

SONOMA COUNTY INTERGROUP FELLOWSHIP NEWS NOVEMBER 2019

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GRATITUDE MONTH Our Chance to Say 'Thank You!'

"The idea is in the air that A.A. might adopt Thanks-giving week as a time for meetings and meditation on the Traditions," A.A. co-founder Bill W. wrote in the November 1949 issue of the Grapevine (The Language of the Heart, p. 95) shortly after publication of the Twelve Traditions. In fact, the idea had already taken hold earlier in the decade when, each fall, the General Service Board hosted small Gratitude Dinners - precursors of the larger, more elaborate Gratitude Luncheons that would be held during the '60s as an initiative of the trustees' Public Information Committee.

The first official recognition of an A.A. Gratitude Week, specifically designed to coincide with Thanksgiving week in the U.S. (Canada celebrates in October), occurred in 1956, when the Sixth General Service Conference approved the motion, stipulating that "this action be noted in the annual pre-Thanksgiving appeals to the groups for funds to help support A.A.'s worldwide services." Three years later, Bill urged in a letter, "Gratitude should go forward, rather than back-ward... if you carry the message to still others, you will be making the best possible repayment for the help given to you." (As Bill Sees It, p. 29).

The motivation behind A.A.'s Gratitude Lunches was threefold: to express personal gratefulness for the gift of sobriety; to carry the message of A.A. to other alcoholics; and to express appreciation to our professional friends for their numerous articles, books and radio and TV interviews relating to A.A. in the year just past. It was hoped, in the words of a General Service Office memo circulated at the time, that the luncheons would "advance A.A.'s public relations by bringing editors, publishers, writers and broadcasters in personal contact with sources of reliable information on the movement."

Held without fail in November at New York City's Roosevelt Hotel, the luncheons were always well-attended. A typical list of invitees to the 1965 luncheon included representatives of The New York Times, McCall's Magazine, Medical World News and The Christian Science Monitor. Bill W. always addressed the gatherings, as did the late "Dr. Jack" Norris, then serving as A.A.'s Class A (nonalcoholic) trustee chairman. A discussion period followed the proceedings, an ample selection of A.A. literature was available for the taking, and in 1965 Bill sent an autographed copy of A.A. Comes of Age to every guest.

The luncheons were discontinued in 1968, but the concept of gratitude persisted and expanded in scope. For decades now, A.A.s in the U.S. have set aside all of November as Gratitude Month - marking the occasion with special contributions to G.S.O. In the spirit of

the Seventh Tradition A.A. is self-supporting through its members' contributions, and frequently turns away money from well-meaning outside contributors. This means that the active input of every A.A. is vital to the life of the Fellowship.

Grateful for the sobriety they've been given and eager to pass it on, A.A.s are busier than ever in Twelfth Stepping and service. They are reaching out in greater numbers to Loners, people with special needs, members of minority groups and previously unreached alcoholics. It is clear from their sharing that an overwhelming number of A.A.s - along with many of our professional friends - find their own special ways to say thank you during Gratitude Month and, indeed, all year long. Writes one member: "Enclosed is a check for Gratitude Month, because I want A.A. to be there for all those who need it, just as I did." From another: "The enclosed check is from my own pocket, to help groups in correctional facilities like mine. Some of us are struggling to turn our lives around. We begin the process in here ourselves, and by reaching out." And a nonalcoholic missionary wrote from India, "It is a matter of great encouragement and satisfaction that your A.A. has been a rich resource of guidance, help and light for a number of organizations dealing with problems related to alcohol..."

Besides observing Gratitude Month, many a member uses the A.A. Birthday Plan "to give back what's been given to me," as one wrote. And from another fateful A.A.: "I want to say thanks today for my life and my family's - or all of us alcoholics in recovery," he wrote. "Enclosed is an anniversary check, because I want the hand of A.A. to be there for all who need it". Like him, many members celebrate their A.A. birthdays by sending in a gratitude gift to G.S.O. - usually a dollar or two for each year of sobriety. Some groups follow this Birthday Plan by collecting contributions from members on a voluntary basis throughout the year, or until the number of dollars matches the member's total years of sobriety. On the group's anniversary, the money collected is sent to G.S.O. as a birthday contribution.

Gratitude. It's a weighty, high-dignity word, but in truth its close companions are humor and joy. As Bill W. observed early on in the Big Book (p. 132), "Outsiders are sometimes shocked when we burst into merriment over a seemingly tragic experience out of the past. But why shouldn't we laugh? We have recovered, and have been given the power to help others." What greater cause can there be for rejoicing than this?

Reprinted from Box 459 © Vol. 46 No.5/ October - November 2000

SERVICE OPPORTUNITIES:

ALKATHON COMMITTEE

• **2019 Sonoma County Alkathons Committee** has a huge need for volunteers! This is an amazing opportunity to be of service. For those who want to volunteer for this year's Thanksgiving, Christmas and New Years Alkathons, please attend a planning meeting, held 7pm on Thursday, November 7 and Thursday, November 21 at the SCIF bookstore. Any questions, please contact: Kevin H. (707) 606-0090.

• **SCIF Activities** are looking for volunteers to assist your SCIF Intergroup activities committee to plan events! If you would like to volunteer contact Marji at: activities@sonomacountyaa.org

See the contact information on the back page or attend any of these committee business meetings for more information!

MEETINGS NEEDING SUPPORT:

SEBASTOPOL - 7pm Wednesday
LGBT Group of AA at 1167 N. High St.

PETALUMA - 4pm Sunday "Women In the Solution"
Women's Meeting @ Elm Church

PETALUMA - 3pm Sunday "Stepping Stones"
Mary IsaaK Center - 900 Hopper St.

SANTA ROSA - Friday 7:30pm "Traditions Group"
Faith Lutheran church on Newanga

HEALDSBURG - Saturday 6:30pm "Topix"
1100 University Ave.

The SCIF Newsletter is made possible through the contributions of our members. Please read this newsletter and pass it on! This newsletter is also available online at www.sonomacountyaa.org

Disclaimer: The Fellowship News is the monthly newsletter of Sonoma County Intergroup Fellowship. Opinions contained herein are strictly those of the authors. The publication of opinions, articles, and announcements does not necessarily represent endorsement, approval, or affiliation by Intergroup. We reserve the right to edit submissions for clarity, language, length and content that may violate A.A. Traditions.

SCIF CENTRAL OFFICE

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

Manager: Glenn C.
Asst. Manager: Bob F.
Phone: (707) 546-2066
Fax: (707) 566-9677
Email: bookstore@sonomacountyaa.org

WINTER HOURS (Beg. 11/3)

Mon-Thu: 10am - 5pm
Friday: 10am - 6pm
Saturday: 11am - 3pm
Sunday: Closed

The Bookstore is Closed
on these Upcoming Holidays:

Thanksgiving Nov. 24
Christmas Dec. 25
New Years Day Jan. 1, 2020

AAWS GUIDELINES FOR NEWSLETTERS:

“Newsletters or bulletins published by central offices may include not only office news and events, but similar information about the groups and committees served by these offices (such as meeting times, openings of new groups, or changes of group meeting locations or officers). Frequently, material from A.A. literature is reprinted and discussed, and articles on subjects of interest to A.A.s are also published. Experience indicates that, as in most A.A. service activities, it is prudent to make a committee (rather than one or two individuals) responsible for the format, planning and content of the bulletin.”

(From “A.A. Guidelines, Central or Intergroup Offices”
http://www.aa.org/en_pdfs/mg-02_centralorinter.pdf)



SOBRIETY UNDER THE SUN 2020

Puerto Vallarta, Mexico

JANUARY 17-19, 2020

REGISTRATION AND INFO AT AAPVCONVENTION.COM

Yosemite Summit Conference 2019

November 22nd, 23rd, & 24th

Half Dome Village (Curry Village), Yosemite National Park, CA

“Serenity in Yosemite”

AA SPEAKERS

Mike M. Coarsegold, CA - Friday Afternoon Penny P. Livermore, CA - Saturday Morning
Michael S. Riverside, CA - Friday Evening Wayne B. Covina, CA - Saturday Evening
Mary C. Seattle, WA - Sunday morning

AL-ANON SPEAKERS

YOUNG AL-ANON SPEAKER

Judy K. Reno, NV - Saturday Luncheon Daisy A - Saturday 1 pm
Rosanna H. Hayward CA - Sunday 8:45 am

AA Open Meetings and Al-Anon Open Meetings. Alateen Closed Meetings
Friday Night / Saturday Night Dance
Saturday Al-Anon Buffet Luncheon - Saturday Buffet Dinner

Registration Instructions

Register on-line or fill out Registration Form, detach, and mail with check or money order to:
Yosemite Summit Conference P. O. Box 548 Oakhurst, CA 93644-0548

Contact: Telephone Hot-line: (209) 966-8300 ~ Website: www.serenityyosemite.com ~ Email: ysc@sti.net

THANKSGIVING ALKATHONS
@ STEELE & RANGE, SANTA ROSA
& PETALUMA ALANO CLUB
*****VOLUNTEERS NEEDED!*****

MEETING CHANGES

MEETING CHANGES	MEETING CHANGES	NEW MEETINGS
<p>SANTA ROSA/SEBASTOPOL Thursday 6pm “About Time Group” Moved to 81 Bloomfield Rd. SEBASTOPOL</p> <p>CLOVERDALE - Monday 7pm “Stepping Stones” Moved to church at 450 S. Franklin</p>	<p>SANTA ROSA - Tuesday 7pm “Outsiders” Moved to room on opposite side of courtyard Same Address: 636 Cherry St.</p> <p>SANTA ROSA - M-F 9:30am “Mid-Morning Serenity” Is Back to Doyle Park Clubhouse</p>	<p>PETALUMA Sundays 11:15 AM “Women’s Book Study” (Open, Womens) Alano Club - 1050 Petaluma Blvd. No.</p> <p>NO LONGER MEETING</p> <p>CLOVERDALE - Monday 7pm “Daily Reflections”</p>
<p>To report meeting changes, please send an email to meetingchanges@sonomacountyaa.org or contact the SCIF Office at 707-546-2066</p>		

GROUP CONTRIBUTIONS SEPTEMBER 2019 YTD

MEETING	YTD	MEETING	YTD
12x12 @ 12 Catali	\$315.00	Prayer & Meditation	\$60.00
12x12 Plus Step	\$85.00	Primer's Group	\$70.00
A Vision for You-Petaluma	\$61.00	Quitting Time, Petaluma	\$681.11
AA of Sonoma(Friday Night)	\$288.06	River Discussion	\$204.00
Acres Fellowship	\$150.00	River Grace	\$138.36
Alive & Well	\$134.00	River Womens Meeting	\$723.87
Anonymous	\$200.00	Santa Rosa Saturday Night	\$700.00
Any Lengths Group	\$371.11	Saturday Morning Book Study	\$450.00
Be What You Want to See	\$337.63	Saturday Night High Steppers	\$74.24
Beyond Belief	\$150.00	Saturday Night Living Right	\$401.00
Big Book Review	\$253.81	Saturday Night Sharing & Caring	\$316.15
Big Book Steps Only	\$66.00	Saturday Solution Group	\$669.00
Bolega Day Fellowship	\$812.00	Saturday Windsor 3rd Step Group	\$600.00
By The Book Group	\$23.00	SCSMAA	\$150.00
BYOB8	\$10.00	Sebastopol Men's Stag	\$123.70
Drop the Rock	\$144.80	Sebastopol Step Study Group	\$35.00
Expect A Miracle	\$395.68	Serenity Fellowship	\$5,650.00
FAMA Home Group	\$82.68	Serenity Rock	\$424.50
Fresh Air Group	\$675.00	Simply AA Birthday Meeting	\$812.95
Friday Night Wets	\$1,003.39	Single Purpose Group Sebastopol	\$195.00
Friday Winner of AA	\$236.00	Soler Sisters	\$282.09
General Service	\$240.00	Soler Sunday Group, Santa Rosa	\$624.36
Generations Women's Group	\$272.90	SOOPYAA	\$1,400.00
Graton Fellowship	\$154.39	Sometimes Slowly	\$85.00
Guerneville Gay Group	\$137.65	Sonoma Valley Fellowship	\$3,100.00
GRBS (Great Reality Big Book Study)	\$150.00	South Park Survivors	\$181.00
Great Reality Group	\$75.00	Spirit of Alena, Petaluma	\$101.00
Grin and Win Group	\$137.50	Step Sisters - Santa Rosa	\$86.35
Gratula Group	\$525.00	Step Sisters - Windsor	\$309.99
Guerneville Young @ Heart	\$241.00	Steps in Windsor	\$200.00
Harmony Group	\$380.00	Sunday Breakfast Club	\$211.50
Headburg Anonymity	\$141.08	Sunday Morning Villa A.A. Group	\$293.96
Higher Power Group	\$850.00	Sunday Nites	\$114.00
Just for Today	\$45.00	Sunday PM Closed Discussion Group	\$500.00
Keep It Simple, Petaluma	\$228.50	The Eldridge Group	\$377.00
Kenwood Group	\$275.69	There is a Solution	\$1,800.55
Knuckleheads	\$650.00	Think About It Group of AA	\$600.00
Language of the Heart Group	\$186.00	Third Step Group	\$400.00
LGBT Newcomers Group	\$278.95	Thurs Geyserville	\$200.00
Last Then Found	\$200.00	Thurs. Night 12 X 12 Discussion Group	\$386.27
Lunch Bunch Group	\$331.09	Thurs. Night Real Life Mtgs of AA	\$440.00
Mature and Sober	\$223.05	Thursday Night Women's AA	\$331.96
Meditation Meeting, Sebastopol	\$110.00	Thursday Womens AA, Sebastopol	\$243.19
Mens Smokeless Group	\$232.37	Tuesday Afternoon Delight	\$138.00
Mens Stag	\$200.00	Tuesday Big Book - Sonoma	\$40.00
Midday at Midweek	\$200.00	Tuesday Night, Petaluma	\$250.00
Moment of Silence 11th Step	\$625.00	Up the Steps	\$260.00
Monday Night Book & Discussion, Sonoma	\$810.20	Wednesday Guerneville Womens Group 6pm	\$100.00
Monday Night Alcoholics Only	\$527.56	Wednesday Westliders	\$1,777.60
Monday Night Mood Swing	\$50.00	Wednesday Women's Lunch Bunch	\$128.11
Monday Night Speakers Meeting	\$40.00	Wednesday Wonder	\$107.50
New Comers Meeting Cloverdale	\$50.00	We're In The Now	\$355.13
New Sobriety Group	\$682.00	Women's Book Group, Sonoma	\$444.00
Not a Gum Lat	\$312.81	Women's Group in Guerneville	\$100.00
On Fire, Cloverdale	\$89.60	Womens Lunch Bunch	\$119.37
Open Door	\$1,000.00	Women's Step Study and Discussion Group	\$512.66
Petaluma Valley Group	\$1,146.66	Women's Tuesday at Noon in Windsor	\$453.40
		Total	\$46,265.13

GREETINGS FROM GENERAL SERVICE

Welcome to November Gratitude Month,

My Gratitude for Alcoholics Anonymous is beyond expression. Having Service commitments has kept me in the center of my program and has given me the wings to fly higher and freer than I have every been in my life!

General Service has afforded me that opportunity tenfold and for that I will always be eternally grateful.

I've grown as a person and count my general service colleagues among the most spiritual AA members that I have met. Love and tolerance are truly our codes here. Working with and supporting people I do not always agree with has proven to be a huge catalyst of growth for me. Hanging out with them I laugh and cry with joy. And my fear of speaking to a group has mostly disappeared. I find it's the place where the spiritual rubber hits the road.

We grow together, we cry together, we stand together, and we fight together. Being in Service has made me the Human Being I am today. AND it is because of all of YOU!

How about those Group Inventories? Why do we do them?

Group members may believe that they are doing a good job of fulfilling the group's primary purpose and therefore see no need for a group inventory. Do we really want to take a chance that our group is perfectly fulfilling that primary purpose? Do we really want to hold on to the pride that tells us that our group has no faults and therefore we have no need to look at our Groups behavior? Do we want to take a chance that we are not communicating with those alcoholics who are still without hope and thereby failing to help them find freedom?

The Language of the Heart page 322 (1960)

Let us continue to take our inventory as a Fellowship, searching out our flaws and confessing them freely. Let us devote ourselves to the repair of all faulty relations that may exist whether within or without.

And above all, let us remember that great legion who still suffer from alcoholism and who are still without hope. Let us, at any cost or service, so improve our communication with all those that they may find what we have found - a new life of freedom under God.

~Cindi W.~

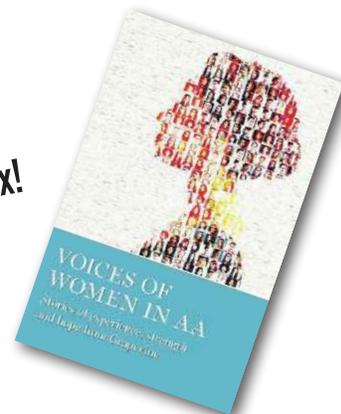
SONOMA COUNTY INTERGROUP FELLOWSHIP BOOKSTORE

Please welcome Bob F. as our new Assistant Manager. He has been a bookstore volunteer for many years!

We have an assortment of canvas tote bags for sale at \$13.99 plus tax!



Sale Book:
Voices of Women in AA
regular \$13.49,
sale price \$10.80 plus tax!



750 Mendocino Avenue, Suite 10, Santa Rosa
PST starts Nov. 3: Monday - Thursday 10AM-5PM, Friday 10-6pm, Saturday 11AM-3PM

GRATITUDE IN ACTION

The story of Dave B., one of the founders of A.A. in Canada in 1944.
(Reprinted from Alcoholics Anonymous, pp. 193-199)

I believe it would be good to tell the story of my life. Doing so will give me the opportunity to remember that I must be grateful to God and to those members of Alcoholics Anonymous who knew A.A. before me. Telling my story reminds me that I could go back to where I was if I forget the wonderful things that have been given to me or forget that God is the guide who keeps me on this path.

In June 1924, I was sixteen years old and had just graduated from high school in Sherbrooke, Quebec. Some of my friends suggested that we go for beer. I had never had beer or any form of alcohol. I don't know why, since we always had alcohol at home (I should add that no one in my family was ever considered an alcoholic). Well, I was afraid my friends wouldn't like me if I didn't do as they did. I knew firsthand that mysterious state of people who appear to be sure of themselves but are actually eaten alive with fear inside. I had a rather strong inferiority complex. I believe I lacked what my father used to call "character." So on that nice summer day in an old inn in Sherbrooke, I didn't find the courage to say no.

I became an active alcoholic from that first day, when alcohol produced a very special effect in me. I was transformed. Alcohol suddenly made me into what I had always wanted to be.

Alcohol became my everyday companion. At first, I considered it a friend; later, it became a heavy load I couldn't get rid of. It turned out to be much more powerful than I was, even if, for many years, I could stay sober for short periods. I kept telling myself that one way or another I would get rid of alcohol. I was convinced I would find a way to stop drinking. I didn't want to acknowledge that alcohol had become so important in my life. Indeed, alcohol was giving me something I didn't want to lose.

In 1934, a series of mishaps occurred because of any drinking. I had to come back from Western Canada because the bank I worked for lost confidence in me. An elevator accident cost me all of the toes on one foot and a skull fracture. I was in the hospital for months. My excessive drinking also caused a brain hemorrhage, which completely paralyzed one side of my body. I probably did my First Step the day I came by ambulance to Western Hospital. A night-shift nurse asked me, "Mr. B., why do you drink so much? You have a wonderful wife, a bright little boy. You have no reason to drink like that. Why do you?" Being honest for the first time, I said, "I don't know, Nurse. I really don't know." That was many years before I learned about the Fellowship.

You might think I'd tell myself, "If alcohol causes so much harm, I will stop drinking." But I found countless reasons to prove to myself that alcohol had nothing to do with my misfortunes. I told myself it was because of fate, because everyone was against me, because things weren't going well. I sometimes thought that God did not exist. I thought, "if this loving God exists, as they say, He would not treat me this way. God would not act like this." I felt sorry for myself a lot in those days.

My family and employers were concerned about my drinking, but I had become rather arrogant. I bought a 1931 Ford with an inheritance from my grandmother, and my wife and I made a trip to Cape Cod. On the way back, we stopped at my uncle's place in New Hampshire. This uncle had taken me under his wing at the time of my mother's death, and he worried about me. Now he said to me, "Dave, if you stop drinking for a full year, I will give you the Ford roadster I just bought." I loved that car, so I immediately promised I wouldn't drink for a whole year. And I meant it. Yet I was drinking again before we reached the Canadian border. I was powerless over alcohol. I was learning that I could do nothing to fight it off, even while I was denying the fact.

On Easter weekend 1944, I found myself in a jail cell in Montreal. By now, I was drinking to escape the horrible thoughts I had whenever I was sober enough to become aware of my situation. I was drinking to avoid seeing what I had become. The job I'd had for twenty years and the new car were long gone. I had undergone three stays in the hospital. God knows I didn't want to drink, yet to my great despair, I always returned to the infernal merry-go-round.

I wondered how this misery would end. I was full of fear. I was afraid to tell others what I felt lest they think I was insane. I was terribly lonely, full of self-pity, and terrified. Most of all, I was in a deep depression.

Then I recalled a book given to me by my sister Jean about drunks as desperate as I was who had found a way to stop drinking. According to this book, these drunks had found a way to live like other human beings; to get up in the morning, go to work, and return home in the evening. This book was about Alcoholics Anonymous.

I decided to get in touch with them. I had much difficulty in reaching A.A. in New York, as A.A. wasn't as well-known then. I finally spoke to a woman, Bobbie, who said words I hope I never forget: "I am an alcoholic. We have recovered. If you want, we'll help you." She told me about herself and added that many other drunks had used this method to stop drinking. What impressed me most in this conversation was the fact that these people, five hundred miles away, cared enough to try to help me. Here I was, feeling so sorry for

myself, convinced that no one cared whether I was dead or alive.

I was very surprised when I got a copy of the Big Book in the mail the following day. And each day after that, for nearly a year, I got a letter or a note, something from Bobbie or from Bill or one of the other members of the central office in New York. In October 1944, Bobbie wrote: "You sound very sincere and from now on we will be counting on you to perpetuate the Fellowship of A.A. where you are. You will find enclosed some queries from alcoholics. We think you are now ready to take on this responsibility." She had enclosed some four hundred letters that I answered in the course of the following weeks. Soon, I began to get answers back.

In my new enthusiasm, and having found an answer to my problem, I told Dorie, my wife, "You can quit your job now; I will take care of you. From now on, you will take the place you deserve in this family." However, she knew better. She said, "No, Dave, I will keep my job for a year while you go save the drunks." That is exactly what I set out to do.

As I look back on it now, I did everything wrong, but at least I was thinking of somebody else instead of myself. I had begun to get a little bit of something I am very full of now, and that is gratitude. I was becoming increasingly grateful to the people in New York and to the God they referred to but whom I found difficult to reach. (Yet I realized I had to seek the Higher Power I was told about.)

I was all alone in Quebec at the time. The Toronto Group had been in operation since the previous fall, and there was a member in Windsor who attended meetings across the river in Detroit. That was A.A. in its entirety in this country.

One day I got a letter from a man in Halifax who wrote, "One of my friends, a drunk, works in Montreal, but he is currently in Chicago, where he went on a major binge. When he returns to Montreal, I'd like you to talk to him."

I met this man at his home. His wife was cooking dinner, their young daughter at her side. The man was wearing a velvet jacket and sitting comfortably in his parlor. I hadn't met many people from high society. I immediately thought, "What's going on here? This man isn't an alcoholic!" Jack was a down-to-earth person. He was used to discussions about psychiatry, and the concept of a Higher Power didn't appeal to him very much. But from our meeting, A.A. was born here in Quebec.

The Fellowship started to grow, most particularly following the publicity we got in the Gazette in the spring of 1945. I will never forget the day that Mary came to see me--she was the first woman to join our Fellowship here. She was very shy and reserved, very low-key. She had heard of the Fellowship through the Gazette.

For the first year, all the meetings were held in my home. There were people all over the house. The wives of members used to come with their husbands, though we didn't allow them in our closed meetings. They used to sit on the bed or in the kitchen, where they would make coffee and snacks. I believe they were wondering what would happen to us. Yet they were as happy as we were.

The first two French Canadians to learn about A.A. did so in the basement of my home. All French-speaking meetings in existence today were born out of those early meetings. At the end of my first year of sobriety, my wife agreed to leave her job after I found some work. I thought that would be easy. All I had to do was go see an employer and I'd be able to support my family in a normal fashion. However, I looked for work for many months. We didn't have much money, and I was spending the little we had going from one place to the other, answering ads and meeting people. I was getting more and more discouraged. One day, a member said, "Dave, why don't you apply at the aircraft factory? I know a fellow there who could help you." So that was where I got my first job. There really is a Higher Power looking after us.

One of the most fundamental things I have learned is to pass on our message to other alcoholics. That means I must think more about others than about myself. The most important thing is to practice these principles in all my affairs. In my opinion, that is what Alcoholics Anonymous is all about.

I never forgot a passage I first read in the copy of the Big Book that Bobbie sent me: "Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us." It is very simple--though not always easy. But it can be done.

I know the Fellowship of A.A. doesn't offer any guarantees, but I also know that in the future I do not have to drink. I want to keep this life of peace, and tranquility that I have found. Today, I have found again the home I left and the woman I married when she was still so young. We have two more children, and they think their dad is an important man. I have all these wonderful things--people who mean more to me than anything in the world. I shall keep all that, and I won't have to drink, if I remember one simple thing: to keep my hand in the hand of God.

HOSPITALS & INSTITUTIONS

“Though I still find it difficult to accept today’s pain and anxiety with any great degree of serenity—as those more advanced in the spiritual life seem able to do—I can give thanks for present pain nevertheless. I find the willingness to do this by contemplating the lessons learned from past suffering—lessons which have led to the blessings I now enjoy. I can remember how the agonies of alcoholism, the pain of rebellion and thwarted pride, have often led me to God’s grace, and so to a new freedom.” [Bill W., Grapevine, March 1962]

On October 2, 2019, the Hospitals & Institutions Committee gave a warm welcome to new meeting reps Joann R., representing Newcomers & Oldtimers; Tim S., LGBTQT Beginners; John T., Dogs on the Roof (Cotati); Gregg F. (alternate), North Bay DOTR (Cotati); Scott C., Sonoma County Men’s Stag; Jubilee M., Attitude Adjustment (daily); and Taylor T., Harmony Group & Knuckleheads. Thank you—your service is much appreciated!

A big, welcoming “hello” to our visitors Rich and Gregg—keep coming back!

Are you willing to share your gift of sobriety with an alcoholic who is confined? For suggestions on how to do just that, please come to the next meeting of the H&I Committee, Wednesday, November 6, 2019, at 6:15 pm. As always, everyone is welcome to attend the orientation that begins at 5:45. The location is the Community of Christ Church, 1495 W. Steele Lane, on the corner at Range Avenue (parking is on Range, behind the church, with additional parking at the ice arena).

In service,

Mardi

SERVICE MEETINGS & EVENTS - NOVEMBER 2019						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
SOCYPAA First United Methodist Church 1551 Montgomery Dr., S.R. 7:15pm Business Meeting	GENERAL SERVICE Faith Lutheran Church 4930 Newanga Ave., S.R. 6:45pm Service Manual Study 6:45pm New Rep Orientation 7:30pm Business Meeting			ALKATHON PLANNING COMMITTEE SCIF Bookstore 750 Mendocino Ave. Ste. 10, SR 7:00pm		
10	11	12	13	14	15	16
	SCIF STEERING COMMITTEE SCIF Bookstore 750 Mendocino Ave. Ste. 10, SR 7:30 Business Meeting	TELESERVICE SCIF Bookstore 750 Mendocino Ave. Ste. 10, SR 6:00pm Orientation/Training	PI/CPC Santa Rosa City Hall Underground 7:00pm Speaker Training 7:30pm Business Meeting	ACCESS SONOMA COUNTY SCIF Bookstore 750 Mendocino Ave. Ste. 10, SR 6:30pm Business Meeting	NEWSLETTER SUBMISSION DEADLINE - 5pm	
17	18	19	20	21	22	23
SOCYPAA First United Methodist Church 1551 Montgomery Dr., S.R. 7:15pm Business Meeting			BRIDGING THE GAP SCIF Bookstore 750 Mendocino Ave. Ste. 10, SR 6:00pm New Rep Orientation 6:30pm Business Meeting	ALKATHON PLANNING COMMITTEE SCIF Bookstore 750 Mendocino Ave. Ste. 10, SR 7:00pm		
24	25	26	27	28	29	30
HAPPY TRAILS HIKE Meet at Coddington Post Office to carpool 10:00 am	INTERGROUP St. Luke Lutheran Church 905 Mendocino Ave., S.R. 7:00pm New Rep Orientation 7:30pm Business Meeting					

****NEW! YOU CAN NOW ADD ALL THE SERVICE MEETINGS TO YOUR GOOGLE CALENDAR WITH ONE CLICK!! VISIT WWW.SONOMACOUNTYAA.ORG****

SONOMA COUNTY INTERGROUP FELLOWSHIP MEETING MINUTES

September 23, 2019

The meeting opened at 7:30pm with the Serenity Prayer and Preamble. Tradition 9: Jay, Concept 9: Pam.

INTRODUCTION OF NEW REPRESENTATIVES:

Chris-Steps in Windsor, Lorena-Friday Night Occidental, Shirley-Cotati New Women, Margaret-Tuesday Night Big Book Study, Michael-We're In The Now Group.

BIRTHDAYS:

Chris (27 yrs.), Melissa (4 yrs.), Peter (4 yrs.), Desiree (18 months), Justin (18 months), Mike (18 months).

OFFICER REPORTS:

Chair: (Justin C.) Thank You everyone for being here. Lottery for Alkathon meeting times will be toniught following the business meeting. Please do not smoke on the church property.

Vice Chair: (Amber H.) There were 4 new reps at orientation.

Secretary: (Erin H.) Minutes were passed.

Treasurer: (Susanne L.) The Central Office income for August 2019 includes \$3,808 from Group Contributions, and \$14 from Bank Interest for a total of \$3,822. Total expenses for August were \$3,690. The Bookstore income for August 2019 includes \$7,870 in sales. The Bookstore expenses were \$7,866. We had a net loss of \$136 in August 2019. Year-to-date, our income is \$104,448. Our expenses are \$91,086, leaving a net gain of \$13,362.

Registrar: (Peter R.) As of August 19th, there were 234 groups in Sonoma County offering 346 meetings each week. There are 168 meeting representatives on record, for 67% participation. There were 74 representatives attending the August 2019 General Meeting for 44% participation. There were 6 new reps at the August 2019 orientation.

COMMITTEES:

ICSC: (Amy B.) They are working on SCIF control procedures. Helped in the hiring of the new bookstore assistant manager.

BOOKSTORE: (Glenn C.) The book on sale for October is, Our Great Responsibility. Regular price \$14.99, on sale for \$12.00 plus tax. Bob Flannery was hired as the new bookstore assistant manager.

Activities: (Marji B.) The Halloween dance will be held on Saturday, October 26th. Could use volunteers.

Alkathons: (Kevin H.) The lottery will be tonight after the business meeting.

Newsletter: (Ryan L.) Please submit reports by the deadline. It is important so newsletters can get out on time. Also, a link has been made on the website to access a surveys page. Please take survey. Encouraging articles for the newsletter are wanted.

Outreach: (Julian S.) The is nothing new to report.

Seminars: (Jeff R.) Next seminar will be held this Wednesday, September 25th at the bookstore from 6:30pm-8:00pm. Topic is, "Being of Service...The many benefits."

Teleservice: (Mike H.) There are a few slots to fill. Training will be the second Tuesday of the upcoming month at 6pm. Mike's contact info is on the back of the newsletter.

Unity Day: (Anna) Asking for people to bring desserts.

ICSC NOMINATING COMMITTEE: (Monica. B) The election will be in October and candidates will need 5 years of sobriety. A minimum of two people need to run in order for there to be an election.

LIAISONS:

SOCYPAA: (Jeff) ACYPAA is looking for volunteers. There will be elections on October 13th from 12-4pm. We are bidding for Swacypaa.

Spanish Central Office: (Chris) Third Wednesday of every month is the meeting from 7-9pm. Inventory is coming up.

H&I: (Lee. J) We are planning Unity Day this year which will be held on October 19th. We continue to seek out people to carry the message into hospitals and institutions.

GENERAL SERVICE: (Claudia N.) The workshop topics have been great. Prasa is coming up.

Bridging the Gap: (Mary Ellen) Volunteers are wanted to help newcomers get set up in a home group. Business meetings are held on the 3rd Wednesday of the month at the bookstore at 6:30pm.

PI/CPC: (Erin H.) We are seeking young speakers to share their experience, strength and hope in local high schools. Sobriety requirement for young speakers is one year. Speaker training is at 7pm at the Santa Rosa City Under ground the 2nd Wednesday of the month.

Access Sonoma County: (Kelli E.) No report.

OLD BUSINESS: None

NEW BUSINESS: None

Group Representative Sharing: None

Meeting adjourned at 8:15pm with the Responsibility Statement

-In Service
Erin Hagemann

Example of Suggested Group Contributions to A.A. Service Entities:

- 50-70% to Intergroup;
 - 10-30% to Local General Service;
 - 10-20% to CNCA;
 - 10-20% to GSO New York;
- (To be determined by each group)



SCIF FINANCIAL SUMMARY - SEPTEMBER 2019

	Sep-19			Sep-18		Year to Date		2019	2018	difference
	Income	Expense	Net	Net	Income	Expense	Net	Net		
Group Supported:				Comparison				Comparison		
		(2,758)	(2,758)	(2,257)		(22,523)	(22,523)	(22,337)	(187)	
Groups	4,600	0	4,600	1,703	46,253		46,253	34,964	11,289	
Individuals	0	0	0	0	0	0	0	0	0	
Group Ins Collection	0	0	0	250	1,500		1,500	425	1,075	
Directories	0	(277)	(277)	(261)	0	(1,764)	(1,764)	(1,759)	(4)	
Pamphlets & Cards	0	(39)	(39)	(344)	0	(1,436)	(1,436)	(1,407)	(29)	
Newsletter	0	(654)	(654)	(489)	0	(4,486)	(4,486)	(4,355)	(132)	
Teleservice	0	10	10	(361)	0	(4,073)	(4,073)	(3,152)	(921)	
Interest/Bank Charges	21		21	1	126	0	126	34	92	
<i>Subtotal</i>	<i>4,621</i>	<i>(3,718)</i>	<i>902</i>	<i>(1,757)</i>	<i>47,879</i>	<i>(34,283)</i>	<i>13,596</i>	<i>2,413</i>	<i>11,183</i>	
Self Supported:									0	
Bookstore	6,600	(7,366)	(766)	(246)	66,290	(67,888)	(1,598)	(1,440)	(159)	
Group Ins Collection	0		0	250	1,500		1,500	425	1,075	
Alkathons	0	0	0	0	0	0	0	0	0	
Activities	0	0	0	0	0	0	0	(79)	79	
Seminars	0	0	0	0	0	0	0	0	0	
Unity Day	0	0	0	254	0	0	0	254	(254)	
<i>Subtotal</i>	<i>6,600</i>	<i>(7,366)</i>	<i>(766)</i>	<i>258</i>	<i>67,790</i>	<i>(67,888)</i>	<i>(98)</i>	<i>(840)</i>	<i>741</i>	
TOTAL	11,220	(11,084)	136	(1,499)	115,669	(102,171)	13,498	1,573	11,924	
Assets & Liabilities										
Cash in Bank & Petty Cash		64,889			Memo:	Cash in Bank & Petty Cash		64,889		
Prepaid Expenses		6,315				Prudent Reserve		(39,113)		
Bookstore Inventory		18,765				Liabilities		(10,340)		
Property		2,035								
Subtotal		92,004				Operating Reserve		15,436	15,436	
Liabilities		(10,340)								
Total Assets & Liabilities		81,664								

INTERGROUP TREASURER'S REPORT - SEPTEMBER 2019

The Central Office income for September 2019 includes \$4,600 from Group Contributions and \$21 from Bank Interest for a total of \$4,621. Total expenses for September were \$3,718.

The Bookstore income for September 2019 includes \$6,600 in sales. The Bookstore expenses were \$7,366. We had a net gain of \$136 in September 2019.

Year-to-date, our income is \$115,669. Our expenses are \$102,171, leaving a net gain of \$13,498.

In service,
 Susanne Lake,
 Treasurer

ASL INTERPRETERS - QUARTERLY REPORT - 3rd QUARTER 2019

“Concerning any given service, we therefore pose but one question: Is this service really needed?” If it is, then maintain it we must, or fail in our mission to those who need and seek A.A.” - Bill W., “AA’s Legacy of Service.”

Together we can! Thank you for your support!

GROUP CONTRIBUTIONS FOR SIGN LANGUAGE INTERPRETERS					
Meeting	1st Qtr 2019	YTD	Meeting	1st Qtr 2019	YTD
A Vision For You	\$147.06	\$318.84	Signs of Sobriety	\$50.00	\$150.00
Came To Believe		\$30.39	Simply AA	\$118.58	\$152.00
Expect A Miracle	\$42.19	\$226.94	Single Purpose Group		\$48.00
Harmony Group		\$130.00	Step Sisters	\$72.36	\$215.95
Hessel Big Book Study		\$31.00	Sunday PM Closed Discussion (RP)	\$76.08	\$160.38
Higher Power Group	\$316.04	\$383.39	There Is A Solution	\$85.92	\$234.38
Mature & Sober	\$54.52	\$144.40	Third Step Group		\$226.02
Moment of Silence	\$88.00	\$224.00	Thursday Night 12x12 Discussion	\$15.00	\$45.00
New Sobriety Group	\$90.00	\$206.75	Up The Steps	\$133.74	\$457.55
Not A Glum Lot	\$5.50	\$14.80	We're In The Now		\$41.00
River Women's Meeting	\$19.43	\$19.43	Women's Perspectives		\$98.00
Saturday Night Live		\$99.88	Women's Step Study (Seb)		\$111.61
Saturday Night Living Right	\$25.00	\$25.00	Women's Step Study & Discussion	\$76.05	\$173.59
			Total	\$1,415.47	\$3,968.30
			Paid to interpreters:	\$1,275.00	\$3,150.00
			Prudent Reserve:		\$4,373.27

A.A. HOTLINES

Santa Rosa 707-544-1300
 Sonoma 707-938-8508
 Spanish Speaking 707-623-6702



INTERNET LINKS

Alcoholics Anonymous:
www.aa.org

Sonoma County Intergroup
 Fellowship:
www.sonomacountyaa.org

SOCYPAA (Sonoma County Young
 People in Alcoholics Anonymous):
www.socypaa.org

Northern California Coastal Area 06:
www.cnca06.org

AA Grapevine:
www.aagrapevine.org

MAILING ADDRESSES

Sonoma County Intergroup Fellowship
 750 Mendocino Avenue, Suite 10
 Santa Rosa, CA 95401-4846

Sonoma County General Service
 P.O. Box 536
 Santa Rosa, CA 95402

H & I Area 22 - Treasurer
 P.O. Box 192490
 San Francisco, CA 94119-2490

General Service Office
 P.O. Box 459, Grand Central Station
 New York, NY 10163

California Northern Coastal Area - Treasurer
 P.O. Box 884222
 San Francisco, CA 94188

Sonoma County PI/CPC*
 P.O. Box 11305
 Santa Rosa, CA 95406

SOCYPAA
 1275 4th St., #221
 Santa Rosa, CA 95404

*funded solely through Sonoma County General Service

BRIDGING THE GAP

BTG gave a presentation when I was in rehab. Since then, I knew that I wanted to be a part of BTG when I had some sobriety. I have now been a part of BTG for many years. I currently present at the Orinda Detox center and I am the recording secretary for BTG.

My favorite part of BTG is the hope you give other alcoholics through our own experiences. It's so great to give some direction and a helping hand to other alcoholics that might feel lost or wonder "now what?"

If you would like to know more about BTG or how you might be able to help, please come to our business meeting on the 3rd Wednesday of each month at the bookstore at 6:30pm.

-Michele G

CONTACT INFORMATION

(All emails @sonomacountyaa.org)

SONOMA COUNTY INTERGROUP FELLOWSHIP OFFICERS

Chair	Justin C.	intergroup@
Vice Chair	Amber H.	vice-chair@
Secretary	Erin H.	secretary@
Treasurer	Susanne L.	treasurer@
Registrar	Peter	registrar@

COMMITTEE CHAIRS

Activities	Marji	activities@
Alkathons	Kevin H.	alkathons@
ICSC	Eric S.	icsc@
Seminars	Jeff R.	seminars@
Outreach	Julian S.	outreach@
Teleservice	Mike H.	teleservice@
ICSC Nominations	Monica B.	icscnic@

COMMUNICATIONS

Newsletter	Ryan L.	newsletter@
Website	Kelly E.	webmaster@
Meeting Changes	Russell	meetingchanges@

SONOMA COUNTY GENERAL SERVICE

DCMC	Claudia N.	generalservice@
Treasurer	Denise G.	treasurer-gs@
Registrar	Bengamin G.	registrar-gs@
Archivist	Lora L.	archivist-gs@
Grapevine	**VACANT**	grapevine@
Access Sonoma County	Kelli E.	asc@
Bridging the Gap Chair	Jay B.	btg@
PI/CPC	Nick R.	picpc@
Interpret/Translation	Brian W.	it@

HOSPITALS AND INSTITUTIONS COMMITTEE

Chair	Steven H.	handi@
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SONOMA COUNTY YOUNG PEOPLE IN A.A. (SOCYPAA)

Intergroup Liason	Tatiana	socypaa@
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Suggestions for SCIF Newsletter Welcome!

Please send any corrections, suggestions, submissions or comments about the Sonoma County Intergroup Fellowship newsletter to: newsletter@sonomacountyaa.org