



SONOMA COUNTY INTERGROUP FELLOWSHIP NEWS November 2003

Come join us on

UNITY DAY!

So many of us want to carry the message of experience, strength and hope, but we just aren't sure how to go about it. We may have been participating in our group and grown tremendously from having that opportunity, but still we want to do more when we can (the story of our lives!). Well, Unity Day is here for you! It's an occasion when the service arms of Sonoma County AA come together to "show and tell" what it is they do. Sponsored by Sonoma County Intergroup, General Service and Hospital & Institutions, **Unity Day 2003** will



feature panels on *AA History*, *The Traditions* and *AA Service Today*. The featured speaker will be Kay S. from Santa Rosa, and there will also be a Sobriety Countdown. Lunch will be provided with a "potluck dessert menu", feel free to bring along a dessert to share! This year

Unity Day will be hosted by Sonoma County Intergroup. It will be held on Saturday November 15 from 9:00AM to 4:00PM. The location will again be St. Mark Church, 4325 Mayette Avenue in Santa Rosa (see the map on page 7 or the Unity Day flyer for directions).

THANKSGIVING ALCATHON

The Holidays can be a difficult time for many of us, particularly in early sobriety. There are family parties and usually alcohol at these parties. Of course there are people in recovery who can handle being around their families and the attendant "holiday cheer" with aplomb. But even those people can sometimes feel uncomfortable for a number of reasons. The Holidays can bring up feelings of remorse and sadness, mingled with unfulfilled expectations... it "should" be a happy and joyous time.. so why aren't we feeling joyous? Despite our best efforts and spiritual progress, the Holidays can still be a "slippery" place. Thankfully, there is a place we can go for sanctuary from the "Holiday Spirits" (pun intended). A place where we can gather to share sobriety and fellowship. The Holiday Alcathons have been a great tradition in Sonoma County for many years. This year's Thanksgiving Alcathon in Santa Rosa will be held at St. Mark Lutheran Church at 4325 Mayette Avenue. The Alcathon meetings will begin on Wednesday evening at 6:00PM and continue with meetings every two hours until 5:30PM on

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Intergroup's Challenge

As Chairman of your Sonoma County Intergroup, it's my responsibility to inform you about developments that affect AA's groups throughout Sonoma County. Let's face it, times are hard for many groups with the ever increasing costs required to keep our doors open.

This is not just in Sonoma County, but nationwide. As a result, group contributions to our Intergroup are down, though business at the bookstore remains pretty steady. At the current rate of contribu-

tions, we will need to dip into the prudent reserve to finance operations early next year, according to Intergroup Treasurer, John S. As our charter states, we are *required* to maintain a prudent reserve of \$25,000. Intergroup is not authorized to spend that reserve unless it is a question of using it or not paying our bills.

Whoa, you say.. \$25,000 is a *lot* of cash. Yes it is. My intention here is to tell you precisely what happens to the money you and your groups contribute. First off, In-

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SCIF BUSINESS MEETING

INTERGROUP OFFICERS

- ◆ CHAIR: James C.
- ◆ VICE-CHAIR: Bruce McL.
- ◆ SECRETARY: Kay S.
- ◆ TREASURER: John S.
- ◆ REGISTRAR: OPEN

INTERGROUP COMMITTEES & CHAIRS

- ◆ SEMINARS: Steve B.
- ◆ ACTIVITIES: Larry O.
- ◆ OUTREACH: Mark F.
- ◆ COMMUNICATIONS:
Rory B.
- ◆ HOTLINE/TELESERVICE:
Kim C.
- ◆ ALKATHONS: Terry T.

AA HOTLINE TELESERVICE

- ◆ CHAIR: Kim C.
- ◆ SCHEDULER: Loretta D.
- ◆ 12 STEP COORDINATOR:
Teri T.
- ◆ SANTA ROSA HOTLINE
544-1300
- ◆ LONG DISTANCE ONLY
800-224-1300
- ◆ PETALUMA HOTLINE
762-5122
- ◆ SONOMA HOTLINE
938-2027
- ◆ SPANISH HOTLINE
545-7417

SCIF MINUTES

September 22, 2003

Serenity Prayer recited, Tradition 9 read by Dennis B., Concept 9 by David.

Introduction of new Reps: Louie S. from New Comers and Old Timers; David S from We're in the Now; Alysson C. from Simply AA; Tom R. from Guerneville Sunday Nite Step Study; Barry D. from New Sobriety; Emily A. from Wednesday Nite Big Book Study.

September Birthdays: Carolyn A. 2 yrs; Rin 3YRS; Louie 12YRS; Anton 2YRS; Ben T. 2 YRS; Mark 2 YRS; Bruce 5YRS, Linda 21 YRS, and Linda with 18 months

The **August minutes** were approved

Registrar: At the next general election an election will be held for the registrar position. Suggested sobriety is 2 years, and it requires 4-6 hours a month. A job description is available at the bookstore.

Outreach: Mark F. We do not currently have an accurate list of meetings that are represented. If you go to meetings, and they do not have a Intergroup representative, tell the news.

LIAISON REPORTS

General Service: Donna K. Two positions are open, for Archivist and Literature Chair. The persons need to have a good understanding of General Service, and who has recently been in service. Elections in November.

Motion 3 will come up for vote at the Inventory/Fall conference. Information for General Service will now be distributed by CD.

H & I: Scott, meeting on October 1.

PI/CPC: Tom P. We give accurate information and do presentations to drinking driving classes. Younger

speakers are needed to make presentations to high schools. 2 years sobriety suggested.

Bridging the Gap: Carolyn A. We did 6 presentations and had 30 requests for assistance.

OFFICER REPORTS

Chair: James C. Intergroup Reps, please remember to sign in.

Vice Chair: Bruce McL. At the new representative meeting there were 6 new reps and 2 new meetings.

Treasurer: John S. The cash shortfall for the month of August was \$600. To see the whole balance sheet come to the bookstore.

Bookstore: Gloria. Need Thursday afternoons and Every other Friday morning. Spanish groups are hosting a big conference in the future.

Seminars: Steve B. Small attendance for the Seminar on Sept 20, but it was well done. In January a seminar on service commitments and all they entail.

Activities: Larry O. Halloween Dance on Friday, October 31 at the Sebastopol Community Center, with the *Pulsators* playing. Probably have a DJ for New Years. Valentines dance in the making.

Teleservice: Larry says all the shifts are full, even the daily coordinators. We still want your involvement.

Communications: Rory B. Requests personal stories for the Newsletter.

Alkathon: Terry T. Call him to schedule your meeting time.

ICSC: Bring candidates to next meeting. Kay S. volunteered to bring a willing person.

Unity Day: Carolyn A. Will have flyers soon. A steering committee meeting will be Thursday 9/24.

OLD Business: Intergroup financial situation, \$10,000 a month is spent on Teleservice, bookstore, newsletter,

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HOSPITALS & INSTITUTIONS

H&I: The Early Years

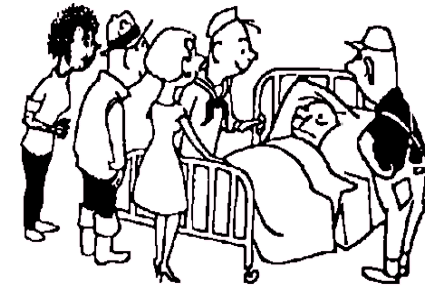
"The Fellowship of Alcoholics Anonymous, founded in 1935, was into its seventh year with a growing membership of more than 8,000 when a progressive warden at San Quentin asked for nearby members of AA to carry the message to alcoholics behind the walls. The year was 1942, and the warden who defied many skeptics was the now-legendary Clinton Duffy. He said, 'If the program will help just one man, I want to start it. The first meeting had 20 inmates and several free-world guests in attendance. Warden Duffy recognized the importance of free-world visitation to the growth of the new Alcoholics Anonymous group of imprisoned alcoholics. Others, both inmates and Duffy's peers alike, remained skeptical until the return rate of alcoholic parolees dropped from 80% to 20% and stayed there. What Warden Duffy called a 'tool to help us rebuild our lives' began to give hope to alcoholics behind bars."

[From *Purpose and History of Hospital and Institution Service Work*]

H&I, October 2003: On Wednesday, October 1, we greeted new meeting reps Janet, James, Angela H., Rick, Cindy, Darrell, Jim L., David P., and Leanne. We also wel-

comed visitors Scott, Katie, Maurice and Trina. Thanks for joining us!

October sobriety birthdays were being celebrated by Albert, with 6 years; Don S., 16; Rick T., 1; and Tana, 1. Many happy returns to you all!



Dave P. gave the five-minute share in which he detailed his long history with H&I. His first AA experience took place in 1987 in a hospital, where a group of sober members brought in a meeting—and he has stayed sober ever since. When he got out of the hospital he started going to meetings and got a sponsor who was involved in H&I (as was *his* sponsor). At 6 months of sobriety,

Dave began his H&I journey, serving in many different capacities in many different places—from Orenda detox to the jails and prisons. He has traveled around the state, educating wardens about AA and H&I. He has found tremendous joy in being a part of this service and, like many of us, owes his sobriety in a large part to H&I.

Mark your calendars for Saturday, November 15! That right, folks, it's time for Unity Day, a time to get to know your service groups. It will be held once again at St. Mark's (4325 Mayette Avenue in Santa Rosa)—check elsewhere in this newsletter for details. Bring yourself and bring a friend. More information (including volunteer sign-ups) will be available at the **November 5** meeting of the H&I committee. The orientation for new reps—and other interested people—begins at 5:45, with the general meeting following at 6:15. The place is the Santa Rosa Senior Center on Bennett Valley Road. Hope to see you there!!!

In service,
Mardi

SCIF Minutes

(Continued from page 2)

schedules and pamphlets.

NEW Business: Volunteer to help with bookstore inventory, Pam and Carolyn A volunteered.

Group concerns: None expressed.

Summation: Bruce McL.

- 1) **Halloween Ball** on October 31.
- 2) Need an **Intergroup Registrar**, someone with 2 years.
- 3) **CNCA** Fall Assembly November 1.
- 4) **PI/CPC** needs young looking speakers
- 5) **Alkathons** are upcoming, we need volunteers & meeting sponsors.
- 6) **Unity Day** planning meeting 9/25 at the bookstore.

Closed in the usual manner with the Lord's Prayer.

In service,
Kay S.

ACTIVITIES

My mother is terminally ill, she will probably pass away within a week, as I contemplate her passing I am filled with gratitude that I had a mother as great as her. My mother showed me unconditional love, Alcoholic, drug addict, liar, cheat and thief that I was, mom never gave up on me and thank god I found AA in time to show her the "other side of my life". I am sad for the lost time that could have been but very happy for the time mom and I shared. I have been thinking about how very short a lifetime is and that I must really pay attention to everything in my life with gratitude. By all means, if you love someone don't hesitate to tell them so. "I love you Mom!!! Thank you!!! God bless you!!!"

November is "Thanksgiving" month. Gratitude is the seed of positive thinking and is where the good life begins. I have finally reached a point in my sobriety where I have the gift of "wanting what I have", and not so much of "having what I want".



Don't forget "Unity Day" and "The Thanksgiving Alkathon" this month and Happy Thanksgiving everybody! Embrace gratitude!!!

I hope by the time you are reading this we will be satisfied with having a great Halloween Masquerade Ball, all the factors are in place for this to be a very fun event. Next up is our traditional "New Years Eve Dance" at the Santa Rosa Veteran's Memorial Building on Wednesday, December 31, 2003. Music by DJ Batman and Friends, speaker will be Long Hair Joe. Volunteers needed!!! St. Valentine's Day Dance will be

February 14, 2004 at the Sebastopol Community Center, this will be my last event and now is the time to start thinking about somebody to replace me, you need to have 2 years of sobriety and a good working knowledge of the 12 steps and 12 traditions of AA and some good organizational skills.

Thank You!!!
Larry O.



GENERAL SERVICE

Greetings Fellowship!

District 12 is getting ready for the Fall Assembly, which will be held in Calistoga on Saturday, November 1st, from 9AM-5PM at the Napa County Fairgrounds. Carpooling with other GSRs and DCMs to the assembly is encouraged! So far there is a group meeting up at the Faith Lutheran church on Newanga at 7:45PM, and in West County a group will be carpooling from Mom's Apple Pie on Hwy. 116 at 8AM. There are motions on the floor that may be voted on, as well as old and new Area business. In addition, CNCA will be taking its Area Inventory. So, if you want to "catch the fever" and see what General Service is about, then please join us! Any interested AA member may attend. The gift of serving Alcoholics Anonymous as a GSR is a reward in itself. Remember, we are here today to ensure that AA is here tomorrow for the alcoholic who is still suffering.

At our monthly business meeting October 6th, we welcomed the latest group of enthusiastic new GSRs: Dave, Rem, Julia, Nicki and Mehta. Keep coming back! We also celebrated the following sobriety birthdays: Jim, 12 years; Lauralyn, 16 years; Patty, 2 years, Mary, 8 years; Julia, 4 years; Dave, 14 years; Michael, 9 years and Rem, 3 years. Happy birthday, miracles!

The District is looking to fill two open panel positions, Literature Chair and Archives Chair. We look forward to our newest panel members (whoever they may be!) joining us. Elections will be held at the November business meeting. This month, we were very fortunate to have Greg T. as our guest speaker, the Literature and Grapevine Chair for CNCA. Greg is a wonderful person and so full of AA wisdom! Over the years I have witnessed his dedication to our Fellowship. Greg talked about his job at the Area and brought with him some very interesting statistics from the Grapevine that I would like to pass on, for those of you who may be interested.

2002 Grapevine Facts

Average Monthly Circulation: 115,573

Total Expenses: \$1,486,532

Total Income: \$1,477,003 (\$537,017 from books, CDs, tapes and the Language of the Heart combination with the Big Book)

Long Term Target: 50%

Strategy:

- (a) To position the Grapevine as the living voice of AA and an important tool in the recovery process
- (b) Use the outreach potential of Trustees, Delegates, Conference embers, Grapevine Reps, and Area Committees for renewed cooperation with the professional community, correctional and treatment facilities (H & I is one of the largest purchasers)
- (c) Aggressively reducing costs of production

Web Site: www.aagrapevine.org
 ***Please make use of the Grapevine Rep Bulletin Board to exchange ideas.

New Project: GRAPEVINE DIGITAL PRESERVATION AND ACCESSIBILITY PROJECT. This project will preserve the approximately 12,000 articles and letters published over the 59 year history of the magazine.

Coming up in the months of November and December, District 12 is having its District Inventory. Similar to a group 4th step, this is where we look at our assets, check our liabilities and strive to serve the AA groups at our highest capacity. As a service entity of AA, we can choose to fulfill our commitments in a spirit of unity, offering each other encouragement and support along the way. Spiritual progress is our aim!

Don't forget that Unity Day, a collaboration of Hospitals and Institutions, Intergroup and General Service, will be held on November 15th at St. Mark Lutheran Church, 4325 Mayette Avenue in Santa Rosa. Show up and support your hard working AA service folks!

Please join us for the next monthly business meeting, Monday, November 3rd at 7:30PM. AA service manual study is 6:45PM, new GSR orientation 7PM. See you then!

In love and service,
 Mary W.

CNCA 06
presents the
2003
FALL ASSEMBLY
"AREA INVENTORY"

Saturday - November 1, 2003
 Napa County Fairgrounds
 'Tubbs Hall' - Calistoga, CA

9:00	Registration
9:30	Orientation
10:00	Business Meeting
12:00	Lunch Break
1:15	Area Inventory
4:30	What's On Your Mind?

Inventory Questions

- 1) Do all our groups have the opportunity to participate in the communication process?
- 2) How can our service structure serve us better?
- 3) How can we better utilize our group contributions?
- 4) How can we as an area better do our part as the link in the chain of communication between the groups and G.S.O.?
- 5) What action shall we take now?

Grapevine Corporate Directors: (9) Including Phyllis Halliday, Pacific Regional Trustee

Current subscriptions are below the hoped for 10-15%

2003 Goal: 20-30%



THANKSGIVING ALCATHON

Recovery, Fellowship and a Bountiful Buffet!



**WHEN: 6:00PM Wednesday November 26
until 6:00PM Thursday November 27**

**WHERE: St. Mark Lutheran Church
4325 Mayette Ave. Santa Rosa**

If your home group would like to sponsor a meeting, you'd like to help out or want more information, please call Gary T.

Thanksgiving Alcahthon

(Continued from page 1)



Thanksgiving Day. Meetings are 1½ hours long with a half hour break between meetings. There will be a wonderful Potluck Buffet provided and the meetings will be hosted by the following AA meeting groups:

Wednesday, November 26

- 6:00PM Mature and Sober
- 8:00PM Thursday Night Round Table
- 10:00PM Crossroads

Thursday, November 27

- 12:00AM Women's Stein Group
- 2:00AM Sisters of Surrender
- 4:00AM OPEN
- 6:00AM Saints and Sinners
- 8:00AM Occidental Friday Night
- 10:00AM Saturday Night Live
- 12:00PM Wednesday Kenwood
- 2:00PM Serenity Fellowship-Step Study
- 4:00PM Happy Hour- Under Ground

SUN		MON		TUE		WED		THUR		FRI		SAT	
2		3 General Service Faith Lutheran Church 6:45: Service Manual Study 7:00: New Rep Orientation 7:30: Business Meeting		4		5 Hospital & Institutions S.R. Senior Center 5:45: New Rep Orientation 6:15: Business Meeting		6		7		1	
9		10 SCIF Bookstore 6:30: AA Teleservice Business Meeting 7:15: ICSC Meeting 8:00: Intergroup Steering Committee Meeting		11		12 PI/CPC S.R. City Hall 7:00: Speaker Training 7:30: Business Meeting		13		14		15 Unity Day St. Mark Lutheran Church 4325 Mayette Ave. SR 9:00AM-4:00 PM	
16		17		18 Bridging the Gap SCIF Bookstore 6:30: New Rep Orientation 7:00: Business Meeting		19		20		21		22	
23		24 Intergroup St. Luke Lutheran Church 7:30: Newsletter Collating 7:30: New Rep Orientation 8:00: Business Meeting		25 General Service District 12 Officers Meeting - 6:15 SCIF Bookstore		26  Thanksgiving Alcahthon 6:00PM-Midnight		27  Thanksgiving Alcahthon Midnight-6:00PM		28		29	
30													

Intergroup's Challenge

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tergroup finances our Teleservice committee to the tune of about \$10,000 yearly. Teleservice is our front-line, so to speak, and the number of people helped cannot be calculated in terms of expenditures. Teleservice is composed of volunteers, like all our other services, yet *some* bills need to be paid. Our bookstore is the largest of our operations. You will find there all you need for your group at little or no cost. Intergroup pays for all the meeting schedules and newsletters – this is *not* the case in most other locations – and this expense runs about \$10,000 a year. Ours is the *only* bookstore in Northern California that provides groups with literature at no cost.



This service allows your group to fill its literature table with cards and pamphlets at no cost.... but Intergroup spends about \$6,000 yearly on such literature. These figures do not include the rent for our office, the modest salary we pay to our bookstore manager and bookkeeper, the phone bills, insurance... well, you get the picture. At our current rate of contributions this prudent reserve is history.

Intergroup also provides our Alcathons, the seminars and activities our volunteers produce, and has the privilege this year of hosting our Unity Day service exposition on November 15th. All this is made possible by the Sonoma County groups who, in the finest spirit of our Seventh Tradition, not only contribute generously but make it possible for less fortunate alcoholics to get the message. *That* is the bottom line... and I am asking **you** to make a contribution to Intergroup to make it happen. It's your community, your bookstore, and our volunteers can only do so much in keeping the doors open.

As always, thank you for letting me be of service.

James C.

St. Mark Lutheran Church A Wonderful Location!


Unity Day 2003 and the Holiday Alcathons will be held at St. Mark Lutheran Church in Santa Rosa.

How to get there:

From Hwy 101: Take Hwy 12 Exit towards Sonoma to Hoen Ave. Go left on Yulupa Ave. and then right on Mayette Ave.

From Sonoma: Take Hwy 12 to Santa Rosa, go left on Mission Blvd. Turn right on Montgomery, left on Yulupa Ave., then left on Mayette Ave.





THANKSGIVING ALCATHON

Petaluma Fellowship

4 East Washington Blvd.

*Meetings
Every 2 Hours*

Thursday, Nov. 27

**6AM
until
Midnight**

SEMINARS

The Seminar on Steps 6 & 7 was moderately attended. A big Thank You to our panel speakers, Kay S., Jonqui A., Phil & Roy. There was discussion about what are "character defects" and what are "shortcomings". I, like many others I suspect, could not see my character defects while I was practicing evasion through my drinking. My experience in the program has shown me my defects in stark relief and allowed me to work on them. Some defects seem to possess a power of their own much the way alcohol did. With these defects I can always go back to Step 1 and begin the growth process all over again. This is sometimes *very* difficult to do. But through my Step work I now recognize that these are the very defects that drove me to the isolation of



my drinking, and could do so again if I lack the willingness to work on them. It is by a continual awareness of our weakness that we seek an outside power by which we can overcome our instinctive desires. Thanks again to all who made this possible. Our next seminar will take place in January on the topic of Service in Alcoholics Anonymous.

We will look at the various aspects of Service and the obligations that go along with these commitments. Among the topics will be the roles of Secretary, Treasurer, Literature person and H&I Rep and why the positions of Coffee Maker and Greeter are so important. I hope you will join us in January for this informative look into AA Service!

Steve B.



NEW MEETINGS

Petaluma Old Elms Group
(O) (W) Wednesday, 8:30PM
2 Sandy Lane (Community Room)
Speaker/Discussion Meeting

Petaluma Saturday Night Owls
(C) (W) Drop In Candlelight Meeting
Saturday 9:30PM
#4 East Washington
Q&A Book Study

MEETING CHANGES

Guerneville River Discussion Group
(O) (W) Tuesday, 8:00PM
*Moved to: Community Church
14520 Armstrong Woods Road*

Healdsburg Group Conscience Study Grp.
Tuesday, 8:00PM
New Name: 4 in 1 Meeting

Sebastopol Think About It
(C) (W) Daily, 7:00AM
Moved to: 1000 Gravenstein Highway North

Meeting Changes? Contact Russell

Gloria's Corner

I attended the 18th Annual Central Office/Intergroup AAWS Seminar in San Diego on September 25-28. Our group (120 approximately) covered 18 different subjects in Seminars. It really helps to keep us all on the same page and have the moral support. It was also great to meet the delegates from AAWS and Grapevine!

John S. kept the Bookstore running in my absence with help from some great volunteers.

We can still use back up people to volunteer when our regulars can't make it.

Thanks Everyone!



Gloria

ADDRESSES

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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 & TELESERVICE

SCIF CENTRAL OFFICE
750 Mendocino Ave., Suite 10
Santa Rosa, CA 95401

Manager: Gloria P.
Phone: (707) 546-2066
Fax: (707) 566-9677
E-mail: AA@ap.net
Hours: Mon-Fri 10-6
Sat 11-3

The Bookstore is closed on these Holidays:

Independence Day...July 4th

Labor Day.....September 2nd

Thanksgiving.....November 22nd

Christmas.....December 25th

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

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Hospitals & Institutions

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

Fellowship News Subscription

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

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