memo:

Cash in Bank & Petty Cash  
Prudent Reserve  
Liabilities  
  
Total (unassigned funds)

## GROUP CONTRIBUTIONS

<u>Meeting</u>	<u>March</u>	<u>YTD</u>	<u>Meeting</u>	<u>March</u>	<u>YTD</u>
12 X 12 @ 12 Group			Serenity Fellowship Hall		
Sonoma Thurs. 11th Step			Single Purpose Group		
Sonoma Tues. Big Book			Sonoma Valley Fellowship		
Alive & Well In Fulton			Sonoma Thurs. 11th Step		
Any Lengths Group			Sonoma Tues. Big Book		
Attitude Adjustment Group			Stein Group		
By The Book			Sun Morning Smiles Group		
Defects & Shortcomings			The Sunday Night Group		
Expect A Miracle			Think About It Group		
Faha Home Group			Third Step Group		
Fourth Monday			Thurs. Big Book Step Study		
Fresh Air Group			Thurs. Night 12 X 12		
Graton Fellowship			Thurs. Night Women's AA		
Healdsburg Group			Tuesday Afternoon Delight		
Higher Power Group			Up The Steps		
Midday At Midweek			Warm Springs Fellowship		
New Hope Book Study			Wednesday Matinee		
Newcomers & Old-timers			Wednesday Wonders		
Oaks Fellowship			Open Door		
Petaluma Fellowship			We're In The Now		
Round Barn Big Book			Women's Perspective		
Santa Rosa Fellowship			Womens Step Study & Disc.		
Santa Rosa Sat. Night Group			Yulupa Lodge Group		



# Harmless Humor Section



## The Drunk and the Bartender

A drunk walks into a tavern and walks up to the bar. The bartender wanders over and says, "What'll it be?" He replies, "Free beer all around!" So the bartender sets up a cold one for everyone in the bar. Then the drunk says, "I'll have a shot and a beer and get a shot and a beer for yourself since you are so nice." So the bartender pours a couple of shots and two more drafts.

The drunk downs his shot and follows it with a swallow of his draft. The bartender follows suit and then says, "That'll be \$48.50 please." The drunk responds, "I've got no money."

With that the bartender jumps over the bar and throws the guy out, kicking him in the rear on his way out the door. The drunk lands face down on the sidewalk.

A little while later, the drunk returns and the bartender says, "What are you doing back here?" Again the drunk responds, "Free beer for everyone and I'll take a shot and a beer, too." "But don't pour one for yourself, you

*get mean when you drink.*

## Signs that you are too drunk would be...

- \* The parking lot seems to have moved while you were in the bar.
- \* Hey, 5 beers has just as many calories as a burger, screw dinner!
- \* Mosquitoes catch a buzz after attacking you
- \* At AA meetings you begin: "Hi, my name is... uh..."
- \* Your idea of cutting back is less salt.
- \* The whole bar says 'Hi' when you come in...
- \* You can focus better with one eye closed.
- \* Two hands and just one mouth...now THAT'S a drinking problem!
- \* You lose arguments with inanimate objects.
- \* Job interfering with your drinking.
- \* Your doctor finds traces of blood in your alcohol stream
- \* Career won't progress beyond Senator of Massachusetts.
- \* The back of your head keeps getting hit by the toilet seat.
- \* Sincerely believe alcohol to be the elusive 5th food group.
- \* 24 hours in a day, 24 beers in a case - coincidence?? - I think not!
- \* Your twin sons are named Barley and Hops.
- \* You have to hold onto the lawn to keep from falling off the earth.

SUN		MON		TUE		WED		THUR		FRI		SAT	
1		2	<b>General Service</b> Faith Lutheran Church 6:45 Service Manual 7:00 New Rep O. 7:30 Business meeting	3		4	<b>H&amp;I</b> SR Senior Ctr. 5:45 New Rep O. 6:15 Business meeting	5		6		7	
8		9	<b>SCIF Bookstore</b> 6:30 Teleservice 7:15 ICSC 8:00 SCIF Meeting	10		11	<b>P/CPC</b> SR City Hall 7pm Speaker training 7:30 Business meeting	12		13		14	
15		16		17	<b>Bridging the Gap</b> 7pm @ SCIF Bookstore	18		19		20		21	<b>SEMINAR</b> 3-5pm @ the SCIF Bookstore <i>Dist. 18 (Spanish)</i> 4:30 pm Windsor
22		23	<b>Intergroup</b> 7:30 New Rep O. 8:00 Business meeting	24	<b>General Service</b> Dist. 12 meeting 8:15 @ SCIF bookstore	25		26		27		28	
29	<b>HAPPY TRAILS</b> SRJC lot @ 10am	30		31		<b>BIRTHDAYS!! BIRTHDAYS!! BIRTHDAYS!!</b> SUBMIT YOURS, A FRIENDS, A SPONSOR or SPONSEES BIRTHDAYS FOR A FRONT PAGE LISTING							



The phone rings, "Hi, I'm with 'Bridging the Gap'. Are you available to take a newcomer to their first meeting once they conclude impatient treatment?" "Sure, what's their name, and number?"

Well, that's a typical, simplified version of a conversation between a BTG phone coordinator, and a volunteer of BTG.

Sometimes a new AA is leaving a treatment facility and going home out of the area, or even out of state. We try to ensure the hand of AA is there waiting to help.

**BTG of Sonoma County needs your help.**

Could you be the person calling the volunteer, connecting with the newcomer, or, perhaps the committee member taking a first contact presentation into a facility?

A typical visit starts when select committee members bring a short presentation (including a video produced by the General Service Office NY) into a treatment facility. Once explained, the patients are offered a confidential contact card to fill out. Anonymity is assured and defined as well as the doctrine of support.

This important 12 step work could make the all difference in how someone new perceives and accepts Alcoholics Anonymous.

Introducing the newcomer to those members of the fellowship that can offer support, a ride to a meeting, a link to a potential sponsor, etc. is a wonderful opportunity to reach out and aid the hand of a newcomer before it gets shaky. Is your hand out?

Our monthly business meeting is 7pm, the 3<sup>rd</sup> Tuesday of the month at the SCIF bookstore: 750 Mendocino Ave. Santa Rosa CA. 95404

Sincerely of Service to you:

Bob Flanary, \_\_\_\_\_  
BGT chair 707 \_\_\_\_\_  
E-mail \_\_\_\_\_

**CACHE CREEK**

Everyone who goes on the Cache Creek Rafting trip comes away with different joys and memories of the trip. Some remember the stars. Were you aware that the farther you get away from city lights, the more stars you can see? In the place that we camp, you see what seems to be so many stars that it's as if some one spilled a bucket of glitter in the sky.

Others remember a golden color splashed brightly on the hills as the sun is setting, as if God was painting just for us. It's what movie productions teams call the "magic time" for lighting outside shots.

On Saturday night we have a meeting under the night sky with 150 alcoholics. It's powerful to have that many folks share by the river after rafting all day. While many of them share their experience, strength, hope, others will speak of their comedy from the days events.

Also there are those who love the trip for the rafting. IT IS FUN!!!

If you think you can't have fun in sobriety, think again. This is definitely fun in the sun. Two days of rafting and food and fellowship with one hundred fifty plus alcoholics and some of their family members.

Get your money in right away! Every year we tell people they will miss out and every year people procrastinate and we have filled up the trip so the procrastinators don't get to go. Don' get caught in that trap.

Sign up NOW! The trip is June 25, 26, 2005 that's the last weekend in June. Deposit of \$70 holds your spot, the remainder due by June 1.

**DON'T MISS OUT THIS YEAR AGAIN!** Send your money in now and think about how good you'll feel about yourself in the morning!

Your servant,  
Paul Salisbury

Look for the brochures in your local meeting or at the Bookstore \_\_\_\_\_  
Bob G  
Jarrett  
Carolyn



The Oceanside Campfire AA Group starts meeting again!!!

WHERE: Schoolhouse Beach Hwy one- Bodega Bay (about 4.5 miles north of the Tides Restaurant)

When: Every Friday BEGINNING JUNE 3rd (MTG. starts @ 8:30pm)

The bar-b-que & Fellowship begins @ 6:30pm  
What to bring:  
Hope to see you ther  
Maureen O'I) something for the grill  
2)Something to sit on  
3)warm clothing

This experience is the definition of: "SERENITY"

A steering committee meeting will be held May 6rd @ 6:00pm at Coco's on Farmers lane

Hope to see you there!!!

Maureen O'



## MEETING CHANGES

Petaluma Petaluma Fridays  
(O) (W) Friday 8:00 PM

*Changed from Friday 8:30pm*

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):

**Do you have a meeting change?**

**Contact Russell @**

### NO LONGER MEETING

Petaluma CONCEPTS AND TRADITIONS (O) (W)  
Sunday, 2:00PM Alano Club, 221 Water St.

## SEND IN YOUR THOUGHTS

If you have any questions regarding the newsletters content, ideas for improvement, submissions in the form of essays or poems or any other thoughts please do not hesitate to write them down and email them to me... Remember, this is a group effort!!!

—Charles W. <aanews@sonic.net>

## Gloria's Corner-

Hello,

I want to thank Jan and Mark for all their help with inventory.

I will be on vacation in May and John will manage the bookstore while I'm away.

There is an opening at the bookstore for the 2-6pm shift, every other FRIDAY!!



Many Blessings,  
*Gloria*

## 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 94118

### Sonoma County PI/CPC\*

PO Box 11350  
Santa Rosa, CA 95406

\*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  
Saturday 11-3

The Bookstore is closed on these holidays:

Independence Day...July 4<sup>th</sup>

Labor Day.....September 5<sup>th</sup>

Thanksgiving.....November 24<sup>th</sup>

Christmas.....December 25<sup>th</sup>

New Year's Day.....January 1<sup>st</sup>

## CONTACT INFORMATION

### Newsletter / Web Site

Editor/Web Servant:

Directory Changes:

### Sonoma County General Service

DCMC:

Alt. DCMC:

Registrar:

Archives:

Grapevine:

Literature:

Newsletter:

Bridging the Gap:

PI/CPC:

Recording Secretary

Treasurer

### Hospitals & Institutions

Chair: Kelly T.

By sending \$7 to SCIF, you will cover the cost of printing & mailing a newsletter to your home or to a friend.

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