Sonoma County Intergroup Fellowship

NEWSLETTER

JANUARY 2023



HAPPY NEW YEAR!!

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





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

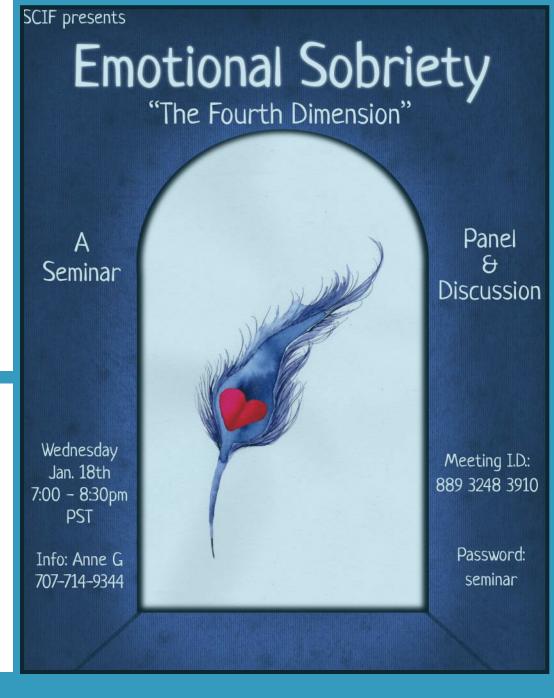
CLOSED on Sundays

No Upcoming Holiday Closures

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...

"Happy, Joyous and Free"

The first thing many AA members discover upon getting sober is often the last thing they expected: laughter. You may not realize that sobriety can be pretty darn amusing.

This collection of stories from AA Grapevine is full of light and humorous tales told by AA members about meetings, early mistakes, funny things sponsors say, navigating drinking events, holiday adventures and much more!

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Don't forget to check out our online ordering/shipping program at **sonomacountyaa.org** Link is on the first page under "Latest News".

Limited items available now and more will be added in the coming months!

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

GENERAL SERVICE

Finding Spiritual Fitness Through Service

I wanted to share with you about a year end practice I enjoy. I set aside some time to look back with gratitude on the past year, and look forward to some goals for the coming year. As I reflect on 2023 the first thing that comes to my mind is the question: how healthy is my spiritual fitness? What's working, are there areas I can improve on? This seems like a timely subject to share as the New Year approaches. I believe spiritual fitness means different things to different people. Experience in A.A. has taught me the rewards of spiritual fitness as it has become an integral part of the quality of my sobriety.

For me spiritual fitness means balance. To keep it simple I look at the A.A. symbol, the triangle - Unity, Recovery, Service. Unity means I stay in the middle of the program. I stick to the basics: a home group; working the Twelve Steps and Traditions with a sponsor; fellowship; prayer and meditation; service; learning to ask good questions. In this way I find balance in recovery and in my life. I get super squirrely when I veer too far away from these basics, even after some time in the program. I start to fall into the abyss of self-centered fear. To be honest, I've been feeling a bit stuck lately around some personal issues. However, I have come to appreciate and face these feelings with courage and awareness with the understanding that these stages in life are a part of recovery, a gestation of spiritual growth. I'm also reminded that alcoholism is an 'ism, not a "wasam".

With that said, the timing of saying "yes" to a service request to write a newsletter article could not have been more perfect. It has taken me out of my uncomfortable comfort zone, myself, and into service. It is actions like this, among others, that keep me renewed in sobriety. Doing the work, and giving away freely what I have found so that another alcoholic can possibly find comfort in recovery... I find that to be a highlight of the program. I also appreciate the spiritual essence of the program that is based on spiritual principals. It is through connecting with you, another alcoholic, that I get to experience my Higher Power. Being of service to the program of Alcoholics Anonymous has given me a deep sense of belonging. And that, without a doubt is the greatest spiritual fitness I have ever found.

I also wanted to share that a new panel in General Service has recently been selected. I am excited and looking forward to participating in serving District 12 with members of Panel 73.

If you are not yet involved in service and have been considering jumping in to the exciting world of service outside of your home group, there are MANY opportunities available: General Service, Intergroup, Hospitals & Institutions, PI/CPC, SOCYPAA, Bridging the Gap. Some are hybrid optional. You can start by finding your niche, going to one of the meetings of your interest, the meetings are posted on the Intergroup calendar. Make 2023 the year to have FUN in service as a means to exercise and develop YOUR spiritual muscle!

Wishing you all a safe, healthy, happy, sobriety!

Thank you for letting me be of service, Leticia O.

Outgoing District 12 Grapevine Chair, Incoming District 18 Liaison to District 12

PI/CPC

Are you interested in the work that goes into educating the public about alcoholics anonymous? Would you like to be a part of a working solution towards demystifying AA and informing people about how our organization functions?

If so, we need YOU on the PICPC committee. We have tried unsuccessfully to hold elections for committee positions these past two months, we are down to 3 or 4 people doing the jobs of many more. This committee functions well with closer to 16 people on it! Please come for next month's committee meeting for a great opportunity to step up your service.

The following positions are available:

Chairperson, Literature Coordinator, Dui program liaison, Monday dui class speaker coordinator, Tuesday & Friday dui class speaker coordinator, Wednesday & Thursday dui class speaker coordinator, Young offenders' dui class speaker coordinator, Veterans' liaison, Intergroup liaison, Speaker list coordinator, Sonoma Valley Fellowship liaison, SOCYPAA liaison, BTG liaison.

We are down to the bare bones on this committee. We could really use a rally of the local fellowship to ensure that the public stays tuned into AA and how it can help suffering alcoholics. Personally it's been the most interesting and profound service position I've ever held, the committee does so many things I hadn't even given thought to but am so grateful for as an alcoholic.

Please consider stepping up for a committee position! We meet the second Wednesday of every month at the bookstore, 7:30pm (speaker training at 7pm if you're interested in speaking at highschools/DUI classes).

--Jacob L, PI/CPC alt. Chair, H&I liaison, speaker trainer PICPC@Sonomacountyaa.org

H&I

On Wednesday, December 7, 2022, the Hospital and Institution Committee had a great turn-out with 65 members in attendance. As more facilities open their doors to H&I bringing the message in person, it is especially inspiring to see familiar faces, and a few new ones, willing to share their experience with the suffering alcoholic.

Please note that our Wednesday, January 4, 2023 H & I business meeting will be in person only, at our new location: Druid's Hall, 1011 College Ave, Santa Rosa.

We gave a warm welcome to the newest meeting reps: Zach F, Sonoma County Early Birds; Rick J, Drop The Rock, Cotati; John C, 7am Live, Sebastopol; James S., New Sobriety Group, Santa Rosa; Melisa S, MidWeek Madness, Santa Rosa; Gloria, Third Step, Windsor; Russ G, 12x12 at 12, Cotati ~ Thank you for your service!

Also, welcome to our visitors: Mike, Summer, Kimberly, Tony, Alan, Ivan, and Jason ~Keep Coming Back!

Happy December Sobriety Birthdays to Jim I. 38yrs, Cindy W. 37yrs, Laura 31yrs, Andrew D. 9yrs, Mike 5yrs, Bernadette 4yrs, Cat 3yrs, Russ 11 months. Together, they have over 127 years of sobriety; all done one day at a time.

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, January 4, 2023, at 6:15pm. The orientation begins at 5:45, and all are welcome to attend. The Committee business meeting and the orientation will be IN PERSON only at our NEW MEETING LOCATION at Druid's Hall, 1011 College Ave, Santa Rosa.

In service, Cat C.

MEETING ANNOUNCEMENTS

Cancelled meeting

"Lost and Found" Loc: Pet. Alano Club Time: 7:30PM

Coming back in person! (hybrid format)

"Sober Sisters" Loc: 167 N High St,

Sebastopol

Time: Tuesday @5:45PM

Closed Meeting
*Offers Childcare

Moving Location

"Monday night
Alcoholics Only"
Step Study
New Loc: 2000
Humboldt St., Santa
Rosa @ the First
Congregational
Church

Time: Monday @7:30PM Closed Meeting

New Meeting

"Destination
Meditation"
11th Step Meeting
Loc: 1102
University Ave.,
Healdsburg
Community Church
Time: Saturday
@8PM
(formerly known as
the "11th Step

Needs Support

"Young and Young at Heart" Loc: Ladybug Park Clubhouse 8517 Liman Way, Rohnert park Time: Wednesday @7PM

Coming back in person!

(hybrid format)

"Women's Perspectives" New Loc: 4930 Newanga Ave

Time: Tuesday @7PM

Open Meeting

Still offered via Zoom

SERVICE MEETINGS & EVENTS - JANUARY 2022

Group")

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
New Years Alkathon 12am-12am Ends @ Midnight	GENERAL SERVICE Meeting VIA ZOOM Email chairperson for Meeting ID 6:45pm New Rep Orientation 7:30pm Business Mtg	3	H&I Community of Christ Church 1495 W Steele Ln, Santa Rosa, CA 5:45 New Rep Orien. 6:15pm Business Mtg.	5	6	7
8	9 SCIF STEERING COMMITTEE In person at the AA Bookstore - 7:30PM 750 Mendocino Ave. Zoom sonomcounty- aa.org for meeting ID and password	10	PI/CPC Hybrid Meeting In person at the AA Bookstore Zoom ID: 961 8127 1048 / PW: Dist12GS 7:00 New Rep Orien. 7:30pm Business Mtg	ACCESS SONOMA COUNTY Meeting via Zoom Meeting ID: 934 2984 1277 Password: 804715 7:15pm Business Meeting	13 NEWSLETTER SUBMISSION DEADLINE - 5pm newsletter@ sonomacountyaa. org	14
SOCYPAA Sonoma County Alano Club 1050 Petaluma Blvd. N. Petaluma, CA 7:15pm Business Mtg.	16	BRIDGING THE GAP Please email btg@sonomacounty- aa.org for meeting and service info. 6pm New Rep Orien. 6:30pm Business Mtg	SCIF presents: "Emotional Sobriety" A Seminar, Panel and Discussion 7-8:30PM Zoom Only	19	20	21
22	23 SCIF INTERGROUP Hybrid Meeting In person at St. Luke Church 905 Mendocino Ave, Santa Rosa & Online via Zoom 7:30pm Business Mtg	24	25	26	27	28
29 January 2023	30	31	nty Intergroup Fello			Page 5

SONOMA COUNTY INTERGROUP FELLOWSHIP MEETING MINUTES

November 28th, 2022

The meeting opened at 7:30 with the Serenity Prayer and Preamble, followed by readings of Tradition 11 and Concept XI.

NEW REPS: Liam, Young and sober; John R, We're in the Now; Dennis, Good Neighbors; Lissa, Saturday Night Living Right; Steve, 7PM Men's Smokeless; How it Works, Sunday night Newanga; Chris, Saints and Sinners.

BIRTHDAYS SINCE WE LAST MET: Glenn 19 years

OFFICER REPORTS

CHAIR: [Kevin H.] Next month's business meeting will be via zoom only. All officer commitments up for election in January and committee positions in February.

VICE CHAIR: [Amber C.] Welcome new reps.

SECRETARY: [Katherine C.] Minutes of October General Meeting in December Newsletter; please send additions / corrections to secretary@sonomacountyaa.org.

TREASURER: [Meghan A.] Central Office income for October 2022 includes \$5,756.00 from Group Contributions and \$203.00 from Individuals and \$75.00 from Group Insurance for a total of\$6,034.00. Total expenses for October include \$2,155.00 from central office, \$955.00 from the Newsletter and \$59.00 from Teleservice for a subtotal gain of \$2,865.00. The Bookstore income for October 2022 was \$5,208.00, \$75.00 from Group Insurance and \$1,692.00 from Activities. Total expenses were \$6,317.00 for the bookstore and \$2,099.00 leaving a subtotal loss of \$1,441.00. Overall, for this month we had a net gain of \$1,424.00. Year to date our income is \$104,278.58, our expenses are \$91,016.26, leaving a gain of \$13,262.32.

REGISTRAR: [Hilary G] As of October 24th, there were a total of 213 groups here in Sonoma County offering a total of 385 meetings each week. There were a total of 46 reps in attendance. Meetings: In person: 237; Zoom: 121; Hybrid: 27. Reps: In person: 27; Zoom: 18; New Reps: 7

ICSC REPORT: [Clark] Adhoc expects to provide report by year end.

BOOKSTORE REPORT: [Glenn C.] Online ordering should be available soon on the SonomaCountyAA website. Don't forget to shop at the bookstore for holiday gifts for your sober friends. The sale book for December is One Big Tent, for sale at \$11.18.

COMMITTEE CHAIR REPORTS

OUTREACH: [Ryan L.] No report. **ACTIVITIES**: [Kristin P.] No report.

ALKATHONS: [Jeff L.] Alkathons were awesome. So many volunteers showed up to help. Interesting fact: 80% of the volunteers had under 1 year of sobriety. If you'd like to volunteer for Christmas or New Years alkathon, please use sign up sheet online and do it at least 3 days before event as I will not be looking at the list afterwards. Also, thank you to all who brought food. We had an abundance of leftover desserts. Looking for a more balanced food donation for Christmas and NYE.

COMMUNICATIONS/NEWSLETTER:[Ashley H.] December 16th is the deadline for January newsletter.

WEBMASTER: [Hal P.] Any updates please use contact form or send to webmaster@sonomacountyaa.org. Please allow one week.

SEMINARS: [Ann G.] January Seminar will be on "Emotional Sobriety".

TELESERVICE:[Stacy T.] No big updates – running smoothly.

ICSC NOMINATING COMMITTEE: [Vernon]

Election February. Two-year sobriety requirement, one year commitment.

LIAISON REPORTS

SOCYPAA: [Alex E.] Nightmare before Christmas dance party 8:30 Steele and Range

SPANISH CENTRAL OFFICE: [Vacant].

BRIDGING THE GAP: [Megan] Business meeting Third Tuesday at 6:30 pm, zoom only. Need people to take meetings into facilities – six month sobriety requirement. Elections for all positions coming up..

GENERAL SERVICE: [Denise G.] Elections 11/5 new panel; local elections coming up for new panel.

PI/CPC: [Chris S.] Tonight I'm urging GR's and everyone else here tonight to announce to your groups that the PICPC committee is holding elections for most of our facilitators and coordinators who keep track of and report to the committee on our various activities: DUI class coordinator who connects with the County manager; Facilitators who assign speakers to daily classes, Literature Coordinator who orders and maintains, books, pamphlets, QR code cards, paper meeting schedules, and maintains the google doc inventory list. The merchandise is housed in the bookstore office. Veterans outreach coordinator, PICPC chair and alternate Chair and members who will deliver literature throughout the county. NO experience is necessary, we will help you with training. Please come to our in-person and zoom meeting at the bookstore on the second Wednesday at 7PM for speaker training and 730PM for the election December 14th. Questions? picpc@sonomacountyaa.org / 707-495-3196

ACCESS SONOMA COUNTY: [Sam] Open service positions available. Business meeting second Thursday via zoom. Putting ideas together to hold spring/summer workshop.k is new Area coordinator. Need speakers to go into half-way places.

OLD BUSINESS: None.

NEW BUSINESS: None.

Group Representative Sharing: Monte Rio needs support. Sober Sunday 10:00 a.m. Moving to Center for Spiritual Living.

Meeting adjourned with the Responsibility Statement.

-In Service, Meghan L.

Summation provided by Amber C.

	SCIF	FINAN	CIAL	SUMM	ARY -	NOVEN	ABER 2	2022		
				Y INTERGRO						
				nancial Summa		_				
		Nov-22		Nov-21		to Date	<u>2022</u>	<u>2021</u>	difference	
	Income	Expense	Net	Net	Income	Expense	Net	Net		
Group Supported:				Comparison				Comparison		
Central Office	-	(2,232)	(2,232)	(2,182)	-	(25,039)	(25,039)	(22,417)	(2,621)	
Groups	3,907	0	3,907	4,280	43,518	0	43,518	38,653	4,865	
Non-Cash	0	0	0	0	655	0	655		655	
Individuals	1,324	0	1,324	620	5,275	0	5,275	7,180	(6,525)	
Group Ins Collection	25	0	25	50	1,025	0	1,025	675	350	
Directories	0	0	0	0	0	0	0	0	0	
Pamphlets & Cards	0	(93)	(93)	0	0	(303)	(303)	(349)	47	
Newsletter	0	(300)	(300)	(400)	0	(3,050)	(3,050)	(400)	(2,650)	
Teleservice	0	(59)	(59)	(59)	0	(643)	(643)	(645)	3	
Interest/Bank Charges	0	0	0	0	0		0	0	(0)	
Subtotal	5,257	(2,684)	2,572	2,310	50,473	(29,034)	21,439	22,696	(1,257)	
Self Supported:										
Bookstore	6,279	(7,131)	(852)	(934)	60,241	(68,800)	(8,559)	(7,581)	(978)	
Group Ins Collection	25	0	25	50	1,025	0	1,025	675	350	
Contributions	0	0	0	0	305	0	305	0	305	
Alkathons	0	0	0	0	0	0	0	0	0	
Activities	0	0	0	0	3,745	(2,967)	778	330	448	
Seminars	0	0	0	0	0	0	0	0	0	
Unity Day	0	0	0	181	0	0	0	0	0	
Subtotal	6,304	(7,131)	(827)	(702)	65,316	(71,767)	(6,451)	(6,576)	125	
TOTAL Gain (Loss)	11,561	(9,815)	1,746	1,607	115,789	(100,801)	14,988	16,120	(1,132)	
Ass	ets & Liabil	ities			2022					
Cash in Bank & Petty Cash 71,989		71,989			Memo:	Cash in Bank 8	Retty Cash	71,989		
Prepaid Expenses 4,844		4,844				Prudent Reser	ve	(40,649)		
Bookstore Inventory		18,841				Liabilities		(12,373)		
Property		12,409								
Subtotal		108,083				Operating Rese	erve	<u>18,967</u>	net Gain	18,967
Liabilities		(12,373)								
Total Assets & Liabilities	s	95,710								

INTERGROUP TREASURER'S REPORT - NOVEMBER 2022

Central Office income for November 2022 includes \$3,907.00 from Group Contributions and \$1,324.00 from Individuals and \$25.00 from Group Insurance for a total of \$5,256.00.

Total expenses for November include \$2,232.00 from central office, \$93.00 from pamphlets & cards, \$300.00 from the Newsletter and \$59.00 from Teleservice for a subtotal gain of 2,572.00.

The Bookstore income for November 2022 was \$6,279.00 and \$25.00 from Group Insurance. Total expenses were \$7,131.00 for the bookstore, leaving a subtotal loss of \$827.00. Overall, for this month we had a net gain of \$1,745.00.

Year to date our income is \$115,789.00, our expenses are \$100,801.00, leaving a gain of \$14,988.00.

In service, Megan A., 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!

Sign-up 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

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Sonoma County General Service

P.O. Box 536 Santa Rosa, CA 95402

NORCAL H&I

P.O. Box 192490 San Francis<u>co, CA 94119-2490</u>

NY General Service Office

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

California Northern Coastal Area 06

1390 N. McDowell Blvd Suite G – 339 Petaluma, CA 94954

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	Amber C.	vice-chair@
Secretary	Katherine C.	secretary@
Treasurer	Meghan A.	treasurer@
Registrar	Hilary G.	registrar@

COMMITTEE CHAIRS

Activities	Kristin P.	activities@
Alkathons	Jeff L.	alkathons@
ICSC	Justin C.	icsc@
Seminars	Ann G.	seminars@
Outreach	Ryan L.	outreach@
Teleservice	Stacey T.	teleservice@
ICSC Nominations	Kyle P.	icscnic@

COMMUNICATIONS

NewsletterAshley H.newsletter@WebsiteHal P.webmaster@Meeting ChangesAshley H.newsletter@

SONOMA COUNTY GENERAL SERVICE

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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 Patrick P. handi@

SONOMA COUNTY SPANISH CENTRAL OFFICE

Intergroup Liason Vacant

Suggestions for SCIF Newsletter Welcome!

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