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sonoma county Intergroup Fellowship NEWS

May
2007

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



Are you ready? It's ALMOST TIME for our First Big Sizzling Summer Bash!

Greetings fellowship, Greetings fellowship...

Once again I am amazed at the Sonoma County fellowship, and the enthusiasm and willingness to participate in each others sobriety via service. We put the word out and the call was answered. I am in the process of securing a date for our first steering committee to plan for our June 1st

Sizzling Summer Bash (dance). If you would like to be a part of, call me. We need people to decorate, do food service, make coffee, help load and unload our DJ, setup, take down, clean up, stand at the door, etc.

We are so excited about our first event of the year for this committee.

The dance will have a summer theme so wear your Hawaiian shirts and cheap sunglasses. Chris S. is our speaker and I can't think of anyone who embodies FUN more than Chris! We will celebrate sobriety with a countdown!

DJ Rosie will provide the music (and is VERY open to giving us what we want to hear). We want to dance so I need your help. There have been a lot of complaints about the music at previous dances, so tell THIS committee what you want to hear. I'm thinking a good mix of 80s dance music, neo soul, rock, R&B, Hip Hop etc. You tell me! It's YOUR party!

We also need good participation as we got the Intergroup steering committee to approve a \$7 donation. This means you have *got* to show up and dance. There will be hot dogs, chips, sodas and nachos for the hungry crowds coming after the beach meeting. The flyers say dance till 11:30 but if we have enough participation we will dance till 12! So show up and teach the newcomer we are not a glum lot. If you haven't danced in Sobriety your in for a treat! ;-)

The meeting/party/dance will be at The Sebastopol Community Center, 390 Morris St, Sebastopol (off Highway 12 on the east side of Sebastopol). Meeting @ 7:00 P.M., countdown to follow, then we will clear the room and start the dance!

Be there or be square!

In loving service,
Laurie E.

It's ABOUT TIME for a Seminar on Relationships in Recovery

Saturday, May 19th, 3 - 5 P.M.
SCIF Bookstore
750 Mendocino Ave., S.R.

Featuring four speakers (who know all about the subject), and time for discussion.

Come early for a seat, as this is sure to fill up!



You're JUST IN TIME for the 27th Annual Lake Pillsbury Campout

May 18, 19, 20
Sunset Point Campground
\$13/site, \$3 for 2nd vehicle, *No Reservations*
First come, first served!

Saturday Night Potluck & Campfire AA Meeting

For information call:
Preston in Sonoma County
Jessie in Mendocino County

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Holy Mackerel! There's almost NO TIME LEFT before the 20th Annual Cache Creek Rafting Trip!

You've got until May 1st to get your deposit in on the greatest AA rafting trip of the year.

Look for the yellow flyers—they're everywhere.

Or call Francis, Chris, or Paul for more information.

March 2007 Sonoma County Intergroup Fellowship General Meeting

Meeting was opened with The Serenity Prayer
Readings:

Preamble: John S., Tradition 3: Frank H.,
Concept III: Connie C.

Introduction of New Representatives to Intergroup:

Paul F., Monday Step Study, Sebastopol
Matthew B., Steps in Windsor
Jim S., Quitting Time, Petaluma
Shane W., Tuesday Night Traditions
Bud K., Saints and Sinners, Rohnert Park
Dennis B., 12x12 @12 and 4th Edition @12, Cotati
Tim G., Saturday Night High Steppers, Rohnert Park
Carol B., Women's Tuesday @ Noon, Windsor
Greg L., Expect a Miracle

March Birthdays:

Padee M. - 25 years
Dennis B. - 10 years
John P. - 4 years
Kelly B. - 4 years
Dale - 13 years
John S. - 5 years
Joan - 26 years

Correction to February Minutes:

New SOCYPAALIAISON is Jolie B.

OFFICER REPORTS

Intergroup Chair: Diane W. has compiled a document called "Sonoma County Intergroup Fellowship Motions and Highlights" from past newsletters available at the bookstore. She asks the fellowship to assist her in finding missing newsletters so she can complete the document. The list is available in the April issue of the Newsletter.

Vice-Chair: Tim P. Susy E. gave the report in Tim's absence. She stated that Tim is researching PA systems for the Intergroup meeting.

Treasurer: Larry O. said contributions in Feb. were \$X. The deficit in Feb. was \$Y but year-to-date we are up \$Z. We have over \$C in contributions in March so far. Last year group contributions were \$G. A thank you will be published in the next Newsletter.

Registrar: Susy E. stated that in February there were 348 meetings per week in Sonoma County and 96 were represented. Representation was down because no one from Serenity Fellowship or Sonoma Fellowship attended and they represent 55 meetings.

Bookstore: Gloria stated that she had a good response to requests for help on inventory. They currently have a full crew working at the Bookstore. January profits were \$J. February profits were \$F.

COMMITTEE REPORTS

Activities: Laurie E. reported on the June 1st dance. See flyer for details. The annual picnic is scheduled for July 21 at the Santa Rosa Community Park. Laurie promises to have flyers available for events at least two months in advance in order to promote good attendance at functions.

Alkathons: Dale E. reported he is talking to the Santa Rosa Alano Club about possibly having the Alkathons there. They are working on the required permits.

ICSC: Diane reported for Rich and said they have selected a new door for the Bookstore. We will elect a new committee member in June. Nominations will be made in April and May for this.

Newsletter: Dave H. stated the Newsletter was pink. It was mentioned that, due to an oversight, the Al-Anon hotline number did not get printed on the front of the new meeting directories. It will appear there on the next printing.

Outreach: Barbara F-K. reported her co-committee chair, Sparkie, will not be able to help her. Barbara asked for help with this committee, specifically with Santa Rosa, Windsor and Petaluma. She has called all the Intergroup reps that have not shown up at Intergroup meeting.

Teleservice: Dave R. stated the committee meets the second Monday at 6 p.m. at the Bookstore. He needs volunteers for the committee and Teleservice. Six months of sobriety and a working knowledge of the steps is required to work in Teleservice.

Seminars: Donna L. reported on the May 19th seminar,

(Continued on page 3)

INTERGROUP OFFICERS

CHAIR	Diane W.
VICE-CHAIR	Tim P.
SECRETARY	Nan B.
REGISTRAR	Susy E.
TREASURER	Larry O.

COMMITTEE CHAIRS

SEMINARS	Donna L.
ACTIVITIES	Laurie E.
OUTREACH	Barbara F-K.
COMMUNICATIONS	Dave H.
ALCATHONS	Dale E.

TELESERVICE

Dave R.

AA TELESERVICE

PHONE LINE COORDINATOR	Dave R.
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

Wed	8 P.M. - 10 A.M.	Friday	10 P.M. - 9 A.M.
Friday	6 P.M. - 10 P.M.	Sat (alt)	10 P.M. - 8 A.M.





The CNCA is holding the 2007 Post-Conference Assembly on Saturday, May 12, at Citrus Fairgrounds in Cloverdale. The theme of the Assembly is "Our 12th Step Responsibility—Are We Going to Any Length?" More information can be found at our area website—www.cnca06.org—or contact your Home Group's GSR. If your Group does not have a GSR, please elect one. Having an informed Group makes a world of difference; and your Group Conscience does matter.

GSR's in service are becoming well informed. They are an extension of the group that they serve.

Speaking of service, there are a number of service committees and positions that need help. These service bodies have liaisons to both General Service and to Intergroup. Please attend either or both. See the calendar in the SCIF Newsletter.

I invite any and all to check out General Service. Our Business Meeting is on the first Monday of every month. The next meeting is May 7th. New GSR's, please show up by 6:45 P.M. for orientation. We have an AA Service Manual
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Judicious Service

On March 5th of this year, Amanda W. and I stood before a group of judges, DA's and probation officials at the courthouse. Not an unusual occurrence for many alcoholics in this day and age except our visit was not to answer for any crime we had committed. As members of the PI/CPC committee, we were invited to speak to the divisions of the county judicial system about Alcoholics Anonymous.

I spoke first describing what AA is and is not, stressing the concept that alcoholism is an illness, not a moral weakness. Nor is it a religion, or concerned with outside issues. In short, I explained our preamble to a group of people who were not familiar with how AA works.

Amanda W. spoke of her experience in drinking uncontrollably that led to her breaking the law and appearing in that same courtroom over five years ago. She told this group how she had become a responsible member of society through her efforts at following the simple
(Continued on page 7)

SCIF General Meeting *(Continued from page 2)*

"Relationships in Recovery".

LIAISON REPORTS

Bridging the Gap: John reported this committee meets the third Tuesday of the month at 7 pm at the Bookstore. Orientation is at 6:30. BTG assists newly released residents of treatment programs get to their first meeting. Six months of sobriety and a working knowledge of the steps is required. They need volunteers. They received 23 contact requests in February. John's number is 793-9335.

General Service: Padee reported that General Service meets the first Monday of every month at Faith Lutheran Church 7:30 pm. Concepts study is at 6:45. The next "Lick and Stick" CNCA newsletter folding party is April 5th at Faith Lutheran Church. The Pre-Conference Assembly is April 14th & 15th at the Ukiah Fairgrounds. In May, Sonoma County General Service will sponsor the Post-Conference Assembly. The delegate will give her report with Spanish and ASL translation. Archives is looking for photos of Sonoma County meetings.

Hospitals and Institutions: Mark V. stated they meet the first Wednesday at the Senior Center. New reps should be there at 5:30. The business meeting is at 6:00. The Annual Conference is in Petaluma April 13, 14 and 15. Bruce G. was elected liaison from Intergroup to H&I.

PI/CPC: Nick R. stated this committee meets the second Wednesday at 7:30 at S.R. City Hall. Speaker training is at 7. They need committee people familiar with TV and radio to get public service announcements out. PI distributes literature about AA to jails, libraries and hospitals.

SOCYPAA: Sean M. stated they have been completing elections within SOCYPAA. There is a new meeting at midnight on Saturdays at CHOPS Teen Center, 509 Adams Street, SR. They are working on bringing the ACYPAA Roundup to Sonoma County in 2008. March 31 is game

night 6 p.m. in Sebastopol. SOCYPAA will be hosting the dance at the H&I Conference in April in Petaluma.

Spanish Intergroup: Rebecca M. stated they have their Intergroup meeting every Saturday at 4 p.m. at the Spanish Bookstore. Group Sharing monthly meeting will be held at 1428 Spring Street, St. Helena on March 30. Central Office anniversary is June 10, at the Senior Center, Rohnert Park. Anyone with Spanish as their first language is encouraged to attend.

Access Sonoma County: Jamie T. stated they meet the second Thursday at 6:30 at the Bookstore. ASC makes wheelchair access information available. They continue to receive and distribute survey pamphlets and have had a good response. Susan C. attended PRAASA on March 8 where she heard discussion on access for the deaf and how to sponsor the deaf.

GROUP SHARING AND CONCERNS

Rhea stated Sober Sisters provides childcare. Mark V. stated the deadline for deposits for Cache Creek is May 1. Jeremy stated the Responsibility Statement was said at the end of Intergroup rather than the Lord's Prayer and this had not been voted on by Intergroup.

OLD BUSINESS

Larry O. reported on the insurance for events issue. He stated we are not limited to 9 events per year. He has forwarded a list of events to the insurance company that will require coverage along with attendance projections.

SUMMATION: Susy E. outlined the meeting: The Bookstore has a full crew for inventory. There is a dance June 1, and a picnic July 21. The new meeting schedule is out. Outreach needs help. The May 19 Seminar is on *Relationships in Recovery*. Cache Creek is coming up.

Closed with the Responsibility Statement.

Gratefully in Service,
Nan B.

Notes From The Chair



At the June meeting, we will elect a new member of the ICSC – the Intergroup Central Service Committee – to replace Francis B., elected last year. The process to do this requires that in April we elect three Intergroup representatives to serve as the ICSC

Nominating Committee. They will look for candidates to fill this position, and return at the May meeting with at least two, and no more than three, names of people who are willing to serve. Ideally, these folks should come to the May meeting and present themselves or at least provide resumes for us to think about before the June election.

What is the ICSC, and who are we looking for to serve on it?

It is a standing committee of the SCIF, charged by the By-Laws “to set the policy and regulate the affairs of the Intergroup Office/Bookstore.” Its responsibility is ...”the operation of the Office/Bookstore. The ICSC may employ and discharge for cause all paid employees of the Intergroup Office/Bookstore. Any personnel problems shall be directed to the ICSC. The ICSC members should attend all meetings of the SCIF and may participate in all discussions.” It meets monthly for about an hour and reviews financial results and operational considerations, looks at inventory, staffing, profit margins, and other business considerations such as the physical plant and equipment. It performs the annual performance review of the Central Office manager.

An ICSC member does not need to be a member of SCIF. He or she should be an individual “having sound business or professional background and substantial A.A. service experience.” Previous service in SCIF or one of the other service committees – H&I, General Service, PI/CPC, etc., would fulfill the service requirement. Someone whose business background includes management, entrepreneurship, banking, or accounting would qualify. Retail management experience would be a plus, as the bookstore is a retail operation. That seems like a tall order! And we have not always found it easy to find qualified (and willing) candidates for this responsibility. But we have found them. Please help the Nominating Committee by suggesting to them people you know who may be available for this service.

UPDATE ON MISSING NEWSLETTERS: Old issues are coming out of closets and garages. Thank you! to those who sent them in. We still need October 2001 – was there a newsletter right after 9/11? And the following:

Most of the issues from February 1993 through October 1994

1992: January, February, July, September, December

1991: March through June

Anything before December 1989.

In gratitude,
Diane

Thanks From The Treasurer

A Great Big “Thank You!”

Hello! My name is Larry O., Alkie and your new SCIF Treasurer. I want to take this opportunity to thank each and every person who contributes to the seventh tradition basket.

A percentage of these contributions is disseminated to SCIF; and in 2006 a total of \$47,413.33 was contributed by you through your meeting baskets. A list of meeting contributions was published in the February SCIF Newsletter stating meeting name and 2006 donations. A monthly and year-to-date list is published in every newsletter.

Your contributions make it possible for SCIF to provide the following services:

- * Operate and maintain the SCIF Central Office and Bookstore.
- * 24 hour Teleservice (Hotline).
- * Provide special events, activities and seminars for Sonoma County AA.
- * Free meeting schedules.
- * Free monthly Newsletters.
- * Some Free literature to groups.

SCIF depends on your continued support and generosity to provide these services. Once again, THANK YOU VERY MUCH!

Personally I love the clean and sober life which I know saves me a lot of money in many ways and gives me great pleasure, when the basket comes my way I am grateful and realize that my sobriety is priceless.

Sincerely,
Larry O.

SOCYPAA Report

Do you have room to grow? Then come join us! We welcome all! In case you don't know, SOCYPAA stands for Sonoma County Young People in AA. We welcome all ages because to us young is anyone with room to grow, and I think we probably all have that. So if you have the itch to be a part of, please do! The more the merrier.

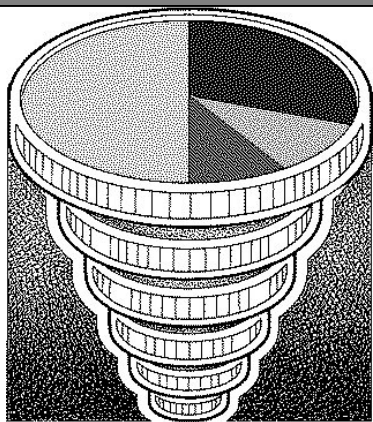
We are still finishing up elections and we are fortunate to have some wonderful new committee members. We are also feverishly planning for the dace that we are hosting at the H&I conference in Petaluma on April 14th, 15th and 16th. The ACYPAA (All California Young People in AA) convention is coming up April 26th through the 29th at the LAX Marriott. SOCYPAA is bidding to bring ACYPAA to Sonoma County next year. Wouldn't it be great to have it here?

Please join us at our 2nd annual Dodgeball tournament on Sunday May 27th. We will be having a meeting at noon with Dodgeball and BBQ to follow. The event will be at Howarth Park in Santa Rosa, by the kids play structure. The BBQ lunch will be \$4 dollars a plate. Hope to see you all there. Much love from the happily grateful SOCYPAA members.

Gratefully sober,
Jolie B., SOCYPAA Co-liasion to Intergroup



SCIF FINANCIAL SUMMARY 1st Quarter 2007



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

	1st Quarter 2007			Year to Date		
	Income	Expense	Net	Income	Expense	Net
Central Office						
Groups						
Individuals						
Teleservice						
Web Site						
Newsletter						
Interest						
Subtotal						
Bookstore						
Activities						
Alkathons						
Seminars						
TOTAL						

Assets & Liabilities		
Cash in Bank & Petty Cash		Memo: Cash in Bank & Petty Cash
Prepaid Expenses		Prudent Reserve
Liabilities		Liabilities
Subtotal		Operating Reserve
Literature Inventories		
Property		
Total Assets & Liabilities		

GROUP CONTRIBUTIONS

Meetings	March	YTD	Meetings	March	YTD	Meetings	March	YTD
11th Step Meeting	133.30	133.30	Lunch Bunch Group		100.00	Sunday Morning Smiles Group		74.00
12 X 12 @ 12 Group		140.00	Mature & Sober Group		181.00	Sunday PM Closed Discussion	180.00	180.00
12 X 12 Plus	293.00	293.00	Monte Rio Book Study		75.00	Sunday Sanity		250.00
AA Sonoma, Fri. Night Fellowship	300.00	300.00	New Hope Book Study Group		60.00	T.G.I.F. Nooners		38.02
AA Sonoma, Tues. Big Book Group		18.63	O God It's Monday		75.00	The Cross Roads Group		100.00
Access Sonoma County	10.00	10.00	Oaks Fellowship	154.75	336.65	The Sunday Night Group		129.70
Acres Fellowship Group	373.40	373.40	Occidental Tonight Group		100.00	Think About It Group		422.92
Alive & Well In Fulton		114.00	Open Door	100.00	100.00	Third Step Group		186.36
Any Lengths Group		250.00	Out of the Ashes Group		17.87	Thurs. Big Book Step Study		75.00
Attitude Adjustment Group		350.00	Petaluma Thursday Night Real Life		355.50	Thurs. Night 12 X 12 Discussion		286.77
B.Y.O.B.B.		113.50	Petaluma Valley Group	190.50	190.50	Thurs. Night Womens AA	150.00	150.00
Bodega Bay Fellowship	295.00	295.00	Promises Group		142.92	Tuesday Afternoon Delight	342.00	342.00
Book & Discussion, Sonoma		133.91	Quitting Time Group		300.00	Tues. Night Big Book Study - Pet	200.00	200.00
Breakfast Club		133.35	Round Barn Big Book Study		178.00	Tuesday Nite Beginners AA		59.67
Cotati Men's Stag	100.00	100.00	Santa Rosa Fellowship	20.00	20.00	Up Group	100.00	100.00
Defects & Shortcomings		69.55	Saturday Morning Beginners		120.00	Up The Steps		103.38
Early Bird Fellowship of Petaluma		165.75	Saturday Night Living Right		69.00	Warm Springs @ Mt. Vista Farm	200.30	200.30
Expect A Miracle	600.00	600.00	Saturday Serenity	169.80	302.80	Wednesday Night Men's Stag	50.00	296.00
Faha Home Group	65.00	115.00	Serenity Fellowship Hall	75.28	217.81	Wednesday Wonders	45.00	45.00
Fourth Monday	81.50	253.84	Sharing & Caring	443.63	443.63	We're In The Now	83.04	83.04
Fresh Air Group		207.14	Signs of Sobriety		25.00	Women's Book Group		68.00
Gay Newcomers Group		80.10	Single Purpose Group		150.00	Women's Perspective AA Group		219.27
Graton Fellowship		457.57	Sober Sisters	203.06	203.06	Women's Tuesday At Noon	160.05	160.05
Gravenstein Gay Group		25.02	Sonoma Valley Fellowship		291.70	Working Winners	125.00	125.00
Gualala Group	750.00	750.00	South Park Survivors		61.59	Young & Young At Heart		180.00
Highlander Group		350.00	Spirit of Akron		28.00	(group name not on check)	117.18	117.18
Just For Today		174.35	Stepping Lively		90.00	(group name not on check)	48.00	48.00
Keep It Simple		280.00	Stick Around, Santa Rosa	35.00	60.00	Total	6,193.79	14,821.10

Sobriety Birthdays

Julie	5/5/77	30	Lenny S.	5/8/97	10	Tony F.	5/7/03	4	Darcy	5/1/05	2	Paul C.	5/17/05	2
Gary	5/3/84	23	Joan G.	5/11/99	8	Christy H.	5/10/03	4	Rick C.	5/1/05	2	Mary S.	5/19/05	2
Rich S.	5/4/84	23	Ryan T.	5/11/99	8	Phyllis	5/11/03	4	Wayne L.	5/1/05	2	Debbie	5/20/05	2
David F.	5/1/87	20	Linda	5/1/00	7	Rose P.	5/12/03	4	Tom M.	5/6/05	2	Oscar	5/22/05	2
Michelle P.	5/6/87	20	Fred	5/10/01	6	Ashleigh S.	5/13/03	4	Richard B.	5/8/05	2	David S.	5/23/05	2
Mike W.	5/9/90	17	Lori J.	5/20/01	6	Cindi	5/18/03	4	Jennifer S.	5/9/05	2	Christy M.	5/24/05	2
Lori B.	5/26/92	15	Michael	5/2/02	5	Alan W.	5/5/04	3	Jeni S.	5/9/05	2	Justin B.	5/24/05	2
Kevin	5/5/95	12	Lance M.	5/9/02	5	Lisa B.	5/6/04	3	Stephanie P.	5/11/05	2	Shannon D.	5/24/05	2
Becky G.	5/14/95	12	Leonardo	5/1/03	4	Cynthia A.F.	5/9/04	3	Rich U.	5/12/05	2	William	5/29/05	2
De W.	5/6/96	11	Romano	5/1/03	4	Kevin L.	5/21/04	3	Michele M.	5/14/05	2	Steve L.	5/30/05	2
Joanne	5/19/96	11	Peter	5/3/03	4	Kim T.	5/26/04	3	Kelly R.	5/15/05	2	Robert H.	5/3/06	1
Elaine	5/24/96	11	Robert H.	5/4/03	4	Cody B.	5/1/05	2	Karin	5/16/05	2	Tony	5/6/06	1

Church of the Roses
Friday Night
Speakers

May 4 Bonnie-Jean K.
May 11 Bud
May 18 Dennis L.
May 25 Ken M.

H&I Report

"In the beginning, it was four whole years before A.A. brought permanent sobriety to even one alcoholic woman. Like the 'high bottoms,' the women said they were different; A.A. could not be for them. But as the communication was perfected, mostly by the women themselves, the picture changed.

"This process of identification and transmission has gone on and on. The skid rower said he was different. Even more loudly, the socialite (or Park Avenue stumblebum) said the same—so did the artist and the professional people, the rich, the poor, the religious, the agnostic, the Indians and the Eskimos, the veterans and the prisoners.

"But nowadays all of these, and legions more, soberly talk about how very much alike all of us alcoholics are when we admit that the chips are finally down." [Bill W., *Grapevine*, October 1959]

John, representing the Saturday Night High-Steppers; John, Good Neighbors (Geyserville); Dennis B., Young and Young at Heart; Sally, Eldridge Group; Steve, Kenwood Group; Janet, Third Step Group; and Priscilla, Stick Around Group all introduced themselves as new meeting reps. The Committee also welcomed visitors Debbie and Jim.

Celebrating April sobriety birthdays were Pam, with 11 years, Alfred, 2; Jim, 11; Robin R., 16; Chris, 3; Linda C., 21; Bob, 13; Paul, 21; Peter S., 21; and Annie S., 16. Dave R. and Glenn had 9 and 10 months, respectively. For those of you without calculators, that's a total of 136 years, 7 months of sobriety!

In lieu of a five-minute chair, individuals shared their experiences and memories of Kathy V., a longtime AA and H&I member who passed away last

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HAPPY TRAILS



HIKING LUNCH MEETING FELLOWSHIP

This month, we are going to check out Foothill Regional Park in Windsor.

Meet at the SCIF Bookstore, 750 Mendocino, on Sunday, May 27, at 10:00 A.M. to carpool, or drive directly to the trailhead parking lot.

For information—call Linda L., Lloyd H., or Chris B.

Bring water and a lunch.
Hope to see you all there!

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
				1		2 Hospitals & Institutions S.R. Senior Center 5:30 New Rep Orientation 6:00 Business Meeting		3		4		5	
6 SOCYPAA 1551 Montgomery 7:15 Business Mtg.		7 General Service Faith Lutheran Church 6:45 Service Manual Study 6:45 New Rep Orientation 7:30 Business Meeting		8		9 PI/CPC S.R. City Hall 7:00 Speaker Training 7:30 Business Meeting		10 Access Sonoma County SCIF Bookstore 6:30 Meeting		11		12	
13		14 SCIF Bookstore 6:00 Teleservice Meeting 7:00 ICSC Meeting 8:00 Intergroup Steering Committee Meeting		15 Bridging The Gap SCIF Bookstore 6:30 New Rep Orientation 7:00 Business Meeting		16 Newsletter 6:30 SCIF Bookstore		17		18		19	
20 SOCYPAA 1551 Montgomery 7:15 Business Mtg		21		22 General Service District 12 Officers Meeting 6:15 SCIF Bookstore		23		24		25		26 General Service CNCA Area 06 Area Committee Mtg 321 N. McDowell Blvd 12:30 PM – 3:30 PM	
27 Happy Trails 10:00 AM SCIF Bookstore		28 Intergroup St. Luke Lutheran Church 7:30 Newsletter Collating 7:30 New Rep Orientation 8:00 Business Meeting		29		30		SCIF Bookstore750 Mendocino Ave. Suite 10 Faith Lutheran Church.....4970 Newanga Ave. St. Luke Lutheran Church.....905 Mendocino Ave . S.R. Senior Center704 Bennett Valley Rd. S.R. City Hall Employee Lounge...First St. and Santa Rosa Ave.					

Self

You don't have to be somebody you're not.
You don't have to do it alone.
You don't have to be right.
You don't have to be perfect.
You don't have to be somebody else's idea of who you are.
You don't have to be in charge.
You don't have to tell or explain or defend who you are.

BE.
That's enough.

It's a reasonably good idea to make an attempt to find out who you are as you go along.

Getting down or up to the marrow of your identity and personhood can be valuable.

Refusing to wear a mask, a false front, a facade or a costume is fine.

Your persona is enough.

It changes. It grows. It's not static.

You can choose the best.

You don't have to be the SOURCE of all knowledge, wisdom or strength.

Be YOU.

You're enough.

You're not always right, and you're not always wrong.

You're not always anything.

You're alive and fluid and in a state of constant change.

You can accept that.

You're not a finished product or creation.

Your brain is much smarter and healthier than you are.

Quite a bit of the good stuff was there before you could walk or talk.

Perfection is the enemy of good.

Remember whom and what you love.

You're somebody's idea of a good person, and that somebody had better be YOU.

You can't be everything to anyone else.

You don't have to solve their problems or try to give them a better past.

Your relationships to others are not only up to you.

Everything about everything is basically a mystery.

It's called life.

Bonnie-Jean K.
© March 25, 2007

No Matter What, *Don't Drink!*

1. No matter what you think is so bleak in your life, don't drink.
... in fact ...
2. No matter what you think, don't drink.
3. No matter what your significant other has done, don't drink.
4. No matter what your significant other has not done, don't drink.
5. No matter what the size of your body parts, don't drink.
6. No matter what prizes your worst enemy has won, don't drink.
7. No matter what you are FEELING, don't drink.
8. No matter what some other person says, don't drink.
9. No matter what some other person doesn't say, don't drink.
10. No matter what the over-done dryness of your holiday turkey, don't drink.

No matter what, a drink will not make it better.

No matter what, don't drink!

-Bill K.

General Service (Continued from page 3)
Study Group, also at 6:45P.M.. The Business Meeting starts 7:30 P.M. at Faith Lutheran Church on Newanga.

Thank you for letting me be of service and I hope to see you there!

Dale E.

PI/CPC (Continued from page 3)
solution offered by pursuing sobriety in AA.

Questions about efforts to mandate people to meetings were fielded as well as some astute questions by a "friend of Lois's" as regards what a concerned person can do to help the alcoholic.

We were encouraged by the opportunity to speak and hope to continue the effort to educate the judicial community on what AA does.

Nicky Y.

H&I (Continued from page 6)

month. She will be greatly missed by those of us here, and I'm sure is being greeted warmly in the Big Meeting After.

Almost 1,000 people registered for the 2007 H&I Conference in Petaluma (April 13-15). The Friday and Saturday night speaker meetings were packed—standing room only! Again, a hearty "Thank You!" to all of you who helped make this happen! See you next year in San Mateo County, April 2008!

Catch the H&I fever! Still geared up from the conference—or maybe you couldn't make it and wonder what all the excitement is about? Check it all out at the next meeting of the H&I Committee on Wednesday, May 2, at the Santa Rosa Senior Center located at the corner of Bennett Valley Road and Rutledge Avenue (one block east of Santa Rosa Avenue). The regular meeting begins at 6:00, and all are welcome to attend the orientation at 5:30. Come on down and bring a friend!

In service,
Mardi

The deadline for June Newsletter submissions is May 14.

The Newsletter review is 6:30 P.M., May 16, at the SCIF Bookstore. Anyone wishing to participate is welcome to attend.

NEW MEETINGS

Cloverdale

Thu 12 Noon (O)(W) Grapevine Discussion + Review
208 N. Commercial St.

Santa Rosa

M-F 6:00 AM (O)(W) First Things First
M-F 5:30 PM (O)(W) Speak Easy Discussion
Thu 7:00 PM (C)(W) Brodz Nite Out (women)
at the new Alano Club, 465 Kenwood Ct.
Sat 5:30 AM (O)(W) Upon Awakening
3632 Airway Dr.
Sat 7:00 PM (O)(W) Saturday Night Shindig
465 Kenwood Ct.
Sun 5:30 AM (O)(W) Upon Awakening
3632 Airway Dr.

Sebastopol

M-F 7:00 PM (C)(W) Grupo M. Mejor Decision
869 Gravenstein Hwy So.

NO LONGER MEETING

Forestville

Fri 7:00 PM West County Gay Men's Stag

Rohnert Park

Fri 7:00 PM Sisters of Surrender

Santa Rosa

Mon 7:00 PM Grupo Avance

Sebastopol

Fri 6:00 PM Friday Night Meeting

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 @ 570-9268*

Gloria's Corner

I want to thank Jonathon, Elizabeth, Diane, Pat, Jan, Tiffany, and Clarence for helping with inventory.

They are a great team.

I now have a full crew for this month. We could use emergency fill-ins.

Sales are up over last year.



Bless You All,
Gloria

ADDRESSES

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Santa Rosa, CA 95402

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Santa Rosa, CA 95402

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Sonoma County PI/CPC*

PO Box 11350
Santa Rosa, CA 95406

SOCYPAA

P.O. Box 5784
Santa Rosa, CA 95402

*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
Sat 11-3

*The bookstore is staffed by volunteers and is some-times closed for lack of manpower. **Call first!***

The Bookstore is closed on these Holidays:

Memorial Day	May 29th
Independence Day	July 4th
Labor Day	September 4th
Thanksgiving	November 23rd
Christmas	December 25th
New Year's Day	January 1st

CONTACT INFORMATION

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Hospitals and Institutions

Chair: Don S. don450sl@yahoo.com

Sonoma County Young People In Alcoholics Anonymous

Liaison to SCIF Jolie B. jolie94@hotmail.com

For a one year subscription send in either \$8 per year for regular mail or \$4 for emailed PDF or HTML (circle choice) to

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