Sonoma County Intergroup Fellowship News

MAY 2021

GET THE LATEST MEETING LISTINGS, UPCOMING EVENTS AND MORE AT WWW.SONOMACOUNTYAA.ORG

SAVE THE DATE! ☺

You are most warmly invited!

Access Sonoma County Workshop

“Keeping Our Emotional Sobriety in the Midst of Disaster”

Saturday, June 5, 2021
1PM to 3PM

SCHEDULE

• A Panel of Four Speakers will share their experience, strength & hope about these times we are all walking in

• Breakout Rooms for Attendees to be able to share experience, strength & hope with each other

• We’ll come back together at the end of the Workshop for a “What’s on Your Mind”

ZOOM Entry Info To Be Announced

Alcoholics Anonymous – District 12, in Area-06 CNCA

SERVICE OPPORTUNITIES:

TELESERVICE

Teleservice Hotline offers callers directions to meetings and help to the still suffering alcoholic. We are seeking 12-step volunteers to refer callers to for additional support. Please contact Deb D. at teleservice@sonomacountyaa.org.

INTERGROUP ELECTIONS

Elections for Intergroup Committee members (Alkathons, Registrar & Activities) will be held on 5/24/21 at the regular monthly Intergroup business meeting. Please contact Kevin H. at intergroup@sonomacountyaa.org

BOOKSTORE

We could use one or two more volunteers to work the 2pm to 6pm shift; one year sobriety requirement; familiarity with steps/traditions required; experience with retail sales and basic use of a computer preferred. Please contact bookstore@sonomacountyaa.org.

**EMAIL SUBSCRIPTION LIST**

SIGN UP TO GET NEWS SENT DIRECTLY TO YOUR INBOX!
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.
“IT IS PLAIN THAT A LIFE WHICH INCLUDES DEEP RESENTMENT LEADS ONLY TO FUTILITY AND UNHAPPINESS. TO THE PRECISE EXTENT THAT WE PERMIT THESE, DO WE SQUANDER THE HOURS THAT MIGHT HAVE BEEN WORTHWHILE.”

-BIG BOOK OF ALCOHOLICS ANONYMOUS, P. 66

40th Annual Lake Pillsbury Camp-out!

May 21, 22 & 23, 2021
Saturday Night Potluck & Campfire AA Meeting*
For all AAs, Family & Friends
*Time to be arranged by campers.
$16.00 per site per night; $3.00 for second vehicle and $1.00 per pet;
(Please note, lake level does not accommodate boat launches)
SUNSET CAMPGROUND
(On the East Side of the Lake.)
For More information call:
Preston M. at (707) 291-9118 Marie H. (707) 591-4854 or Robert H. at
(707) 293-7336

GROUP RE-OPENINGS: SCIF will not dictate when or if your group can re-open. That decision is to be made by each group and its meeting location. PLEASE NOTIFY US ASAP SO WE CAN GET THE WORD OUT

PEOPLE SEE THE WEBSITE AT WWW.SONOMACOUNTYAA.ORG FOR UP-TO-DATE INFORMATION REGARDING MEETING OPENINGS/CHANGES

To report meeting changes, please send an email to meetingchanges@sonomacountyaa.org or contact the SCIF Office at 707-546-2066

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

SPRING HOURS
Mon-Friday: 10am - 6pm
Saturday: 11am - 3pm
Sunday: Closed

The Bookstore is Closed on these Upcoming Holidays:
Memorial Day May 31st
Independence Day July 4th

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)
NO MATTER WHAT
DEALING WITH ADVERSITY IN SOBRIETY

All recovering alcoholics have had to deal with adversity throughout sobriety...a serious illness, an ugly divorce, the death of a child, the loss of a house to fire or to the bank. Despite the fear, pain or self-pity we are in when these tragedies strike, drinking is not an option. The stories in this book show how AA members use the tools of the program and embrace the Fellowship to deal with tough issues

*$11.80 plus tax
SERVICE WORK HELPS TO KEEP US SOBER

If nobody was doing any service work, the Alcoholics Anonymous program would simply cease to exist. Without the service work of those who came before us, none of us would be here now!

Service Work In Recovery

One of the more common sayings you will hear at an Alcoholics Anonymous meeting is that, “you have to give it away in order to keep it”. What this is referring to is the idea that service in recovery can help the giver as much as the receiver. This giving should not be done in the hope of a reward or praise. Instead the individual does it because they know that it is helping to keep them connected. Numerous studies have provided evidence that helping others in recovery provides great benefit to the helper.

Service in Recovery Defined

Service in recovery refers to work carried out for no financial reward or compensation. This may involve directly helping somebody else, or indirectly helping them by providing services. Some individual do go on to make a career out of helping others, but this is no longer considered service if they receive payment.

The Importance of Service in Alcoholics Anonymous

Groups like Alcoholics Anonymous could not function without the voluntary services provided by members. All these meetings around the world are organized and maintained by volunteers. There is usually a collection at the end of each meeting, but (in the spirit of the seventh tradition) this money is used to pay for rent, coffee, donuts, literature, and other overheads. Almost every person at these meetings will provide some type of service, even if it is just sharing a bit of their story, or preparing the coffee.

Other Types of Service in Recovery

There is no need for the individual to be a member of a particular A.A. group in order for them to become involved in service. There are plenty of official and unofficial ways that those in recovery can help others. Such work is highly rewarding, and it can strengthen the commitment of the individual to their own recovery.

Types of Service in Recovery

Anything that directly or indirectly helps others in recovery could be considered service. Examples of this type of work include:

- Sponsorship
- Intergroup Representative
- General Service Representative
- Chairing or moderating at a A.A. meeting
- Welcoming newcomers to recovery meetings
- Being supportive of those who are struggling in recovery
- Taking an official service role within a recovery group, for example treasurer or secretary
- Making time to reach out to people who are obviously struggling with problems
- Those individuals who do not hide their past can prove inspirational for those who are dealing with this type of problem

The Benefits of Service in Recovery

Service in recovery benefits both the giver and receiver. In a lot of instances it will actually be the giver who ends up benefitting the most.

- Those people who devote some time to helping others are less likely to suffer with depression.
- Helping others with problems reminds the individual of where they have come from. This will keep the pain of dysfunction fresh in their minds so that they never forget it. This should keep them committed to the recovery path.
- The giver will feel that they are giving back and this will increase their confidence and self-esteem.
- Providing service ensures that groups such as A.A. stay in business. If nobody volunteers their time these groups will disappear.
Spanish Central Office Presents...

Welcome to the 24th Anniversary of the Central Spanish AA Office of Northern California
(June 1997 to June 2021)
It will be held on Sunday, June 6, 2021
From 2:00 p.m. to 9:00 p.m at 1019 Petaluma Hill Rd., #10, Santa Rosa, CA 95404

Program:
2:00-2:30 Welcome
2:30-2:40 Review
2:40-2:50 12 Steps
2:50-3:00 Traditions
3:00-3:40 First Tradition – Juan L.
3:40-4:20 Chapter Five – Julia A.
4:20-5:00 Fifth Tradition – Adolfo N.
5:00-6:00 Event concludes with food and cake
6:00-9:00 Dance
**NEW! YOU CAN NOW ADD ALL THE SERVICE MEETINGS TO YOUR GOOGLE CALENDAR WITH ONE CLICK!!**

**VISIT WWW.SONOMACOUNTYAA.ORG**

## Bridging the Gap

**Statement of Purpose**

Bridging the Gap is a General Service sub-committee that supports that very important first step for alcoholics who have just been released from a hospital, treatment center or correctional facility. By providing a temporary contact, Bridging the Gap helps newcomers make the transition to Alcoholics Anonymous in his or her home community.

Members of Alcoholics Anonymous, usually in pairs, meet the patients or inmates after release and accompany them to their first A.A. meeting. As in all 12-step work, this activity is strictly voluntary.

### Where Do You Meet?

- Bridging the Gap (online)
- 3rd Tuesday of the month
- Orientation at 6:00 pm, Meeting starts at 6:30 pm
- Meeting ID: 945 2118 6257
- Password: BTG (all caps)

### What Positions are Available?

We're always looking for volunteers to fill our phone list. When someone requests our service, we provide them with a volunteer to take them to their first A.A. meeting. We try to have a volunteer available who is someone around their age and gender, who lives in their neighborhood, who can take them to the volunteer's home group, introduce them to the fellowship and make them feel welcome and at home. It is usually a one-time commitment, and as in all 12-step work, should be done in pairs. To be a volunteer, it is suggested that you have at least 6 months sobriety and a working knowledge of the twelve steps.

There are also service positions available on the committee. These service positions include chair and alternate chair positions, recording secretary, phone coordinators, Intergroup liaison, H & I liaison and presentation teams.

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<th>Sunday</th>
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<td><strong>SOCYPA</strong></td>
<td><strong>GENERAL SERVICE</strong></td>
<td><strong>H&amp;I</strong></td>
<td><strong>PI/CPC</strong></td>
<td><strong>ACCESS SONOMA COUNTY</strong></td>
<td><strong>NEWSLETTER SUBMISSION DEADLINE - 5pm</strong></td>
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<td>First United Methodist Church 1551 Montgomery Dr., S.R. 7:15pm Business Meeting</td>
<td>Meeting VIA ZOOM PLEASE SEE WEBSITE FOR DETAILS Email chairperson for Meeting ID 6:45pm Service Manual Study 6:45pm New Rep Orientation 7:30pm Business Meeting</td>
<td>Meeting VIA ZOOM Meeting ID: 891 8522 6587 Password: 463197 6:15pm Business Meeting</td>
<td>Meeting VIA ZOOM Meeting ID: 763 052 313 Password: 091489 7:30pm Business Meeting</td>
<td>Meeting VIA ZOOM Meeting ID: 897 807 516 Password: 486762 6:30pm Business Meeting</td>
<td><a href="mailto:newsletter@sonomacountyaa.org">newsletter@sonomacountyaa.org</a></td>
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<td><strong>SCIF STEERING COMMITTEE</strong></td>
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<tr>
<td>First United Methodist Church 1551 Montgomery Dr., S.R. 7:15pm Business Meeting</td>
<td>Meeting VIA ZOOM Email <a href="mailto:intergroup@sonomacountyaa.org">intergroup@sonomacountyaa.org</a> for meeting ID and password 7:30 Business Meeting</td>
<td><strong>BRIDGING THE GAP</strong></td>
<td><strong>ACCESS SONOMA COUNTY</strong></td>
<td><strong>NEWSLETTER SUBMISSION DEADLINE - 5pm</strong></td>
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<td><strong>SCIF INTERGROUP</strong></td>
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<td>Meeting VIA ZOOM Meeting ID: 885 0690 3216 Password: 496381 7:30pm Business Meeting</td>
<td><strong>30 Happy Trails Hike</strong></td>
<td>Meet@Coddington Post Office 10AM carpool</td>
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The meeting opened at 7:30pm with the Serenity Prayer and Preamble, followed by readings of Tradition 3 and Concept 3.

INTRODUCTION OF NEW REPRESENTATIVES: Melanie, Petaluma Valley Group; Sonia, Young People’s Group; Sean, Mature and Sober; Julian, Early Birds

BIRTHDAYS SINCE WE LAST MET: Ryan, 4 years; Peggy, 9 years; Melanie 13 years

ELECTION OF ICSC NOMINATING COMMITTEE MEMBERS: Marilyn W.

ELECTION OF COMMITTEE CHAIRS: Alkathons Chair: Diana L.
Unity Day: Larry O.
Seminars: Rosa R.

OFFICER REPORTS:
Chair: (Kevin H.) Kevin is still getting settled. All committee chair positions are filled. Bookstore Manager performance review to take place in the coming month.

Vice Chair: (Meghan A.) Meghan sent out 6 New Rep orientation packets last month; will send another 6 this month. Four new Reps attended orientation.

Secretary: (Katherine C.) Nothing to Report

Treasurer: (Buddy M.) Central Office income for February 2021 includes $1,692 from Group Contributions and $521 from individuals for a total of $2,213.
Total Expenses for February include $2,411 from central office, $377 from pamphlets and cards, and $59 from Teleservice for a subtotal loss of $294.
The bookstore income for February 2021 was $4,074.
Total expenses were $4,830 leaving a subtotal loss of $757.
Overall for this month we had a net loss of $1,051.
Year to date income is $13,618 and our expenses are $13,966, leaving a loss of $347.

Registrar: (Laurie H.) Laurie requests that all Meeting Reps complete the sign-in form [link posted in chat]
Sonoma County has 273 meetings per week [35-40 per day]. Thirty eight of these are in-person meetings.

Activities: (Chelsea N.) Chelsea is figuring out the Chair position, reaching out to past Chairs.

Alkathons: (Diana L.) Diana is newly elected to this position, will reach out for support.

Newsletter: (Ashley H.) Next Newsletter will be April’s. Newsletters will return to monthly publication. Publication will remain digital only, probably until the number of in-person meetings warrants paper publishing. Groups and individuals are encouraged to submit articles, flyers, announcements, etc. to newsletter@sonomacountyaa.org Deadline for submissions for May Newsletter is April 16.
Chris shared that PI/CPC has submitted articles that haven’t been published and asked whether those had been retained. Ashley will look into this.
SCIF ANNUAL REPORT for 2020 is posted on the SCIF website. Link to view Report is located on the Intergroup page, which can be accessed under the webpage’s GET INTO SERVICE menu.

Webmaster: (Judah N.) All Newsletter editions since 2002 have been archived and are available on the SCIF webpage.

Outreach: (Ryan L.) Ryan has been visiting meetings that don’t have SCIF Reps and encouraging them to elect Reps and/or come to our General Meeting.

Seminars: (Rosa R.) Rosa R. newly elected to act as Seminars Chair.

Teleservice: (Deb D.) Teleservice going well. Has a full roster of people to answer the phone. Needs more volunteers to make 12th Step calls as needed.
Qualifications for 12th Step callers are: 1 year sobriety and a working knowledge of the Steps.

Unity Day: (Larry O.) Larry O. newly elected to serve as Unity Day chair.

ICSC Nominating Committee: (Barry D.) Nominating Committee now has a full roster of members.

LIAISONS:
SOCYPAA: (Angela M.) Angela M. newly elected to serve as liaison to SOCYPAA
Spanish Central Office: (Jose G.) Jose G. newly elected to serve as liaison to Spanish Central Office/District 18.

H&I: Not present

GENERAL SERVICE: (Denise G.) Denise G. reports that 90-100 AAs from Sonoma County attended PRASAA. Upcoming events include Pre-conference Assembly April 3 &amp; 4, General Service Assembly April 18-24, and Delegate’s Barbecue June 7. [all virtual]

Bridging the Gap: Not present

Access Sonoma County: (Stephen R.) Stephen R. newly elected to serve as liaison to Access.

Committees:
ICSC: (Ben) Kevin reports for Ben that ICSC is reconstructing SCIF’s digital filing system to make it more efficient and user-friendly.

BOOKSTORE: (Glenn C.) We have enough volunteers for now. Sale book for April is Young and Sober for $11.80 plus tax. Sunday 3/14 we turned clocks ahead for Pacific Daylight Time so starting Monday 3/15 the bookstore is open from 10am until 6pm, Monday through Friday; Saturdays 11am to 3pm.
LIAISONS (cont.):

PI/CPC: (Chris S.) DDP (Drunk Driving Program) from Sonoma County is in full swing with full PI/CPC speakers presenting via Zoom in all classes. Unlike AA meetings, speakers must be mindful of avoiding profanity laced drunkalogs, as we are the public voice of AA. The AA pamphlet “Speaking at Outside Groups” is an essential guide.
-We’ve been in touch with Spanish District 18 to provide Spanish language participations too. We are in constant need of new speakers for this important service. Many of our alumni speakers are no longer available. Young Offenders classes haven’t been renewed as of yet.
-Our Schools outreach is growing, we added Petaluma’s Twin Hills Middle Schóol to our list. We are continually reaching out to new opportunities in Sonoma County Schools. We always need new and younger speakers to encourage newcomer identification with our message.
-Vacant position: Literature chair. We are in need of someone to visit the Bookstore, inventory our pamphlets and other AA literature which we distribute to public venues around the county. Using a pre-made list, the chair would order replenishment through the bookstore manager, Glenn. This is one of our main responsibilities that will be in full swing as the pandemic shutdown reopens.
-If you would like to participate in this essential 12th Step service, please attend speaker training at 7PM and stay for the business meeting at 730 via Zoom. We meet the 2nd Wednesday of each month. Next April 14th. You’ll be glad you did!

OLD BUSINESS: None.

NEW BUSINESS: None

INTRODUCTION OF NEW BUSINESS: None

GROUP REPRESENTATIVES SHARING: In-person meetings are reminded to follow Sonoma County COVID Prevention Guidelines.

CLOSE with Responsibility Statement at 8:46 PM

Respectfully submitted,
-Katherine Caddes

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)
SCIE FINANCIAL SUMMARY - MARCH 2021

GROUP CONTRIBUTIONS - 2020 YTD

Central Office income for March 2021 includes $1,401 from Group Contributions, $1,872 from individuals, and $25 from group insurance collection for a total of $3,298.

Total expenses for March include $1,700 from central office, and $59 from Teleservice for a subtotal gain of $1,539.

The Bookstore income for March 2021 was $5,344 from the bookstore and $25 from group insurance collection. Total expenses were $5,332 leaving a subtotal gain of $12.

Overall for this month we had a net gain of $1,576

Year to date our income is $22,285 and our expenses are $21,057, leaving a gain of $1,228.

In service, Buddy M, Treasurer
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

A.A. HOTLINES

Santa Rosa 707-544-1300
Spanish Speaking 707-623-6702

NEW EMAIL SUBSCRIPTION LIST SIGNUP!

If you had previously signed up to receive the newsletter, that list has been lost and new one has been created! Please sign up again to receive this newsletter and other important news in your email!

Signup at the bottom of www.sonomacountyaa.org home page

SONOMA COUNTY INTERGROUP FELLOWSHIP OFFICERS

Chair Kevin H. 916-595-5378 intergroup@
Vice Chair Meghan A. 707-458-9852 vice-chair@
Secretary Katherine C. 707-887-0279 secretary@
Treasurer Buddy M. 707-396-7783 treasurer@
Registrar Laurie H. 707-416-1107 registrar@

COMMITTEE CHAIRS

Activities **VACANT** activities@
Alkathons **VACANT** alkathons@
ICSC Carl M. icsc@
Seminars Rosa R. 707-529-1938 seminars@
Outreach Ryan L. 415-450-5242 outreach@
Teleservice Deb D. 510-289-7621 teleservice@
ICSC Nominations Barry D. 707-849-9858 icscnic@

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Newsletter Ashley H. newsletter@
Website Judah webmaster@
Meeting Changes Russell 707-304-1304 meetingchanges@

SONOMA COUNTY GENERAL SERVICE

DCMC James B. generalservice@
Treasurer Shaun G. treasurer-gs@
Registrar **VACANT** registrar-gs@
Archivist Shelly J. archivist-gs@
Grapevine Leticia O. grapevine@
Access Sonoma County Heath J. asc@
Bridging the Gap Chair MaryEllen W. btg@
PI/CPC Michelle G. picpc@
Interpret/Translation David H. it@

HOSPITALS AND INSTITUTIONS COMMITTEE

Chair Steven H. 707-703-0494 handi@

SONOMA COUNTY YOUNG PEOPLE IN A.A. (SOCYPAA)

Intergroup Liason Angela M. socypaa@

Suggestions for SCIF Newsletter Welcome!
Please send any corrections, suggestions, submissions or comments about the Sonoma County Intergroup Fellowship newsletter to newsletter@sonomacountyaa.org