

### NEWSLETTER JANUARY 2022



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



Come join us to ring in the New Year with 28 hours of continuous meetings, food, fellowship, and recovery!

6pm Dec. 31st - 10pm Jan. 1st

Attend In Person @ 1495 W. Steel Lane, Santa Rosa

Viewing Only via Zoom: Meeting ID: 361 887 3715 Password: Alkathon

### **COVID Measures:**

- Dining, food service, drink sales, and fellowshipping to occur outdoors.
- Tents, heating, and lighting will be provided.
- Food will be served by volunteers to minimize exposure.
- · No food or dinks allowed inside.

To Volunteer, please visit www.sonomacountyaa.org

To be of service contact Natalie B. (707) 217-6252 - nbalfour@sonic.net



# ALKATHON DECEMBER 31<sup>ST</sup> 6pm – 8pm Occidental Tonight Group 8pm – 10pm New Sobriety 10pm – 12am Monday Night Alcoholics Only JANUARY 1<sup>ST</sup> 12am – 2am Sunday Night Big Book Review 2am – 4am Knuckleheads 4am – 6am Friday Night Vets 6am – 8am Any Lengths Group Forestville 8am – 10am Healdsburg Villa 10am – 12pm Sunday Night Closed Discussion 12pm – 2pm Harmony Group 2pm – 4pm Sober Sisters 4pm – 6pm Russian River Women's Meeting 6pm – 8pm LGBTQ Open to All Group 8pm – 10pm Wednesday Westsiders

In-Person @ 1495 W. Steele Lane Santa Rosa Zoom Meeting ID: 361 887 3715 Password: Alkatho



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

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

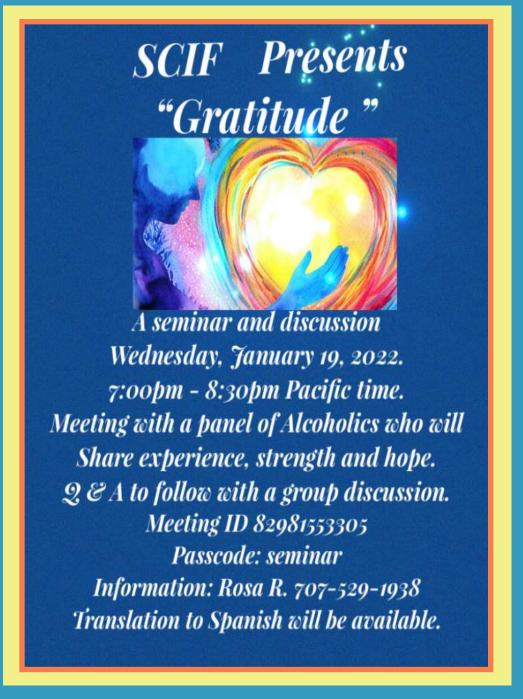
The Bookstore is Closed on these Upcoming Holidays:

New Years Day January 1st

### **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)



### **SONOMA COUNTY INTERGROUP FELLOWSHIP BOOKSTORE**

Sale Book for January is...

### "Beginners' Book"

From Grapevine, the international journal of Alcoholics Anonymous, find inspiration in stories of getting and staying sober. In this collection of more than 40 touching and encouraging essays, AA members share openly about what helped them get sober and handle their new lives of recovery

 $10.80 + \tan x$ 

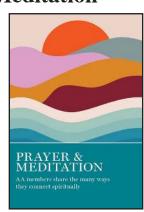
Aless BEGINNERS'
BOOK
Getting and Staying Sober in AA

New Book!

### "Prayer & Meditation"

AA members share the many ways they connect spiritually.

Selling for \$13.49 plus tax.



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

### PI/CPC

Public Information and Cooperation with the Professional Community is a sub-committee of General Service, District 12, Sonoma County. We are the public face and voice of Alcoholics Anonymous. We need recovering alcoholics to share their experience, strength, and hope in public venues. Currently, we make presentations at the local drunk driving program and local schools (middle school - high schools). We've also made presentations to veterans' groups, senior communities, and the local members of the medical community (doctors, nurses, and social workers). Additionally, we work with and provide information about AA to law enforcement agencies, the courts, and senior living communities, psychiatric emergency services, and any other public group that might request it. These organizations offer us the opportunity to provide a speaker to help them better understand what A.A. is (and isn't), where their students, clients, or patients might find out more information, and where and when to find meetings.

### Denise A-P, PI/CPC Committee Shares:

### "We do not, cannot outgrow this plan."

I read in Alcoholics Anonymous today on page 275 that "A.A. is not a plan for recovery that can be finished and done with." and "We do not, cannot outgrow this plan." So, I know the real plan for my continuing recovery must involve ongoing service work. My service work experiences have varied over the years. I've done everything from cleaning toilets, setting up chairs, cooking for events, and more. What has not changed is the sense of appreciation for what service work strangely accomplishes for those in the program and those outside of the program who are still suffering.

I invite you to learn more about the PI/CPC Committee, where I currently serve as the literature distribution lead, and about committee opportunities that you might find interesting. Of course, I want you to join me in delivering literature around Sonoma County.\* LOL! But, there are many ways to get involved to match your skills and/or comfort level.

How can you do this? Please join us on Zoom for our monthly meeting, which takes place on the 2nd Wednesday of every month at 7:30 p.m. Committee information and the meeting details are here: https://www.sonomacountyaa.org/get-into-service/picpc/. You are also welcome to email us at picpc@sonomacountyaa.org with your contact information.

Check us out, won't you? Denise A-P

\*We currently have several areas that need delivery support.

Sometimes when you're in a dark place you think you've been buried, but you've actually been planted.

## recovery /ro'kov(a)ve/v. 1. the act, action and process of returning to a normal state, 2. the restoration of something lost or forgotten, 3. the chance to resurrect something that was thought forever broken, 1. the resumption of belief in oneself, 5. a homecoming, 6. a difficult, active, ongoing struggle, 7. a most worthy endeavor.

### **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.

We are always looking for volunteers to fill our phone list. We try to have a volunteer available who is someone around their age and gender, who lives in their neighborhood, who can meet them at 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.

Bridging the Gap meets on the 3rd Tuesday of the month at 6pm

<b>SERVICE MEETINGS</b>	2 FVFNTS -	ΙΔΝΙΙΔΡΥ 2022
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					New Years ~Alkathon ~ begins @ 6PM!	New Years ~Alkathon ~ final meeting starts @8PM
SOCYPAA Sonoma County Alano Club 1050 Petaluma Blvd. N. Petaluma 7:15pm Business Meeting	GENERAL SERVICE Meeting VIA ZOOM Email chairperson for Meeting ID 6:45pm New Rep Orientation 7:30 pm Business mtg.	4	H&I Hybrid Meeting In person at Community of Christ Church Zoom ID: 891 8522 6587 / PW: 463197 5:45 New Rep Orien. 6:15 Bus. Meeting	6	7	8
9	10 SCIF STEERING COMMITTEE In person at the AA Bookstore - 7:30PM 750 Mendocino Ave. Zoom sonomacounty- aa.org for meeting ID and password	11	PI/CPC Meeting VIA ZOOM Meeting ID: 961 8127 1048 Password: Dist12GS 7:00pm Speaker Training 7:30pm Business Mtg	ACCESS SONOMA COUNTY Meeting via Zoom Meeting ID: 934 2984 1277 Password: 804715 7:15pm Business Meeting	14 NEWSLETTER SUBMISSION DEADLINE - 5pm newsletter@ sonomacountyaa. org	15
16 SOCYPAA Sonoma County Alano Club 1050 Petaluma Blvd. N. Petaluma 7:15pm Business Meeting	17	18 BRIDGING THE GAP Please email btg@sonomacounty- aa.org for meeting and service info. 6pm New Rep Orien.	19 SCIF Presents "Gratitude" A Seminar & Discussion 7-8:30pm	20	21	22
23	24 SCIF INTERGROUP Hybrid Meeting In person at St. Luke Church (905 Mendocino Ave, Santa Rosa) & Online via Zoom 7:30pm Business Mtg	25	26	27	28	29

### **SONOMA COUNTY INTERGROUP FELLOWSHIP MEETING MINUTES**

November 08, 2021

The meeting opened at 7:33 with the Serenity Prayer and Preamble, followed by readings of Tradition 11 and Concept XI

Minutes: October minutes approved.

### **OFFICER REPORTS**

**CHAIR:** [Kevin H.] Alkathons start this month. Welcome Kristin, our new Activities Director.

VICE CHAIR: [Meghan A.] Four new Reps attended General Meeting in October; 3 were at Orientation.

**SECRETARY:** [Katherine C.] Nothing to report. TREASURER: [Buddy M] Central Office income for October 2021 includes \$7,198 from Group Contributions, \$1,194 from individuals and \$50 from Group Insurance Collection for a total of \$8,441. Total expenses for October include \$2,042 for central office, and \$59 for Teleservice for a subtotal gain of \$6,340. Bookstore income for October 2021 was \$4,426 and unity day was \$149. Total expenses were \$5,347 leaving a subtotal loss of \$723. Overall for this month we had a net gain of \$5,617. Year to date our income is \$89,936 our expenses are \$75,250 leaving a gain of \$14,686.

REGISTRAR: [Hilary G] Sonoma County has 176 Groups, 324 Meetings; 156 of these are in-person, 149 online and 19 hybrid. Forty Reps attended October General Meeting, 4 of whom were new, for a participation rate of 23%. Twenty-three attended on Zoom, 17 in-

**ICSC REPORT:** [Gerry H] Clark W. is new Recording Secretary. Contributions are up, as is Bookstore revenue. Remind people that Bookstore has lots of great gifts.

**BOOKSTORE REPORT:** [Glenn C.] Sale book: Sale book for November will be Voices of Women in AA on sale for 20% off or \$10.80 plus tax. New book: Prayer and Meditation – AA members share the many ways they connect spiritually, selling for #13.49 plus tax. PST: Starts Sunday, November 7; bookstore will close at 5pm Mondays through Thursdays, open until 6pm on Fridays. Thanksgiving: the bookstore will be closed on Thanksgiving Day (November 25) and back open on the Friday after for holiday shopping!

### **COMMITTEE CHAIR REPORTS**

**OUTREACH:** [Ryan L.] No report **ACTIVITIES:** [Kristin P.] Nothing to report yet. **ALKATHONS:** [Natalie B.] Thanksgiving Alkathon has one as-yet-unhosted Meeting slot, 2-4 PM on Thanksgiving. Contact Natalie & Tanya R. if your group is willing to host this slot. Volunteers needed; Judah to post sign-up sheets on web site. Thanksgiving Alkathon hours are from 6PM Wednesday to 10 PM Thanksgiving Day.

### **COMMUNICATIONS/NEWSLETTER:**

[Ashley H.] Due date for submissions for December Newsletter is November 12. Ashley will collaborate with Natalie to publicize Alkathons.

**WEBMASTER:** [Judah N.] Will post Alkathon

Volunteer sign-up forms.

**SEMINARS:** [Rosa R.] October Seminar was good. December 15 Seminar will be on "How to Stay Sober During the Holidays.

TELESERVICE: [Deb D.] Absent. ICSC NOMINATING COMMITTEE: [Barry D., Eric, Marilyn] Seeking ICSC candidate for April election. All 3 Nominating Committee positions are up for election in February. Please publicize.

**UNITY DAY:** [Larry O] Absent.

### LIAISON REPORTS

**SOCYPAA:** [Jeff] No report

**SPANISH CENTRAL OFFICE:** [José G.] Meetings every Saturday from 4-6 PM. Traditions Workshop will be held Nov 7th & 11th, from 7-9 PM at the Spanish Central Office, 5959 Commerce Blvd., Rohnert Park. Lots of newcomers at meetings. Public Information is doing training. Preparing for State Assembly.

**HOSPITALS AND INSTITUTIONS:** [Jeff R.] No

**GENERAL SERVICE:** [James B.] No report. **BRIDGING THE GAP:** [Sam K.] Denise reports that BTG super busy. They will be hosting a forum on Nov 13 at Bethlehem Lutheran Church on St. Francis Rd. For details, see Events page on website.

**PI/CPC:** [Chris S.] PI/CPC is the public face of AA. We share information about alcoholism and AA. This past month we trained 3 speakers, did 6 DUI classes and 16 presentations at Petaluma high schools. Also delivered literature to many. In September, had a large and successful outreach forum for the community of professionals who deal with alcoholics. Meetings are at 7 PM, 2nd Wednesdays, via Zoom. We plan to return to meeting in person next year.

ACCESS SONOMA COUNTY: [Stephen R.] No Report

**OLD BUSINESS:** None discussed **NEW BUSINESS:** None discussed

**INTRODUCTION OF NEW BUSINESS:** None **CLOSE** with Responsibility Statement 8:20pm.

Respectfully submitted, Katherine C

### 4 Favorite A.A. Slogans for the Holidays

### Easy Does It

Happiness is not a race, and neither is recovery. In fact, any attempts to hack or crack them are likely to have the opposite effect. Happiness is achieved not in its reckless pursuit, but as a complement to other sensations and feelings of fulfillment. Recovery is much the same way, and you will get nowhere fast by attempting to speed-run it.

Go easy. Take time for yourself and your recovery. Be present and mindful, and find a physical or mental space from which you draw calm energy. You are on a long journey toward happiness and fulfillment; you have to go easy or you will never get there.

### First Things First

Some priorities change over time, but your sobriety should always come first. This holiday season, you might be especially tempted to move your priorities around, preferring to nail down the shopping list or hang out with family. That's completely fine, but your recovery must still come first. Remember, "Whatever you put before your sobriety, you are likely to lose."

If you want to balance all your priorities and have a good sober holiday, come prepared with a list of self-care techniques that help you re-invest in long-term sobriety. Then practice them, no matter the cost, on a regular schedule and whenever you feel the need.

### Live and Let Live

What a great reminder that we all do things differently, and that's okay. Maybe your uncle drives you nuts, or maybe your parents have holiday expectations or traditions that send you up a wall. Live and let live. Everyone has their own set of priorities, and everyone attempts to fulfill their needs differently. There's nothing wrong with that, so long as your sobriety isn't in danger.

Set boundaries whenever necessary, then tend to your own garden and let others tend to theirs. You should be all the calmer for it.

### Keep Coming Back

Family conflict and holiday stress can produce some uncomfortable emotions, causing old patterns to bubble up from beneath the surface. If you feel self-pity, fear or resentment creeping up, hit a meeting. You don't have to face those feelings alone. In fact, the halls of AA and other support groups will be filled with familiar faces, and plenty of recovering addicts and alcoholics\* will be navigating the holidays together.

Keep coming back. You can count on your community to have your back, to love you unconditionally and to help you get through the holidays relatively unscathed.

### **MEETING CHANGES**

GROUP RE-OPENINGS: SCIF will not dictate when or if each group can re-open.

That decision is to be made by each group.

PLEASE NOTIFY US ASAP SO WE CAN GET THE WORD OUT

### PLEASE 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 FINANCIAL SUMMARY - NOVEMBER 2021										
				NTY INTERGROUP						
			1	Financial Summary						
		Nov -21		Nov -20	Year	to Date	<u>2021</u>	2020	difference	
	Income	Expense	Net	Net	Income	Expense	Net	Net		
Group Supported:				Comparison				Comparison		
Central Office	-	(2,182)	(2,182)	(1,582)	-	(22,417)	(22,417)	(24,081)	1,664	
Groups	4,280	0	4,280	2,615	38,653	0	38,653	29,754	8,898	
Individuals	620	0	620	1,003	7,181	0	7,181	10,513	(3,332)	
Group Ins Collection	50	0	50	0	675	0	675	1,125	(450)	
Directories	0	0	0	0	0	0	0	(319)	319	
Pamphlets & Cards	0	0	0	0	0	(349)	(349)	(374)	24	
Newsletter	0	(400)	(400)	0	0	(400)	(400)	(1,066)	666	
Teleservice	0	(59)	(59)	(58)	0	(645)	(645)	(620)	(25)	
Interest/Bank Charges	0	0	0	0	0	0	0	25	(25)	
Subtotal	4,951	(2,641)	2,310	1,977	46,508	(23,812)	22,696	14,958	7,738	
Self Supported:									0	
Bookstore	5,174	(6,108)	(934)	(459)	52,778	(60,222)	(7,444)	(12,268)	4,824	
Group Ins Collection	50	0	50	0	675	0	675	1,125	(450)	
Alkathons	0	0	0	0		0	0	0	0	
Activities	0	0	0	0	0	0	0	(54)	54	
Seminars	0	0	0	0	0	0	0	0	0	
Unity Day	149	0	149	0	299	0	299	309	(10)	
Subtotal	5,373	(6,108)	(735)	(459)	53,753	(60,222)	(6,469)	(10,887)	4,418	
TOTAL Gain (Loss)	10,323	(8,749)	1,575	1,519	100,261	(84,034)	16,227	4,071	12,156	
	Assets & Liabilitie	es								
Cash in Bank & Petty Cash		68,465			Memo:	Cash in Bank & Pe	tty Cash	68,465		
Prepaid Expenses		3,572				Prudent Reserve		(40,649)		
Bookstore Inventory		16,251				Liabilities		(5,562)		
Property		<u>13,866</u>				adjustment		(2,778)		
Subtotal		102,155				Operating Reserve		<u>19,476</u>	net Gain	19,476
Liabilities		(5,535)								
Total Assets & Liabilities		96,620								

### **INTERGROUP TREASURER'S REPORT - NOVEMBER 2021**

Central Office income for November 2021 includes \$4,280 from Group Contributions, \$620 from individuals and \$50 from Group Insurance Collection for a total of \$4,951. Total expenses for November include \$2,182 for central office, \$59 for Teleservice and \$400 for newsletters leaving a subtotal gain of \$2,641.

The Bookstore income for November 2021 was \$5,174, unity day was \$149 and group insurance collection was \$50. Total expenses were \$6,108 leaving a subtotal loss of \$934.

Overall for this month we had a net gain of \$1,575.

Year to date our income is \$100,261 our expenses are \$84,034 leaving a gain of \$16,227.

In service, Buddy M, Treasurer

### **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)



### **A.A. HOTLINES**

Santa Rosa: (707) 544-1300 Español: (707) 623-6702



### **EMAIL SUBSCRIPTION LIST SIGNUP!**

If you are interested in receiving this monthly newsletter via email, please sign up to receive this newsletter and other important SCIF news straight to your inbox!

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

### **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

**NORCAL H&I** 

P.O. Box 192490 San Francisco, CA 94119-2490

**General Service Office** 

P.O. Box 2407 James A Farley Station New York, NY 10116-2407

California Northern Coastal Area - Treasurer

P.O. Box 884222 San Francisco, CA 94188

Sonoma County PI/CPC\*

PICPC, C/O General Service P.O. Box 536, Santa Rosa, CA 95402

SOCYPAA

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

### **CONTACT INFORMATION**

(All emails @sonomacountyaa.org)

### **SONOMA COUNTY INTERGROUP FELLOWSHIP OFFICERS**

Chair	Kevin H.	intergroup@
Vice Chair	Meghan A.	vice-chair@
Secretary	Katherine C.	secretary@
Treasurer	Buddy M.	treasurer@
Registrar	Hilary G.	registrar@

### **COMMITTEE CHAIRS**

Activities	Kristin P.	activities@
Alkathons	Natalie B.	alkathons@
ICSC	Carl M.	icsc@
Seminars	Rosa R.	seminars@
Outreach	Ryan L.	outreach@
Teleservice	Deb D.	teleservice@
ICSC Nominations	Barry D.	icscnic@

### COMMUNICATIONS

Newsletter	Ashley H.	newsletter@
Website	Judah	webmaster@
Meeting Changes	Russell	meetingchanges@

### **SONOMA COUNTY GENERAL SERVICE**

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

### **HOSPITALS AND INSTITUTIONS COMMITTEE**

Chair Steven H. handi@

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

Intergroup Liason \*\*VACANT\*\* socypaa@

\*funded solely through Sonoma County General Service

Suggestions for SCIF Newsletter Welcome!

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