

Sonoma County Intergroup Fellowship

NEWSLETTER

APRIL 2023



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

EXTRA! EXTRA! READ ALL ABOUT IT!

MEETING CHANGES AND URGENT INFO IN SONOMA COUNTY

SUNDAYS - STILL MEETING

"NATIVE AMERICAN"

open meeting 4PM - online

Zoom ID: 430 463 1205

IN-PERSON AND ONLINE

"A Vision for You" Big Book

Study. Meeting again at

1717 Yulupa Ave. Santa

Two meetins started at

Fife Creek Commons

Community room Upstairs

Tuesday 8pm as of 2/28/23

Guerneville Beginners

Group

Friday 8pm as of 3/3/23

Young at Heart Group

NEW MEETING as of 3-21-
23

"Recovery in the Red-
woods"

(R n' R) 6-7pm TUESDAYS

LOST SECRETARY BAG

Does anyone remeber who the secretary was for "A
Vision for You" back in March of 2020???

Meeting is Tuesdays at 1717 Yulupa Ave.

Any ideas, tips, or info please contact Gail

gailbeth52@gmail.com

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.

SONOMA COUNTY INTERGROUP FELLOWSHIP BOOKSTORE

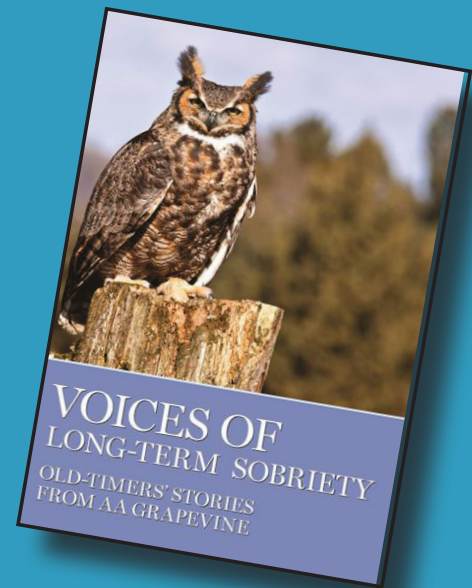
BOOKSTORE HOURS HAVE CHANGED

As of 3/13/23 we're now open from 10am to 6pm, Monday through Friday, and (as usual) Saturday 11am to 3pm. Closed Sundays.

Sale Book for April is...

"Voices of Long-Term Sobriety"

This Grapevine collection includes 42 stories from long-time members who arrived at Alcoholics Anonymous from "a dark place where there seemed nowhere else to go." You'll meet Keith, who hid behind a bush to see what AA members looked like before he ventured in his first meeting, and Norman, who lost his lifelong dependence on his best friend--alcohol--but gained 30 years of sobriety. AA's valued long-time members are here to tell us: "Life happens, don't drink, go to meetings, trust the principles of AA and be willing to stay willing."



\$10.80 + tax.

With the perspective of decades of successes and failures, losses and fulfillment, these inspirational stories illustrate that sobriety is a journey, not a destination.

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 - Fri: | 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)

Bookstore Volunteers Needed!

- One year sobriety required along with working knowledge of the steps and traditions.
- Experience with retail sales and working with computer software preferred.
- Shifts are 4 hours each, twice a month.

GENERAL SERVICE

The Spiritual Life is not a Theory

I came into A.A. with a belief that everything happens for a reason, at the time it's meant to (even if the reasons are unknown). I believe that to be true, even more so today. What I've learned through working this program of recovery, is that rather than resistance or force, the act of surrender is vital step I must continue to take if I want to keep the life of freedom and happiness, which I can honestly and gratefully say I am living today.

My first three years of sobriety I attended innumerable meetings, but I had not worked the 12 steps nor taken a commitment to be of service, as suggested. Although crucial for me, solely eliminating alcohol was clearly not creating the life I wanted; my pain and misery had actually been growing. Finally, I became willing to go to any lengths.

About a year after completing the steps with my sponsor, feeling happy – joyous – free for the first time in sobriety and in life, I received an email inviting me to a Workshop Planning Committee Meeting. At the time I didn't know the sender, how they got my email address, or how my presence could possibly be of any use to this committee, or to me. I could have justified ignoring the email. Old me definitely would have. But the new me, the one I wanted to be, remembered that sometime all I need to do is show up in order for something to happen for which I'll later be grateful for.

That meeting turned out to be the Planning Committee Meeting for an upcoming Access Workshop. I felt so welcomed by this group of fellows that I kept showing up for these weekly planning meetings. I had no formal role or commitment, but I think I had helpful ideas along the way. Then I was asked if I'd be willing to Emcee the workshop. I was terrified but willing. Willingness to show up and do the best of my ability; it hasn't failed me yet. This year I was elected Chair of the Access, a sub-committee of **General Service**. I attend our monthly Committee Meeting, as well as our monthly meetings for our district, officers, and area. I am surrounded by a growing group of my fellows; most of whom have far more general service experience than I have, and all have shown me encouragement and support.

I didn't know where the path would lead when I read that email, but I chose not to resist its suggestion. Rather I surrendered and showed up with nothing except an open mind and a bit of faith. My heart is filled with gratitude for the friendships and experiences I am gaining through being of service. Access Committee has become a significant part of my recovery and it plays an important role within our fellowship as well as for those who may have not yet found all that A.A. has to offer. We are dedicated to helping make A.A. accessible to everyone who reaches out for help.

Access is now planning another workshop for which we are gathering information. There will be a survey circulating our fellowship, locally, soon. It will ask members about what topics are of interest. When you see it, please take the time to provide your feedback. If willing, make yourself available to help plan the workshop. Or show up to another committee's meeting. All you need to bring is an open mind and a bit of faith.

This suggestion from an anonymous friend could be your opportunity to walk a path that may lead to more joy and love than you can imagine today.

We have to live it.

Sam T.

Access meets the 2nd Thurs of the month at 7:15pm on zoom.

Meeting ID: 934 2984 1277

Passcode: 804715

We can be also be reached at asc@sonomacountyaa.org

PI/CPC

I recently got involved in PI/ PCP in December of last year. I heard from a few folks that just a couple people were pretty much running the whole deal. I thought I might step up and try and help. I have been around the AA program for quite a few years and never really understood what this group's focus was until now.

Turns out that PI / PCP stands for **Public Information / Cooperation with the Professional Community**. We work with school's, hospitals, libraries, and other groups to share the A.A. program with them . We focus on the purpose and general information to get the A.A. program known to these various groups. The 12 steps and 12 traditions are introduced along with the concept of anonymity and how it is preserved.

I am currently serving as a speaker coordinator for the D.U.I .classes, which are on zoom at this time . Two members from the program share their experience and knowledge of the A.A. program at these classes. The first speaker lists the basic information to the group while the second speaker shares a little about how the program works in their life. We are continuously adding members to our speaker list, which has been established for many years now . What I have learned from the committee members is that we share our experience... We are not experts in the recovery process.

Please consider adding yourself to our list. A speaker orientation is done once a month at the business meeting, which is held the 2nd Wednesday of the month. Please check the calendar fr details.

I can help get you started on this journey and our speaker coordinator Ed M. will get you all the information you need to start. Thank you for letting me be of service!

Mark J markjohn25221@gmail.com

H&I

Hospital and Institution Committee. On Wednesday, March 1, 2023, the Hospital and Institution Committee Business Meeting was held at Druid's Hall, in Santa Rosa.

A warm welcome to our newest meeting reps: Kathleen H, The Rooms, Sebastopol, Mon-Sat 12:15pm and Sunday @ 3pm - Patrick M, Attitude Adjustment, Santa Rosa, Daily 7am - Chris B, BYOBB, Santa Rosa, Friday 7:30pm - Rick C, Tuesday Night Elim, Petaluma, Tuesday 7pm - Aaron S, Petaluma Alano Club, Petaluma, Wed, Thu, Sa 5pm - Paul L, Ladybug Park Meetings, Rohnert Park, Wed, Thurs, & Sat - Patty R, Healdsburg Group, Healdsburg, Friday 8pm - Jared B, Harmony Group, Santa Rosa, Monday 7pm - Lucas H, Newcomers, Santa Rosa, Thursday 7pm - Cynthia F, Kenwood Group, Kenwood, Wednesday 7pm - Patrick K, Petaluma Alano Club, Petaluma, Daily. ~Thank you for your service.

Also Welcome to our visitors: Patrick, Madison, Scott.~ Keep coming back!

Sobriety birthdays for March: Jeff F, 17yrs (February), Michael 14yrs, Liz 10yrs, Michael R. 5yrs, Amanda 4yrs, Dulce 2yrs, Lane 9 months. ~ Together they represent over 52 years of staying sober one day at a time.

Do you pass the pink can at your homegroup? If yes, Great.

But...

Did you know?

If you are not coming to the monthly H&I business meeting, and you're an H&I rep, you are missing out on experiencing the best part of your commitment!! Come to the next H&I business meeting, held the first Wednesday every month at Druid's Hall, (check the calendar for info)and discover ways to better serve your group.

You will find ways to share the gifts of sobriety with the confined alcoholic. And enjoy fellowship with other service-minded members. The next business meeting is on Wednesday, April 5, 2023, at 6:15pm. New Rep orientation begins at 5:45 same day and location, and all are welcome to attend. Both the business meeting and the orientation will be held at Druid's Hall, 1011 College Ave, Santa Rosa. See you there!




In service,
Cat C.



*April 1. This is
the day upon which
we are reminded of
what we are on the
other three
hundred and sixty-
four.
Mark Twain*



SERVICE MEETINGS & EVENTS - APRIL 2023

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|--|---|---|---|
| 2 | 3 GENERAL SERVICE Meeting VIA ZOOM Email chairperson for Meeting ID 6:45pm New Rep Orientation 7:30pm Business Mtg | 4 | 5 H&I Community of Christ Church 1495 W Steele Ln, Santa Rosa, CA 5:45 New Rep Orien. 6:15pm Business Mtg. | 6 | 7 | 1/8  |
| 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 | 12 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 | 13 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, CA 7:15pm Business Mtg. | 17 | 18 BRIDGING THE GAP Please email btg@sonomacounty- aa.org for meeting and service info. 6pm New Rep Orien. 6:30pm Business Mtg | 19 | 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 |
| 30 |  | | | | | |

SCIF FINANCIAL SUMMARY - JANUARY 2023

| | | | | | | | | | | |
|---|----------------------|----------|-------|-------------------------------------|--|--------------------|---------------------------|---------|----------|------------|
| revision #1 03/12/2023 | | | | SONOMA COUNTY INTERGROUP FELLOWSHIP | | | | | | |
| | | | | Financial Summary | | | | | | |
| | | | | | | | | | | |
| | | Jan-23 | | Dec-22 | | Year to Date | 2023 | 2022 | | difference |
| | In- | Ex- | Net | Net | | In- | Expense | Net | Net | |
| | | pense | | | | come | | | | |
| Group Supported: | | | | Comparison | | | | | Compari- | |
| | | | | | | | | | son | |
| Central Office | - | (2,811) | | (2,329) | | - | (2,811) | (2,811) | (2,329) | (481) |
| Groups | 6,832 | 0 | 6,832 | 7,140 | | 6,832 | 0 | 6,832 | 7,141 | (309) |
| Non-Cash | 0 | 0 | 0 | 0 | | 0 | 0 | 0 | 0 | 0 |
| Individuals | 761 | 0 | 761 | 272 | | 761 | 0 | 761 | 272 | (272) |
| Group Ins Collection | 75 | 0 | 75 | 75 | | 75 | 0 | 75 | 75 | 0 |
| Directories | 0 | 0 | 0 | 0 | | 0 | 0 | 0 | 0 | 0 |
| Pamphlets & Cards | 0 | (111) | (111) | 0 | | 0 | (111) | (111) | 0 | (111) |
| Newsletter | 0 | (340) | (340) | (200) | | 0 | (340) | (340) | (200) | (140) |
| Teleservice | 0 | (59) | (59) | (58) | | 0 | (59) | (59) | (59) | 0 |
| Interest/Bank Charges | 0 | 0 | 0 | 0 | | 0 | 0 | 0 | 0 | 0 |
| Subtotal | | (3,320) | 4,348 | 4,899 | | 7,668 | (3,320) | 4,348 | 4,899 | (551) |
| Self Supported: | | | | | | | | | | |
| Bookstore | 5,743 | (3,465) | 2,278 | (1,274) | | 5,743 | (3,465) | 2,278 | (1,274) | 3,552 |
| Cost of Sales | | (3,457) | | | | | (3,457) | (3,457) | | (3,457) |
| Group Ins Collection | 75 | 0 | 75 | 75 | | 75 | 0 | 75 | 75 | 0 |
| Contributions | 0 | 0 | 0 | 0 | | 0 | 0 | 0 | 0 | 0 |
| Alkathons | 0 | (480) | (480) | 0 | | 0 | (480) | (480) | 0 | (480) |
| Activities | 0 | 0 | 0 | 0 | | 0 | 0 | 0 | 0 | 0 |
| Seminars | 0 | 0 | 0 | 0 | | 0 | 0 | 0 | 0 | 0 |
| Unity Day | 0 | 0 | 0 | 0 | | 0 | 0 | 0 | 0 | 0 |
| Subtotal | | (7,401) | | (1,199) | | 5,818 | (7,401) | (1,584) | (1,199) | (385) |
| TOTAL Gain (Loss) | | (10,722) | 2,765 | 3,700 | | 13,486 | (10,722) | 2,765 | 3,700 | (936) |
| | | | | | | | | | | |
| | Assets & Liabilities | | | | | 2022 | | | | |
| Cash in Bank & Petty Cash | | 69,337 | | | | Memo: | Cash in Bank & Petty Cash | | 62,837 | |
| Reserve | | (6,500) | | | | | Prudent Reserve | | (32,246) | |
| Prepaid Expenses | | 4,242 | | | | | Liabilities | | (5,311) | |
| Bookstore Inventory | | 17,132 | | | | | Contribution 2022 | | (19,101) | |
| Property | | 12,615 | | | | | Operating Reserve | | 6,179 | net Gain |
| Subtotal | | 96,826 | | | | | | | | |
| Liabilities | | (5,311) | | | | Contribution 2022 | | | \$ | |
| Total Assets & Liabilities | | 91,515 | | | | | | | 18,610 | |
| | | | | | | GS Sonoma County | 40% | | 7,444 | |
| | | | | | | GS Area 06 | 30% | | 5,583 | |
| | | | | | | GS NY | 30% | | 5,583 | |
| | | | | | | Total Distribution | | | 18,610 | |
| Notes: January | | | | | | | | | | |
| 1. Reserve cash \$6500 | | | | | | | | | | |
| 2. Reduced Accounts Payable \$7087 | | | | | | | | | | |
| (reversed 12/31/2021 accrual) | | | | | | | | | | |
| (reversed old Accounts Payable Balance) | | | | | | | | | | |

INTERGROUP TREASERER'S REPORT - JANUARY 2023

January 2023 - Central Office

Total income for January 2023 includes \$**6,832** from Group Contributions, \$**761** from Individuals and \$**75** from Group Insurance for a total income of \$**7,668**.

Total expenses for January include \$**2,811** from central office, \$**111** from pamphlets & cards, \$**340** from the Newsletter and \$**59** from Teleservice for a subtotal gain of \$**4,347**.

The Bookstore income for January 2023 was \$**5,743** and \$**75** from Group Insurance.

Total expenses were \$**3,465** for the bookstore, \$**3,457** for cost of sales and \$**480** for the alkathons leaving a subtotal loss of \$**1,584**.

Overall, for this month we had a net gain of \$**2,763**.

Year to date our income is \$**13,486**, our expenses are \$**10,723**,

leaving a gain of \$**2,763**.

In Service,

Meghan L.

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

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

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 | Joe S. | intergroup@ |
| Vice Chair | Kristin P. | vice-chair@ |
| Secretary | Hilary G. | secretary@ |
| Treasurer | Meghan A. | treasurer@ |
| Registrar | Ellen W. | registrar@ |

COMMITTEE CHAIRS

| | | |
|------------------|-----------|--------------|
| Activities | Shauna C. | activities@ |
| Alkathons | Angel | alkathons@ |
| ICSC | Justin C. | icsc@ |
| Seminars | Ann G. | seminars@ |
| Outreach | Vacant | outreach@ |
| Teleservice | Stacey T. | teleservice@ |
| ICSC Nominations | Kyle P. | icscnic@ |

COMMUNICATIONS

| | | |
|-----------------|-----------|-------------|
| Newsletter | Morgan P. | newsletter@ |
| Website | Hal P. | webmaster@ |
| Meeting Changes | Hal P. | webmaster@ |

SONOMA COUNTY GENERAL SERVICE

| | | |
|------------------------|-----------|-----------------|
| DCMC | Denise G. | generalservice@ |
| Treasurer | Shelly J. | treasurer-gs@ |
| Registrar | Jenni H. | registrar-gs@ |
| Archivist | Nan B. | archivist-gs@ |
| Grapevine | Blake B. | grapevine@ |
| Access Sonoma County | Sam T. | asc@ |
| Bridging the Gap Chair | Robert K. | btg@ |
| PI/CPC | Eileen L. | picpc@ |
| Interpret/Translation | Larry V. | 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