



# SONOMA COUNTY INTERGROUP

## FELLOWSHIP NEWS

MAY 2006

VOLUME 101, ISSUE 5



### May Seminar



Saturday May 20, 3pm-5pm

# Traditions 1, 3 and 5.

## Our Common Welfare, AA Membership and Primary Purpose.



### SCIF Bookstore 750 Mendocino Ave



#### SPONSOR TO SPONSEE

My second meeting of Alcoholics Anonymous was on October 15, 1975. At that meeting, I asked "Mean Jo" to be my sponsor. She told me that I was joining a worldwide "club" and as such, we had rules and regulations, twelve of them. Better known as the twelve traditions. Hence, my wonderful journey in AA began. We studied two traditions per week and at the end of the six weeks Jo asked me if I would promise to uphold the traditions of Alcoholics Anonymous. I replied in the affirmative. She then guided me through the 12 steps of AA.

During my thirty and one-half years of sobriety, I have sponsored many women and men in the fellowship. I do it a little bit different than Jo did. I work the 12 steps with them first, then we work the traditions. Recently, I have heard that a few sponsors have been going through the traditions with their sponsees. I commend these sponsors. Not too many sponsors do this. However, it has also come to my attention that some sponsors have not

worked the traditions with their sponsors or a traditions study group. How can someone teach their sponsee the traditions if they haven't been taught by someone who has already been there? Isn't that like working the steps on your own? I've heard the expression "fake it until you make it". Well, there is nothing to fake about the program of Alcoholics Anonymous. Our lives depend on this program of recovery. How can you belong to a "club" and not know the rules and regulations?

The traditions are read at every single meeting in the world. Have they become just a habit or so mundane that no one is really listening? The traditions were written for the group. What is to happen to the group if the traditions aren't taken seriously or taken for granted? Even worse, if they are not understood?

I am grateful I was taught the traditions by someone who was taught by her sponsor.

Respectfully submitted, Roseann M.

#### BE ALERT!

It has been reported that vehicles parked at some AA meetings have been broken in to and had purses removed. We all need to take care with items of value, as the parking lots we use are not likely to be patrolled. Please use common sense and keep valuables on your person or leave them at home.

#### Sobriety Birthdays

Margie A.	May 7, 1980	XXVI
Dean C.	May 3, 1982	XXIV
Rich S.	May 4, 1994	XXII
Gary P.	Apr 15, 1986	XX
Karen R.	Apr 16, 1990	XVI
Dan F.	Apr 10, 1994	XII
Dale F.	Apr 10, 1995	XI
De W.	May 6, 1996	X
Juan C. R.	Apr 19, 1997	IX
Robert H.	May 3, 2003	III
Tony F.	May 7, 2003	III
Tony S.	Apr 10, 2004	II
Chris H.	Apr 12, 2004	II
Ralph	Apr 13, 2004	II
Alan W.	May 5, 2004	II
Nichole G.	May 12, 2004	II
KB	May 22, 2004	II
Penny F.	Apr 11, 2005	I
Dawna	Apr 11, 2005	I
William V.	Apr 22, 2005	I
<b>Total Years</b>		<b>CLXXI</b>

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**June Newsletter  
Submissions Due:  
May 8**

Need a meeting? Check our online schedule for up to date info: [www.SonomaCountyAA.org](http://www.SonomaCountyAA.org)

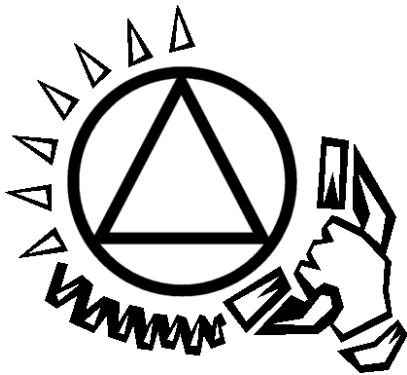
## **INTERGROUP OFFICERS**

CHAIR: Bob K  
VICE-CHAIR: Tim P.  
SECRETARY: Bob P.  
TREASURER: John S.  
REGISTRAR: Susy E.

## **COMMITTEE CHAIRS**

SEMINARS: Jim B.  
ACTIVITIES: Monika G.  
OUTREACH: Victoria H.  
COMMUNICATIONS: Dave L.  
TELESERVICE: Stephen I.  
ALCATHONS: Jeff S.

## **AA TELESERVICE**



PHONE LINE COORDINATOR:  
Dave L.

12 STEP COORDINATOR:  
James C.

## **AA HOTLINES**

SANTA ROSA: 707-544-1300  
LONG DISTANCE: 800-224-1300  
PETALUMA: 707-762-5122  
SONOMA: 707-938-2027  
SPANISH: 707-829-1272

## **OPEN SHIFTS**

MONTHLY:

COMMITTEE RECORDING SECRETARY

## **SCIF BUSINESS MEETING March 27, 2006**

Opened with the Serenity Prayer.

Readings: Tradition 3 Jack  
Preamble: Mark Concept: 3 Jeremy

Introduction of new reps to Intergroup:  
Jeremy- Graton Thursday Night Fellowship  
Joe J. - Join the Tribe  
Rick- Saturday Night High Steppers  
Janet J. - Women's Tuesday at Noon  
Dave H. - Mature and Sober  
Don - Moment of Silence  
Steve P. - Afternoon Delight  
Ken C. - Grin and Win

March Birthdays: John S. 13 years, Rich S. 6 years, Johnny N. 18 months, Brian G. 9 years, Jerry W. 1 year, Bob P. 13 years

## **LIAISON REPORTS**

H&I Report: Mark V. reminded folks that H&I meet on the first Wednesday of each month at the Senior Center with an orientation for those interested in this service commitment taking place at 5:30PM, followed by the business meeting at 6:00PM. The 35<sup>th</sup> H and I conference was held from March 31 through April 2.

General Service: Bill substituted for Kenin H. On April 8th and 9th our area, California Northern Coastal, held its pre-conference assembly in Napa. The 2006 Pacific Regional Forum is scheduled for June 23 - 25 in Seattle, Washington. The forum is put on by the AA General Service Board and is designed to enhance communication and participation among AA members, the General Service Board, the Grapevine staff and General Service office staff. All AA members are welcome.

PI/CPC Report: Dave R. encouraged anyone wanting to be of service to this committee that they meet the 2<sup>nd</sup> Wednesday of every month at SR City Hall lounge w/ speaker training at 7:00PM and the business meeting at 7:30PM. They are in need of volunteers. He explained the function of the group is to provide accurate information about A.A. to the public and to distribute literature to hospitals, police stations, hotels, jails, libraries, etc. They are in need of speakers for the County's drinking driver program. This commitment requires two years of sobriety.

Bridging The Gap: Carolyn reported the purpose of BTG is to introduce the newly released residents of treatment facilities to AA in their local community. They use a list of AA volunteers to coordinate with newly released AA newcomers and take them to their first meeting. All that is required to be a volunteer is 6 months of sobriety and a working knowledge of the steps. Having transportation is helpful. Business meeting is held on the 3<sup>rd</sup> Tuesday of the month at the AA Bookstore at 7:00PM. There were 33 local requests this past month.

SOCYPAA: Larry C. reported that the business meeting will now be listed in the newsletter calendar. On June 2 in Sebastopol, SOCYPAA will host their first dance.

Access Sonoma County: Diane L. reported that ASC meets at the 2<sup>nd</sup> Thursday of the Month at 6:30 pm at the Bookstore. ASC seeks to be adopted by either Intergroup or General Service for funding purposes.

## **OFFICER REPORTS**

Intergroup Chair: Bob K. reported about the function of Intergroup. Bob mentioned the various services that Intergroup provides for Sonoma County. He encouraged Intergroup reps. to explain to their groups the numerous services Intergroup supports.

Vice Chair: Tim P. reported that there were 8 new representatives.

Treasurer: John S. reported that contributions are down this year. Please discourage groups from decreasing the percentage of monies sent to Intergroup. He encouraged that meetings please send in any money that they have available.

Bookstore: Gloria reported volunteers are needed to work in various shifts at the bookstore. Volunteers will now be required to fill out an application. Gloria stated that most Intergroups in Northern California have endorsed the Intergroup Information Pamphlet.

Registrar: Susy E. reported her goal is to expedite the sign-in process.

*(Continued on page 3)*

## SCIF MEETING

### COMMITTEE REPORTS

Outreach: Victoria H. is promoting Inter-group to the meetings she is attending.

Activities: Monika G. Announced on April 21 the "Spring Break" Speaker Meeting and Dance at the Sebastopol Community Center. Admission will be \$8.00. Monika asks for volunteers to help out at the dance.

Seminars: Jim B. The May seminar will be held on the 3<sup>rd</sup> Saturday (May 20<sup>th</sup>) from 3 pm until 5 pm at the bookstore on traditions 1, 3, and 5.

Alcathons: Jeff S. mentioned that the Alcathons are in the near future. He is coordinating with the facility where the Alcathons will be held.

Teleservice: Dave L. substituted for Steve I. and reported that the business meeting is held on the 2<sup>nd</sup> Monday of each month at 6:00PM at the Bookstore. Besides the 2 shifts that are available, the committee needs a recording secretary.

Newsletter/Communications: Dave L. mentioned that the technical difficulties should be corrected in the May issue of the Newsletter. The Newsletter Committee meets at the Bookstore at 6:30 pm on the Wednesday following the 2nd Monday of the month.

Old Business: Bruce volunteered to be the liaison from Intergroup to H&I.

New Business: Tim P. spoke about the Intergroup Pamphlet, he encouraged the reps to give it to the GSR's of their group and work it into the literature committee agenda at General Service.

Group Concerns/Sharing: A Member asked about a liaison for Spanish speaking meeting. No one volunteered.

Summation: Tim P. mentioned there are 410 meetings in Sonoma County.

Closed with the Serenity Prayer.

Gratefully In Service,  
Bob P.

## AA Hotline

Is there a meeting today in Santa Rosa? When do your classes start? When I answer the AA Hotline, questions like these make my heart skip a beat. It reminds me that teleservice is a great way to carry the message and help prepare the newcomer for their first AA meeting.

Many calls that I have received, during a daytime shift, were people sensing they may have a problem with alcohol. They were willing enough to pick up the phone, yet unsure how to get started, or just plain scared. Sharing with them my own inability to control my drinking and my fear of my first AA meeting seemed to help them feel more comfortable. Then, telling them a little about the meetings and what to expect, assuring them we had all been in their shoes, hopefully gave them the courage to get to their first meeting.

I have had the opportunity to arrange to meet some of them at their first meeting and introduce them to other AA's. When I continue to see some of these people at various meetings it is gratifying to know that I may have had a part in their sobriety.

Teleservice, a great way to be of service and carry the message.

Dave R.

## Newsletters of Old

I have had the pleasure of going through back issues of the newsletter that are stored at the bookstore. I got the idea to do this because that motion concerning newsletter content, format, and style stated there were old issues at the bookstore and they formed the basis for the ideas in the motion.

Well, guess what? Over the years the newsletter has changed. The phrase "One day at a time" used to grace the front page banner for 2 months in 2001. Before that the phrase was "A resource and a voice for each of us." Don't know why it stopped in 2001. I might bring it back, perhaps a new one for each month.

The December 1997 issue was the first to be printed on 11" by 17" paper giving us the 8.5" by 11" pages we read now. Prior to this it was printed on 8.5" by 14" (legal size) paper which gave us a 7" by 8.5" page size. Each issue would have 12 or 16 pages.

Many other things have changed or stopped, but one I like and am resurrecting is listing up coming speakers at the speaker only meetings. So, here you go!

### Friday Night Traditions Speakers

May 5th	De W.
May 12th	Laurie E.
May 19th	Dave L.
May 26th	Dennis L.

## Hospitals and Institutions

*"It has often been said of AA that we are interested only in alcoholism. That is not true. We have to get over drinking in order to stay alive. But anyone who knows the alcoholic personality by firsthand contact knows that no true alky ever stops drinking permanently without undergoing a profound personality change."* [Letter from Bill W, 1940]

The April meeting of the H&I Committee was pleased to welcome new reps Trevor, of the Outsider Group; Kate, Saturday Night Living Right Group; Guy, Big Book Study Group; Blaze, 3rd Step Group; Carol, Redwood Winners Group; Trevor, Young And Sober Group; Bill, Light House Group; Jack, 12 & 12 @ 12 Group; Branwyn, SOCYPA; Mary, Cloverdale Group; and Judy, Women's Perspectives Group.

Greetings were also extended to our visitors: Lino, Rafa, Jeff, Joe S., Kenneth, Manuel, Chris, Shantell, Eric E., Eric, Ernie, Jasmine, and Ben. We're glad you're here and hope to see you again soon.

April sobriety birthdays were being celebrated by Peter, with 20 years; Roger, 9; Linda, 20; Chris, 2; Jeff, 2 months; Ken, 18 months; Lino, 3 Months; and Guy, 18 months. Keep coming back!

Brian S., our five-minute chair, got his start in H&I at one year of sobriety when he was asked to be part of the panel at the Orenda Center. He said he was hooked from that moment on, that by going into Detox, he was able to come face to face with his disease. He has since taken meetings to other facilities and has been given the opportunity to be a contact chair. He has gone into places where he had been afraid to go and states that he has never gone into a meeting where he hasn't left feeling better when he left. He has learned responsibility and the importance of showing up. He has found a home in H&I and, when he sees people who were formerly confined at an "outside" meeting, he feels that it has all been worthwhile.

Interested in reaping the rewards of being of service to others? Come on down and check us out at the next meeting of the H&I Committee on Wednesday, May 3, at the Santa Rosa Senior Center located on the corner of Bennett Valley Road and Rutledge Street (1 block east of Santa Rosa Avenue). The regular meeting begins at 6:00, with the orientation preceding at 5:30. All are welcome to attend both—and feel free to bring a friend!

In service,  
Mardi

## Remember Jack?

Sean K, a AA member living in Palm Desert California, writes that his father, Jack K, lived in Sonoma from about 1966 until he died in 1986. Prior to that, Jack lived in San Raphael and Santa Rosa. Sean says that Jack was very active in AA and spoke many times at various speaker meetings. If you are an old-timer who remembers Jack, Sean would love to hear from you. If have a tape or two of Jack's shares or some other record of Jack's participation in AA, please contact Sean at (xxx) xxx-xxxx or, if you like, contact me, Dave L, at (xxx) xxx-xxxx and I will pass it along. Please check your attics, basements and storage areas (they need dusting anyway).

## Subject: Alcohol

Due to increasing products liability litigation, American liquor manufacturers have accepted the FDA's suggestion that the following warning labels be placed immediately on all varieties of alcohol containers:

WARNING: The consumption of alcohol may leave you wondering what the in the world happened to your clothes.

WARNING: The consumption of alcohol may make you think you are whispering when you are not.

WARNING: The consumption of alcohol is a major factor in dancing to the rhythm of some song that isn't the one playing.

WARNING: The consumption of alcohol may cause you to tell your friends over and over again that you love them.

WARNING: The consumption of alcohol may cause you to think you can sing.

WARNING: The consumption of alcohol may lead you to believe that ex-lovers are really dying for you to telephone them at four in the morning.

WARNING: The consumption of alcohol may make you think you can logically converse with members of the opposite sex without spitting.

WARNING: The consumption of alcohol may make you think you have mystical Kung Fu powers, resulting in getting your clock cleaned and an ambulance ride.

WARNING: The consumption of alcohol may cause you to roll over in the morning and see something really scary.

WARNING: The consumption of alcohol may create the illusion that you are tougher, smarter, faster and better looking than most people.

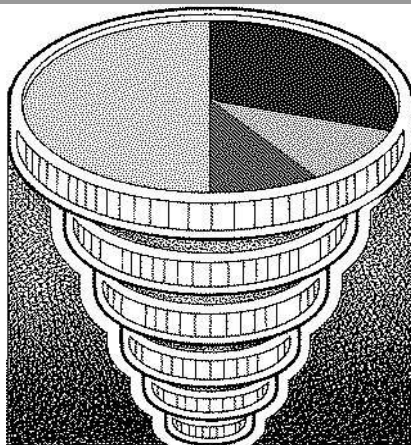
WARNING: The consumption of alcohol may lead you to believe you are invisible or worse bulletproof.

WARNING: The consumption of alcohol may lead you to think people are laughing WITH you.

WARNING: The consumption of alcohol may cause a disturbance in the time-space continuum, whereby gaps of time may seem to literally disappear.

WARNING: The consumption of alcohol may cause pregnancy.

WARNING: the consumption of alcohol may Mack you tink you can tipe real gode.



### Examples 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

## GROUP CONTRIBUTIONS

### Thank You!

We here at the Sonoma County Intergroup Fellowship have recently sent out thank you letters for the group contributions made in 2005. These letters have gone out to all of the groups for which we have mailing addresses.

To the groups that have sent in contributions for 2005, but did not receive a letter because we had no valid address on file, we would like to take this opportunity to express our sincere appreciation for all your generous donations and your continuing support in the coming year.

As you know, your contribution makes it possible for your Intergroup to be able to provide the following services:

- 24 Hour Teleservice
- Free literature to groups
- Free newsletters
- Free meeting schedules
- Operate and maintain our Bookstore and Central Office
- Provide seminars, special events and activities for AA members here in Sonoma County

We depend on your continuing contributions to provide these services.

Thank you,  
John S.  
Treasurer

## SCIF Needs You!

SCIF has an opening on its central steering committee, which oversees the operation of the Bookstore and the finances of the SCIF. If interested, please see your Intergroup rep or attend the next Intergroup meeting.

\*\*\*\*\*  
 ★ This is it! Time is over! ★  
 ★ No more procrastination. ★  
 ★ **SEND MONEY NOW!** ★  
 ★ Cache Creek trip is June 24-25 2006. ★  
 ★ Be there or be square. ★  
 ★ Meeting 8:00 pm Saturday night ★  
 ★ under the stars. ★  
 ★ Rafting, lunches, steak, chicken or ★  
 ★ veggie burger, breakfast included! ★  
 ★ **Final payment due June 1st.** ★  
 ★ Only \$135 for the weekend includes ★  
 ★ rafting, transportation on the river, ★  
 ★ food and fun. ★  
 ★ Brochures are available at meetings or ★  
 ★ the bookstore! ★  
 ★ Call us for more details or questions? ★  
 ★ Chris ★  
 ★ Michael ★  
 ★ Jarrett ★  
 \*\*\*\*\*

**Saturday**  
**Night AA Meeting**  
**May 20th**  
**Sunset Campground**  
**Lake Pillsbury**  
**Surrounded by**  
**Camping,**  
**Fun and Sun.**  
**No Registration.**  
**No Reservations.**  
**First come,**  
**First choice.**  
**Pack what you need.**  
**Share what you bring.**



## Happy Trails

This month the Happy Trails hike is one of the favorites:

**The Golden Gate Bridge.**



Bring some water and a lunch, if you want. We will meet on the 28th at 10AM at the SCIF book store on Mendocino Ave to car pool /caravan.

The trail head is the parking lot on the north end of the bridge on the Southbound side. We will aim to be at the trail head by 11AM.

Call me if you want more details of this hike.

Lloyd



# SCIF CALENDAR • MAY 2006



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	<b>General Service</b> Faith Lutheran Church 6:45 Service Manual Study 7:00 New Rep Orientation 7:30 Business Meeting		<b>Hospitals &amp; Institutions</b> S.R. Senior Center 5:30 New Rep Orientation 6:00 Business Meeting			
7	8	9	10	11	12	13
<b>SOCYPAA</b> 1551 Montgomery 7:15 Business Mtg.	<b>SCIF Bookstore</b> 6:00 Teleservice Meeting 7:00 ICSC Meeting 8:00 Intergroup Steering Committee Meeting		<b>PI/CPC</b> S.R. City Hall 7:00 Speaker Training 7:30 Business Meeting  <b>Newsletter</b> 6:30 SCIF Bookstore	<b>Access Sonoma County</b> SCIF Bookstore 6:30 Meeting		
14	15	16	17	18	19	20
		<b>Bridging The Gap</b> SCIF Bookstore 6:30 New Rep Orientation 7:00 Business Meeting				<b>Seminar</b> Traditions 1, 3 and 5 3-5 pm SCIF Bookstore
21	22	23	24	25	26	27
	<b>Intergroup</b> St. Luke Lutheran Church 7:30 Newsletter Collating 7:30 New Rep Orientation 8:00 Business Meeting	<b>General Service</b> District 12 Officers Meeting 6:15 SCIF Bookstore				
28	29	30	31			
<b>Happy Trails</b> 10:00 SCIF Bookstore	<b>SCIF Bookstore Closed</b>		<b>Bookstore Inventory</b> 2 pm SCIF Bookstore	SCIF Bookstore .....750 Mendocino Ave. Suite 10 Faith Lutheran Church.....4970 Newanga Ave. St. Luke Lutheran Church.....905 Mendocino Ave. S.R. Senior Center .....704 Bennett Valley Rd. S.R. City Hall Employee Lounge...First St. and Santa Rosa Ave.		

## The Price Of A Drink

Today I made a pilgrimage to a place where I used to go to worship. It had been a while since I'd been there—over four years, in fact—but I didn't feel guilty. The place was a liquor store, and I'd come to price my favorite whiskey. They had moved things around since the last time I was there, so it took me a while to locate my brand. It's good whiskey, and they're asking \$15 a bottle for it now, \$3 more than when I was a steady customer. I had the money in my pocket, but—well, I just can't afford it any more.

Fifteen bucks! These days I go to an AA meeting every day if I can, and I usually can. I put a dollar in the basket when it goes by. That bottle would have lasted me one day, with maybe a little in the bottom to take the edge off the morning after. But nowadays, for the price of a bottle, I get two weeks' worth of companionship, growth, laughter, and hope.

When the whiskey was gone, I usually didn't feel much of anything. For me, that was the whole point. Often, I'd kill the bottle in a blackout. But when I leave an AA meeting, I always feel better than when I walked in. If there's some "arm's length," or a "meeting after the meeting," I feel better still, because I spend a lot of that time laughing. And the next morning I don't wake up with a dry mouth, a throbbing head, and despair.

A friend said that hitting her bottom behind alcohol was like having a broken heart. Only her heart wasn't broken because of what had happened to her love

life; it broke because of what had happened to her whole world. And I knew just what she meant...

So I didn't really go down to the liquor store to find out how much my favorite booze would set me back; I was there to get in touch with what my sobriety is worth to me today. Because something's been bothering me. Since I've been sober I keep hearing that we AA's aren't really living up to our Seventh Tradition—to be self-supporting through our own contributions.

When I was an Intergroup rep, I learned that some of the money we spend on local services comes from revenue from the dances we put on, and that not all the folks who attend these are AA's. I heard that only about half the groups contribute to Intergroup. If more groups participated, we could put on those dances at cost, relying only on AA members for our support.

As a General Service representative, I found out that the cost of AA's services worldwide is not being carried entirely by the groups. Instead we rely partly on revenue from literature sales, and some of our biggest customers are outside organizations. Less than half of the registered groups contribute to support GSO services. At the Area level, too, we are barely scraping by, for the same reasons. Meanwhile, the need for our services is steadily increasing, and costs, like the price of whiskey, keep rising.

But I'm doing my part, right? So the

problem must be with those other people, and in those other groups... But this line of thinking is getting harder for me to conscience. It doesn't go along with the rest of the program. We're taught in AA to place principles before personalities, and that's good; I need to do that for my own peace of mind. But I've noticed that the people who have what I want are the ones who take the principles personally. They aren't forever looking around for ways to get others to act right, they just go ahead and act that way themselves.

I don't want money ever to be a requirement for AA membership. Some of the people I've met in AA don't have much money, but they're always ready to share something priceless—their hard-earned experience and their wisdom. When I was drinking I generally found a way to pay for my high-class whiskey, not to mention those incidental costs—the lawyer fees, hiked insurance rates, medical bills, and all that time lost from work. Am I supporting my sobriety that well?

At the meetings I attend, the money in the basket, after the rent and coffee are paid for, goes to help other alcoholics who don't yet know there's a way out. I guess that's worth more than one dollar a day to me. It must be worth at least two bucks—the price of one drink—now that I don't have to buy the whole bottle any more.

Thanks, AA.

Tim P.

(Originally printed in the February, 1990 issue of the SCIF Newsletter)

## First Things First

Wake up. Get up. Find clean clothes. No clean clothes. O.K. – put on dirty clothes. Find coffee. No coffee. Go to morning meeting. Have coffee and donuts. Thank God for AA. Go home. Find food. No food. Tear apart apartment to find change and load bags of aluminum cans and bottles into back of car to take to recycle center. Go for walk to gas station with gas can. Walk back to car. Put gas in car then drive to gas station. Don't have any gas money – only laundry money – so call sponsor to leave message on machine about how crummy life is.

Go to noon meeting and eat cookies and drink more coffee. Thank God for AA. Talk to more people about how

crummy life is. Manage to borrow \$5.00 from a very kind person at the meeting. Thank God for AA. Go put \$3.00 worth of gas in car and use \$2.00 to buy cheap hamburger and fries. Go to recycle center and turn in cans and bottles. Go home and run through bedroom, stuffing dirty clothes in garbage bag. Go to laundromat. Get emotional while waiting for laundry to dry so call sponsor to report – not sure what is wrong just having a crummy day. Take laundry home. Take into bedroom. Fall into bed. No! Get up! Make bed.

Put clothing away and debate about going out to look for a job for several minutes. Pull out clothing to put on to look for a job. Take a shower. Get dressed. Go

into bathroom – fix hair. Look at clock. It's now after 5:00 pm. Accept that it is too late to go job hunting today. Take off job hunting clothing. Call sponsor. Ask if sponsor will be at evening meeting.

Decide – hungry again. Grab VCR and head to pawn shop. Go to grocery store on way home. Buy cheap food and coffee. Watch TV until time for evening meeting. Go to evening meeting. Talk to sponsor. Have cake. Thank God for AA. Wake up. Get up. Look over at clean clothes and Thank God I'm Sober.

(Reprinted with permission from *The Link*, Houston Intergroup Association)

## NEW MEETINGS

### *Sebastopol*

Fri 6:30PM (O)(W) Tea and A  
(Young People's) 4515 Ross Road

### *Sonoma*

Sat 4:30 PM (O)(W) Young People's Meeting  
Fellowship Hall 276 E. Napa St. (In back)

## MEETING CHANGES

### *Petaluma*

Tue 8:00 PM (O)(W) New Meeting  
Alano Club 221 Water Street  
New name: The Way Out  
New Time: 8:30 PM

Wed 7:00PM (O)(W) New Life II  
Church 1160 Schuman Lane  
Meets every Wednesday of the month

### *Santa Rosa*

Fri 5:30 PM (O) Signs of Sobriety  
Moved to 330 College Ave.

Sun 10:00AM (O) Happy Trails  
New contact phone # 585-3938

NEW SPANISH HOTLINE # 829-1272

### *Sonoma*

Sat 10:30 AM (C)(W) Women's Step Study  
McDougal Bld, Sonoma Development Center  
New Name: Women's Book Group

## NO LONGER MEETING

### *Santa Rosa*

Tue 8:00 PM Ask It Basket 525 5th St

### *Jenner*

Mon 7:00 PM Boathouse Meeting

Sun 6:00 PM Boathouse BB&12+12

## MEETING CODES

- (C) Closed meeting, alcoholics only.
- (O) Open meeting, anyone can attend.
- (W) Wheel chair access to meeting area.

To report meeting changes:  
Contact Russell @

## Gloria's Corner

Openings every other Monday 2-6PM. The book *Home Group* will be half price during the month of May. NOTICE: The bookstore does not take credit cards. Cash or check only. Also, the bookstore phone number is in the meeting schedule.



Hoping to serve you,

*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 94188

### **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.  
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