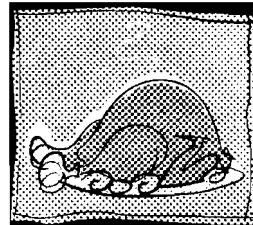


SONOMA COUNTY INTERGROUP
FELLOWSHIP
NEWS



VOLUME 100, ISSUE 11 NOVEMBER 2005

Remember Your First Time?

Coming through the doors for the first time was very scary as I'm sure all of you can relate to and remember. I came with a friend so at least I felt a little security. It was good too as I didn't understand any of the lingo and still have to ask questions. Just the other day, I learned what H and I was. For other newcomers out there it's Hospitals and Institutions. Yes, I learned quickly that AA has its own lingo. At first I didn't get any of it,

but I soon caught on the more meetings I attended. What I do like is that everything is repeated; therefore, you can't help but feel at home after a few meetings. You start to understand the ebb and flow. Another aspect I have come to appreciate is just as there are many different sites, days, and times for meetings, there are different personalities that go with each one.

I was very nervous sharing the first time. I still am. I always rethink what I say and think it sounds dumb later on, but I realize if it comes from the heart that is all that matters.

It's funny. I'm scared to share as a newcomer thinking I have nothing of value to say. However, every time I hear another newcomer's share, I can relate and get just as much out of their share as I do an old-timers.

So, to all you newcomers out there... keep sharing, as this newcomer needs it! I have realized as nervous as I am to share, every time I do good things happen. People come up to me afterwards and chat with me.

They comment on my share. I feel welcome and don't feel the need to run out of the meeting because I don't have anyone to talk to.

I was actually asked to write this article because I got up the nerve to share at a meeting.

At first, having to identify myself as a newcomer in her first thirty days of sobriety, at each meeting, got a little tiresome. But then I got used to it. Now, I no longer have to say it, and I actually miss it because everyone smiled and made me feel welcome.

I was so scared to go to my first meeting and now I wouldn't miss my regular meetings. I look forward to them and the faces I've come to recognize and know. I have to say my favorite part about the meeting is when we end with the Lord's Prayer (being a Christian that made me feel comfortable) and when we say, "Keep coming back, it works!" For this newcomer and I hope others, I will keep coming back! -Nancy S.

BIRTHDAYS

- Marilyn B. 08-07-1973
- Dan I. 08-17-2003
- Skip E. 08-16-2004
- Tina C. 08-22-1998
- Bruce P. 09-19-1984
- Joe S. 09-29-1997
- Kim W. 09-29-1997
- Barbara G. 09-27-2004
- Michael M. 09-14-1994
- Debbie J. 10-07-1978
- Mike T. 10-26-1995
- Mary I. 10-20-2000
- Carrie H. 11-01-1982
- Victor D. 11-07-1996
- Monti D. 11-15-2003
- Keith J. 11-04-1987
- Claudia N. 11-11-1989
- Linda A. 12-03-1999
- Glenn V. 12-08-1993
- John F. 12-29-1991
- Marty B. 12-06-1995
- Ramon LT 12-11-2002
- Jeff B. 12 YEARS
- Jessica K. 7 YEARS
- Craig G. 17 YEARS

Unity Day
Sonoma County 2005

- Panel Discussion
- Live Theatre
- Pot Luck Desserts
- Guest Speakers
- Free Buffet
- Spanish Translation

"May we never forget that without unity we can offer little lasting relief to those scores of thousands yet to join us in their quest for freedom —Bill W"

Saturday November 5th
9:00 - 3:30
St. Marks Church
4325 Mayette Ave. Santa Rosa

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Public Information / Cooperation with the Professional Community

The Primary Purpose of the PI/CPC committee is to help the still suffering alcoholic. We do this in a myriad of ways. We inform the general public about the AA program. We inform professionals whose work may involve active alcoholics. And we inform the fellowship of our activities so that members and groups may carry the message more effectively.

Basically we go to non AA groups such as the Drunk Driving Schools, High Schools, hospitals and rehab centers or anyone who asks for more information about AA. We take in information about AA. What AA does and what AA does not do. We provide a speaker or two who will share their experiences, strength and hope. And we allow a question and answer period. However if public speaking is not for you there are many other ways of being of service.

Currently we are in need of someone who can go to various hotels and motels and provide meeting schedules and other literature. We also need someone to contact the local radio and TV stations and let them know of our public service announcements. In the speaker department we are always in need of women, Spanish speakers and young people.

The only requirement for membership in the PI/CPC committee is a desire to serve. Some positions require at least two years continuous sobriety, but all volunteers are welcome.

If you are looking for an exciting and fulfilling way to be of service than come by the business meeting every second Wednesday of the month (November 9th) at 7pm in the employee lounge [downstairs] of the Santa Rosa City Hall.

It is at the corner of 1st St. and Santa Rosa Ave in Santa Rosa.

—John S.

Bridging the Gap


Filling the need

We found the way to fill the need when we were out there. We found the way through AA to fill the void. Who helped you? How long did it take?

Bridging the Gap started out as a Temporary Contact Program to serve the increasing number of those seeking help. Correctional Facilities and Hospitals have long been where the alcoholic still suffering could be reached. Treatment facilities came into play later on. The history of AA is rich and full of those selfless individuals who made great sacrifices to make sure that the still young, hand of AA was out there. I am honored and grateful to be of service to this legacy. The conference was represented by 18 states and an attendance of 60 plus "bridgers, the gappers, and willing twelve steppers". Representatives from the Missouri State Dept of Corrections were among the notable speakers including Superintendent William Burgess. His support of AA activities in the correctional facility was well received and very informative. An important note to make here is most institutions and correctional facilities, more often than not, view the different committees of AA as just "AA" as a whole. When a group fails to follow through with their commitments it affects the AA image as a whole. Another point is the semantics used between "us and them". Correctional boards have required inmates to find a "contact" on the outside as an excellent way for a recovering alcoholic, or a "recovering anything" from their perspective, to provide some level of accountability and support for a newly released inmate or patient. We all know what a sponsor is. They have, to our shock and dismay, used the word "sponsor" to refer to just that, a contact for someone reentering society. We can reeducate the new member once we get them to a meeting, and show them how welcome they are, and that recovery from alcoholism is possible. Here on the home front we can improve the communication and effectiveness of our combined efforts by utilizing liaisons and attending the conferences, assemblies, and unity days of other districts. In the spirit of unity, making Bridging the Gap a buzz word, through the help of our GSRs, and Intergroup newsletters will greatly improve the opportunity for service for everyone. Next years BTGWW will be hosted in Salt Lake City, Utah. The 2007 workshop was selected by bid to be hosted in Vermont. The BTGWW Coordinator for the 06, 07 panel is Mark Christian of VA. We are most happy and proud to announce that the new alt coordinator will be our very own Peter Murphy. — Bob F.

Alcathons

Hey, Sonoma County! Its that time of year again to start thinking of the alcathons. What are the alcathons you ask? The alcathons are 30 hours of continuous meetings over the Thanksgiving, Christmas, and New Years holidays. So when you're felling good or bad or just need somewhere to go and fellowship over the holidays we'll be there. When and where are the alcathons? The alcathons will be at 525 Fifth Street. This is the same place that they were last year. From HWY. 101 take the downtown Santa Rosa exit and go to Mendocino Avenue. Turn left and then left again on Fifth Street. 525 Fifth Street is half way down the block on the right. Remember these are holidays so there is plenty of free parking. The doors will open at 5:00PM and the first meeting will start at 6:00PM. The last meeting will start at 8:00PM the following day. The meetings will be 1.5 hours each with a half hour break in between meetings. So a new meeting starts on every even hour.

If your home group is interested in hosting a meeting please contact me at _____ The hosting group is responsible for providing the food for that 2 hour time slot. Please only sign up for one slot so more groups can get involved. The S.C.I.F. will provide the coffee, cream, sugar and coffee pots.

I just wanted say thank you for letting me be of service to this fellowship for the last two alcathons, in the spirit of rotation I hope someone else will take over.

In service

—BRIAN A.

Thanksgiving Alcathon



The Thanksgiving Alcathon is a warm safe place to spend the holiday's with friends and family. You don't need to be alone this holiday season. Meetings every 2 hours... 'round the clock.

When: 6pm Wed. Nov.23rd thru Thurs Nov. 24

Where: The Light @ 525 5th St. Downtown SR

Please contact Brian A. with ?'s



THY WILL, NOT MINE, BE DONE

Greetings! I am a regular member of A.A. who has had prior experience with the legal system though not as a sober member up until recently when I had an experience, that I felt needed to be shared.

In November of 2003, I got my first D.U.I. coupled with a high speed enhancement. Fortunately God watches over drunks and children because no one was injured or property damaged. The offense took place outside of our county, and I was cited and released. I returned for my preliminary hearing, but after that, I failed to appear and a warrant was issued for my arrest. (They were even nice enough to write me a letter telling me that a warrant had been issued.)

I had been having problems finding a sober environment to live in and my disease told me that if I waited long enough, eventually the offense would disappear off my records, via the statute of limitations. I told myself that I would rather walk for ten years than face the judgment of those whose particular world view I do not share. Instead of taking care of business, and cleaning up my wreckage, I chose to rest on my laurels and convince myself that I was *NOT* living in fear. For almost two years, I hid out in the rooms of A.A. harboring this secret, and did my best to live the appearance of a normal life. I thought that if I were only as sick as my secrets, I wasn't *that* bad and I seemed to conveniently forget the fact that if I were a "normal" person, I would have stepped up to the plate, taken responsibility for my actions, and had my mess cleaned up by now.

Someone once remarked that the only way we understand our future is to look at our past, and this seems to be my experience.

As I approached my second year as a fugitive, I began to get more honest with myself, and to realize that my thinking about responsibility for my actions was not much different than it was when I was actively "in my cups." My sponsor, and my family, along with those in the fellowship with whom I'd shared this secret, all told me to get it taken care of. Having just made a little progress in the honesty department, I decided to give it a try.

I called the traffic department where the offense was committed, and they gave me the number of the attorney who had been assigned to my case. When I called and talked to the secretary, she put me on the court calendar for a warrant surrender on the 4th of October. Nervously, I waited those 5 days, certain that I was going to jail for a long time, that belief fueled by fear and past experiences with "the system." As the day approached I reached out to the hand of A.A. that I had come to rely upon so many times in the past, and as before, it did not fail me. One of my brothers in the program talked to me and assured me of what I already knew, namely that I was working a 9th step and this was the way we do it. By the time I surrendered to the courts, I was at peace. When the judge remanded me to custody and the bailiff slapped on the the handcuffs, I was feeling something akin to a spiritual awakening. I have never been in a courtroom or jail and felt what I was feeling this time. I felt as serene as if I had just come from marathon meetings, or just heard my beloved sponsor give his best pitch. When I walked into the jail, I took that calmness with me. I sat on my bunk meditating and giving thanks to God that I had been allowed to take care of this mess.

I knew that I had been blessed, because there was a time, when being incarcerated would have brought nothing but suicidal thoughts. Instead, I thought of what this one small act to most people, meant to me. It was another stage of growth in this program that I've come to love so much.

I spent two days incarcerated and went to court with the attitude "Thy will, not mine, be done." I did not ask God to get me out as I had in the past, but to reveal his plan for me, to me. I was expecting to get sentenced to at least 6 months jail time, and was prepared to serve it. When it came time to get sentenced, I rose and faced the judge. I was at peace with myself and the world. It went far better than I had expected. (Those silly expectations.) The speeding enhancement was dropped, and I took responsibility for my first, and only D.U.I. I walked out of that courtroom with only a fine and first offenders school and 2 days time with credit for time served. The whole episode has merely served to convince me more and more what we always hear at meetings - if I take control and edge God out, my life is unmanageable but when I just get out of my way and let God work through me, all will be well here, and in the hereafter.

— Ray T.



Financial Reports

	Month of: <u>Sept. 2005</u>			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		Total (unassigned funds)
Literature Inventories		
Property		
Total Assets & Liabilities		

FROM THE BATCAVE

November, (Aren't you glad that I always state the month at the beginning of my articles; just in case you didn't happen to notice that you are reading the November's newsletter?) the month of Turkeys, and the true start of the holiday season.

Now I know that people feel very different about these holidays. For me it is a really nice time that I get to spend with family and friends, but I know that, this is not the case for everyone else in these rooms.

But if you are new, and perhaps wondering how on Earth you are going to make it through the holidays without a drink; then I have some great news for you. Make A.A. your activity to do for the holidays. There will be 24 hour meetings that we call Alkathons being held in Santa Rosa. Quite often groups of us will gather and celebrate together, and have Thanksgiving dinner with a bunch of sober buddies. I know of some who will go, drop in on their family's arrangements, and make an appearance, then get the heck out of there before the you know what starts flying, and head on down to an Alkathon meeting where they know they are safe. I've had newcomers come and join my plans with my family just so they had somewhere to go, and feel a part of. (My family is a bunch of normies)

You might be surprised to find that this will be the best holiday season that you've had in years, because you are sober, and you were surrounded with the love that flows so freely throughout A.A.

Well, other than the Alkathons we have no activities planned till new years, and I'll put a preemptive request for volunteers for that event. I believe you all know the date, but for the slow ones, it's on December 31st. That is our biggest event that we put on and certainly the most expensive, and elaborative.

Being that I have to write this thing mid October, we haven't yet had the Halloween dance, so, I can't yet thank the volunteers, but I will in December's column. I hope all of you had a great time. I hear that people think this new idea of getting dressed up in costumes for the theme of that dance is pretty popular. They really like the part about decorating the place with jack o lanterns, bats, and skeletons. I'm happy that the fellowship was able to support such a crazy idea of mine in the theming of that dance. Well, see you next month. Happy Thanksgiving!!!

Craig G. **(BATMAN)**

Minutes of 9/2005 SCIF General Meeting

Tradition 9 was read by Jonnie and Concept 9 was read by Dave and the Preamble was read by Joe.

INTRO OF NEW REPS: Tom from Up the Steps, Sherry from Cloverdale Fellowship, Matt from Steps of Serenity, Erin from Sober Sunday, Dave from Serenity Fellowship, Laura from Women's Perspectives

September Birthdays: Brian 2 yrs., Carolyn 4 yrs., Deborah 12 yrs, Ann Marie 9yrs, Mark 4yrs, John 23 yrs

Minutes of August 22, 2005, SCIF General Meeting were reviewed and then approved

REGISTRAR: Deborah: computer database in transition; new reps please fill out new rep sheets.

H&I: Mark V. : Reminded folks 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.

GENERAL SERVICE: Bill filling in for Kenin relayed The 2005 Final Conference Report is hot off the press with information on: conference advisory actions, workshops and finances.

PWCPC: Dave: Dave indicated that they meet the 2nd Wednesday of each month at SR City Hall Lounge w/ speaker training at 7:00pm and Business meeting at 7:30pm. He explained that the function of this committee and that they have been distributing literature to hospitals, police stations, senior centers and the like. Currently distributing copies of Living Sober and the Big Book to local libraries.

BRIDGING THE GAP: Susy indicated that the primary purpose of BiG is to introduce the newly released residents of treatment facilities to AA in their local community. BiG utilizes a list of AA volunteers to match up with the newly released AA newcomer and take them to their 1st 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 3 presentations last month and had 32 requests last month, with 11 local requests and 14 out-of-district requests and 7 out-of-area requests. Our BiG Chair attended the *Bridging the Gap Workshop Weekend* held in St. Joe, Missouri on September 9, 10 and 11th. To obtain more BiG shared information go to Yahoo link <http://groups.yahoo.com/group/B-T-G/>

INTERGROUP CHAIR: Bob: announced he will attend this years Bookstore Managers Convention at the end of September. Will bring back a report.

VICE CHAIR: Steve B. reported he orientated 2 new reps this evening and 6 folks announced themselves as new reps; Come to orientation next month at 7:30pm.

TREASURER: Tom directed everyone to page 4 and 5 of the newsletter, meticulously reviewed the

monthly financial report and stated that he is available to discuss Intergroup finances by home phone, as noted in newsletter or by cell phone #707-228-0306

BOOKSTORE: Gloria indicated that someone suggested that all AA related event flyers have a circle and triangle printed on the flyer. Volunteer Open shifts: 3rd and LAST Saturdays of each month from 11am to 3pm. Need help with inventory on the 30th after 2:30 pm. 2006 calendars, day planners etc are available. Set up a large donation receptacle/jar in bookstore for folks who wish to donate spare change to eventually benefit AA in Hurricane ravaged Gulfport and New Orleans.

OUTREACH: Maurice thanked everyone for their help on committee and asked Reps to make an announcement regarding Intergroup Representation at meetings that lack Intergroup Reps. He will be publishing an Outreach-related article in upcoming Intergroup Newsletter.

ACTIVITIES: Craig asked Reps to remind their fellows that the Halloween dance will be held on Friday, October 28th, not on a Saturday as they used to be. Contest will be held for the three best costumes. The dance will be held at Sebastopol Community Center w/ *The Blusomatics* playing along intermittently with a live DJ .and has a Caribbean/Pirate theme. See flyers. Volunteers needed at 5pm for set up and after the dance is over to help clean up. Volunteers should check in with Craig upon arrival.

SEMINARS: Susy indicated that the last Seminar for the 2005 year will occur on September 17th, 3-5pm, at the Bookstore, entitled *Practicing Principals in All of Our Affairs*. January 2006 Seminar in the works; have ideas? Contact Susy with them at

ALCATHONS: Brian reported that the Fifth Street Light has been secured for 2005 Alcahons.

TELESERVICE: Dave L. indicated that Teleservice meets monthly on the 2nd Monday at the Bookstore, now at 6:00pm not 6:30 anymore. They are in need of committee members to participate in the monthly running of Teleservice. Please see and share the new volunteer forms. Open slot: Thursdays from 8:00 to 11:00am. He has graciously made himself available to update the recently neglected Sonoma County Intergroup website.

NEWSLETTER/COMMUNICATIONS: Charles absent.

GROUP CONCERNS: Jess from the Petaluma Fellowship reported that almost all of the meetings formerly at the Petaluma Fellowship Hall have found new meeting locations in Petaluma. They will celebrate with an Alcahthon on October 8th from 6am to midnight. October 14th is the last day meetings will be held at the Petaluma Fellowship Hall. Dave announced Sonoma County Unity Day will occur on November 5th at St. Marks Church on Mayette in Santa Rosa, more info to come.

OLD BUSINESS: Brian and Craig from SCYPAA (aka people with room to grow) announced a meeting/ Marine World trip everyone invited to attend on September 10th. Also, he announced on behalf of SCY-

PAA that they would like to liaison Intergroup to facilitate the cross flow of information and that they now have 3 meetings in the county, several activities, and are assisting Lake County with their efforts. The motion was tabled again until next month to assure reps have had a chance to bring it back to their groups.

NEW BUSINESS: Dave distributed and announced a motion brought by the ICSC to donate 2 cases of Big Books and 2 cases of 12x12's, or the cash equivalent, to hurricane demolished AA bookstores via the GSO in New York.

*The SCIF Central Steering Committee (ICSC) makes a motion to send 2 cases of AA Big Books and 2 cases of 12 x 12's, or a cash donation not to exceed \$400.00 to the Gulf Coast Hurricane victims.; the books or the cash equivalent is to be sent to an AA Intergroup Office or offices in need at the suggestion of the General Service Office, New York.

The motion passed with the majority in favor. Individual AA groups can also organize donations accordingly.

2. Tom R. distributed and announced a motion that would encourage attendees of the monthly Intergroup meeting to announce themselves by their first and last names, rather than by first names only as it is now.

Whereas previous intergroup panels and other AA service entities use first and last names and Whereas the monthly General Intergroup Meeting is a closed meeting and WHEREAS attendees at the month General Meeting come from many different groups and many different geographical parts of Sonoma County, and as a result may not know each other and Whereas representatives and attendees at the General Meeting may need to contact each other as part of their service to their groups and Intergroup; Therefore it is hereby moved that the attendees at the month General Intergroup Meeting be encouraged to introduce themselves by their first and last names.

No discussion occurred, a vote was taken. The motion passed with the majority in favor.

SUMMATION by Steve:

Halloween Dance Fri, October 28th, not Sat.

Bookstore Inventory on September 30th- volunteers needed
Sept 17th Seminar at Bookstore

Teleservice looking for folks to join committee- contact Dave

Discuss with your groups: SCYPAA wants provide liaison to Intergroup to provide info about SCYPAA activities Motion passed to donate to AA Hurricane Relief

Motion passed encouraging attendees to use their first and last names at the General Intergroup meeting.

Gratefully in service, Kim

November 2005

SUN	MON	TUE	WED	THU	FRI	SAT
		<u>1</u>	<u>2</u> H&I 5:45 New Rep 6:15 Bus.@ Senior Ctr.	<u>3</u>	<u>4</u>	<u>5</u>
<u>6</u>	<u>7</u> General Service 6:45 Service Manual / New Rep Or. 7:30 Bus.@FaithLutheran	<u>8</u>	<u>9</u> PI/CPC 7pm Training 7:30 Business SR CITY HALL	<u>10</u>	<u>11</u>	<u>12</u>
<u>13</u>	<u>14</u> SCIF 6pm Teleservice 7:15 ICSC/ 8pm Steering Committee	<u>15</u> BridgingtheGap 7pm Bookstore	<u>16</u>	<u>17</u>	<u>18</u>	<u>19</u>
<u>20</u>	<u>21</u>	<u>22</u> General Service 8:15 Dist12 @ SCIF Bookstore	<u>23</u> THANKSGIVING ALCATHON 6PM	<u>24</u> THANKSGIVING ALCATHON	<u>25</u>	<u>26</u>
<u>27</u>	<u>28</u> Intergroup 7:30 New Rep 8pm Business	<u>29</u>	<u>30</u> BOOKSTORE INVENTORY Volunteers NEEDED!! 2pm			

AA Hotline/Teleservice

Scheduler: Dave L.

12 Step Coordinator: James C

Santa Rosa Hotline: 544-1300

Long-Distance: 800-224-1300

Petaluma Hotline: 7625122

Sonoma Hotline: 938-2027

Spanish Hotline: 545-7417

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

Hotline: David L

Outreach: Maurice

Seminars: Susy

Newsletter: Charles W

New Meetings

Santa Rosa

'Great Reality' (O) (W)

Thursday 6:30

3333 Chanate Rd.

BIG BOOK STUDY

Cloverdale

'Sisters in Step' (C) (W)

Tuesday 6pm (no court papers signed)

208 N. Commercial

Meeting Changes

Petaluma

'Petaluma Fellowship
B Day Meeting'

Last Tuesday @ 7:30pm

Luchessi Park 320 N.
McDowell

No Longer Meeting

'Petaluma Fellowship Hall'

ALL MEETINGS ARE MOVING

Last Meeting on 10/14/2005

NEW LOCATION NOT YET SECURED

*For Meeting Changes *

Contact Russell

LOOK ON-LINE @

www.sonomacountyaa.org



Gloria's Corner

Openings 3rd Sat
each month 1-
3pm. Last Sat.
each month 11-3
pm. We will have
a mini-bookstore

set up at Unity
Day Nov 5th.
Please come by
and say 'Hi'!!



CONTACT INFORMATION

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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

SCIF BOOKSTORE

750 Mendocino Ave., #10 Santa Rosa, CA 95402

707-546-2066



Editor/Web Servant: Charles W. email ONLY

Directory Changes: Russell

Sonoma County General Service

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Alt. DCMC: Kenin H.

Registrar: Chris B.

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Grapevine: DJ S.

Literature: Michael Q.

Newsletter: Bill K.

Bridging the Gap: Bob F.

PI/CPC: Yannick W.

Recording Secretary: Donna K.

Treasurer: Vinnie M.

H & I: Kelly T.

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