



SONOMA COUNTY INTERGROUP FELLOWSHIP

OCTOBER 2023

NEWSLETTER



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

ALCOHOLICS ANONYMOUS

S.G. DIST. 12 | H+I | INTERGRUPO | SOCYPAA | IP/CCP | ULO |
ACCESS | TELESERVICE | ARCHIVOS | S.G. DIST. 18

DÍA DE LA UNIDAD

CONDADO DE SONOMA AA

SÁBADO, OCTUBRE 14TH, 10AM-3PM

PLANTANDO SEMILLAS
DE SERVICIO



1000 GRAVENSTEIN HIGHWAY NORTH
SEBASTOPOL, CA 95472

CRONOGRAMA

- REGISTRÓ 9:30AM
- PANELES DE SERVICIO
- REUNIÓN DE SOBRIEDAD
- ALMUERZO
- SORTEO DE CESTA
- CUENTA REGRESIVA DE SOBRIEDAD
- INTERPRETACIÓN INGLÉS/ESPAÑOL Y RADIOS DE ESCUCHA ASISTIDA
- Y MÁS!

ÚNASE A NOSOTROS EN
PERSONA DURANTE UN DÍA
PARA INTERCAMBIAR IDEAS
Y EXPERIENCIAS,
DIVERTIRSE Y FOMENTAR
LOS TRES LEGADOS DE AA:
RECUPERACIÓN, UNIDAD Y
SERVICIO.

para ser voluntario enviar
correo electrónico
unity23day@gmail.com

GENERAL SERVICE DISTRICT 12 | H&I | INTERGROUP | SOCYPAA | PI/CPC | BTG | ACCESS |
TELESERVICE | ARCHIVES | GENERAL SERVICE DISTRICT 18

SONOMA COUNTY AA

UNITY DAY

SATURDAY, OCTOBER 14TH, 10AM- 3PM

PLANTING SEEDS
OF SERVICE

1000 Gravenstein Highway
North, Sebastopol CA 95472

please join us in person for a day
to exchange ideas and experiences,
have fun, and foster the three
legacies of AA: RECOVERY,
UNITY, and SERVICE

THE SCHEDULE OF THE DAY INCLUDES

- REGISTRATION BEGINS 9:30AM
- SERVICE PANELS
- SOBRIETY MEETING
- LUNCH
- BASKET DRAWING
- SOBRIETY COUNTDOWN
- ENGLISH/SPANISH INTERPRETATION & ASSISTED LISTENING RADIOS
- & MORE

To volunteer, send an email with name,
phone number and home group to
Unity23day@gmail.com

Unity Day Planting Seeds of Service

We're looking for donations and baskets for a
drawing during Unity Day 2023!

Where: Unity Day is October 14, 2023 at the Community
Church in Sebastopol, 1000 Gravenstein Hwy N, Sebastopol,
CA 95472.

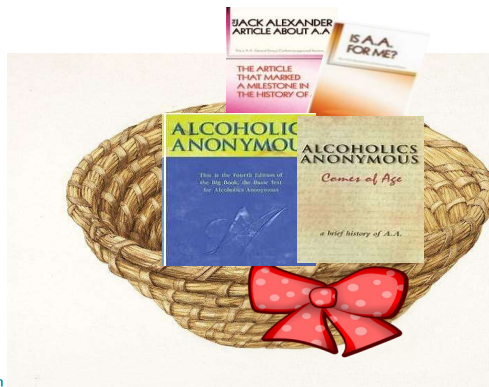
Who: Groups or individuals can donate

What: Connect it with AA / recovery / working a program /
service / unity / newcomers / oldtimers / LGBTQ / etc...

- Books or recovery materials from outside sources
- AA Literature and pamphlets
- Donated items/services from the community
- Include a list of the basket's contents.
- Mug & surprise gift provided by Unity Day Committee. Baskets will be wrapped by the committee.

When: Due at the Bookstore by 10/7/23

Questions - contact MaryEllen Wernett at unity23day@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

S C I F MEETING MINUTES

August 28, 2023. The meeting opened at 7:30 with the Serenity Prayer and Preamble, followed by readings of Tradition 8 and Concept VIII. **Introduction of New Representatives:** Rich; not taking a trip; Shawna, 12 and 12 @12: Erica, hens on the hill; Kathy, Wednesday Woman's lunch bunch; Kiki, Fridays nooner; Erica, River Woman's; Rjuna, Sebastopol on-line promises; Stephanie, Hana boys center; Spencer, Saints and Sinners; Shelby, young and sober. **Birthdays since we last met:** Justin 10yrs, Meghan 11yrs, Spencer 5yrs, Gloria 3yrs, Angel 48yrs, Lance 20yrs, Joe 8yrs. **OFFICER REPORTS: Chair: (Joe S)** We have a secure location for Thanksgiving and New Years. We have 2 spots in mind for Christmas, but nothing is secure. If you have any leads let us know. Meeting schedules are available at the bookstore. **Vice Chair: (Kristin P)** Listen to summation of the meeting notes for most up to date info. Jeff will help with the Alkathons, we will need help. There are a ton of ways to be of service. More info is in the newsletter for planning meetings. Lottery will happen next month; reps please be present for that. **Secretary: (Hilary G)** Please email secretary@sonomacountyaa.org with committee and liaisons reports. **Treasurer: (Meghan L)** Important to take notes from the actual meeting for current info. The bookstore income for July 2023 was \$5,622. Cost of good total \$5,397. Total expenses for July were \$3,784 for a subtotal loss of \$3,399. Central office income for July 2023 was \$8,092. Total expense for July were \$4,308 for a gain of \$3,784. Activities income totals \$497. Activities expenses total \$0 for a subtotal gain of \$497. Overall, this month we had a net gain of \$882. Year to date our income is \$89,693, total cost of goods is \$30,896 and our expenses are \$52,217, leaving a gain of \$4,580. Other expenses include a correction to the reporting of annual contributions for a total of \$10,000. Overall, there is a total loss of \$5,420. **Registrar: (Ellen W)** As of July 2023 there were a total of 237 groups here in Sonoma County offering a total of 421 meetings each week. There was a total of 44 reps in attendance and 5 were new. Reps: Zoom 21, In-person 25, New reps 5. Meetings Zoom 126, In person 266, Hybrid 29. **Committee Reports ISCS: (Lance B):** You are on notice- We just did a CPI(inflation) increase. Want to increase \$8000. \$33,613.00 for inflation. Going into effect 40 days from now. Raising inventory levels have raised our sales! Please ask questions about our financials, this is all of our money. We need some more volunteers in the bookstore. We may have a survey about the likes and dislikes of bookstore hours, down the road. **BOOKSTORE: (Bob)** We have Cool hoodies and sweatshirts! Keep the donations of used books coming, they help. You can buy stuff online and pick up order at the bookstore. Sale Book "Voices of woman in AA" \$14.80+ tax. **OUTREACH:(Will J)** 3X's/month I check different meeting to see if intergroup are present @ meetings. Flyer for Unity Day is in Newsletter- Oct 14th "Planting seeds of service" **ACTIVITIES:(Shauna)** Flyer for Halloween meeting and Dance- working on details- more to come!

ALKATHONS: (Angel) Alkathons Lottery coming up next month. Intergroupeps need to be in Attendance. We will use the Bethlehem Lutheran Church for Thanksgiving & New Years Alkathons this year. sonomacountyaa.org there is a sign-up sheet to help. We need you!! **NEWSLETTER: (Morgan P)** October newsletter deadline 5pm on Sept 15th. November deadline will be Oct 15th. Planning ad hoc Sept 12th @ 3pm, Bookstore. It will be finalized time written at the bookstore on Calander. **WEBMASTER: (Hal P)** Working on website, need 5-7 days to get back to you. You can use the "contact us" on website. **SEMINARS: (Anne G)** Last Seminar was a success. September 20th 7-8:30pm on Zoom only. Seminar on Meditation. Panel discussions "Meditation" **TELESERVICE: (Stacy T)** 1 Position on hotline open -Friday night 10pm-8am. 1yr of sobriety and working knowledge of the steps is required. **ICSC NOMINATING COMMITTEE: (Gerry H)** Responsibility to regulate and oversee the bookstore. Please help and be a part of the solution. Looking for 2 nominees in October. **Liaison Reports: SOCYPAA:(Alex T)** 63rd conference is in California International Young PPL in AA Sept 1-4. Grand Marquis Hotel in SF. We won the bid for SWAKYPAW, we need your help. We will have elections Sept 10@ 1pm at Petaluma Alano Club. **SPANISH Central Office: (Vacant) H&I:(Larry)** H&I serves 14 rehabs in Sonoma County. Please encourage ppl to donate generously to the pink can and reps to attend the main meeting. We meet at the Center for Spiritual living the 1st Wednesday of the month new rep 5:45 and main meeting 6:15. San Quinton Survivors need sponsors. Welcome back to the Athena House. There is a bunch of financial details you can get if you email sonomacountyaa.org. **GENERAL SERVICE: (Denise G.)** Aug 12 CNCA 328 members attended. Area business conducted. November 4th is the fall Assembly in Monterey on inventories. First draft of plane language Big Book has been completed- it's under review, positive reports. Sept 4th is the next meeting at Faith Lutheran Church. Planning meetings for Unity Day have begun, email unity2023day@gail.com for more info. **BRIDGING THE GAP:(Denise)** New Chair will be at the next meeting. 3rd Tuesday of every month on zoom. **PICPC: (Brett):** looking for literature coordinator and someone to pass it out. 2nd Wednesday/month @ bookstore 6:30pm. **ACCESS SONOMA COUNTY: (Sam)** Our Mission is to help anyone anywhere get to a meeting. The surveys in the newsletter were helpful and "mental health" was the top topic for seminars. New statement of purpose has passed and will be updated soon. We usually have 6 members; we need more volunteers. 2nd Thursday @ 7:15 zoom, info on intergroup website. We need to know when and where childcare is available @ meetings. **OLD BUSINESS:** Alkathons update, and Unity Day is coming up. **NEW BUSINESS:** Alkathons Budget will be here before September. Reps be here at next meeting if your group wants to participate. Group Representative: None. Summation provided by Shauna Meeting adjourned with the Responsibility Statement at 8:34pm **-In Service Hilary Gonzalez**

Meeting and service updates:	-Wed's 7:30p	-Fri's 7:30p	-Mon's 7:15p	-Sat's 8:00p	-Thurs's 7:45p	-7p Monday	Meeting changes continued on page 3.
-teleservice.	South End	South Park	women's Otra	11th step	Young Bucks	Madness on	
all positions	Solutions	Survivors	Oportunidad	meditation	now in the	Schuman Ln.	
filled. -Stacy	In need of	In need of	In-Person RP	mtg. 1102	back room	Petaluma.	
	support.	support. 1415	and Online.	university	of Pet Alano	Only Speaker	
	3455 SR ave	Hendley St.	Spanish.	ave. hldsbrg	Club. Men's	meeting.	

AA BOOKSTORE

Bookstore Hours

Mon-Fri 10am-6pm

Sat new sat hours 11am-6pm

Sun Closed

3 ways to get your group order. shop and pay online, bookstore, email to aasonoma@sonic.net or call (707)546-2066 your list of items for pay when you pick up.

SCIF Central Office

750 Mendocino Ave., Suite10

Santa Rosa, CA, 95401

Manager:Bob F.

Asst Manager:Glenn C

Phone:(707)546-2066

Fax:(707)6157153

Email:aasonoma@sonic.net

The Bookstore wants your feedback.

"What hours/days should our Bookstore be open?"

Tell us: aasonoma@sonic.net

Thank You!

Bookstore News

We have a few volunteer shift positions open

And as your AA bookstore is well into its post renovation and ready to develop more inventory and group support materials we are looking for those just wanting to work on projects

- Publishing service guides
- Developing meeting secretary binders
- Laminating projects
- Photography works
- Projects using MS office pub, word and excel
- Arts & crafts
- Web design or social media
- Are you good with storage or working space or office organization?

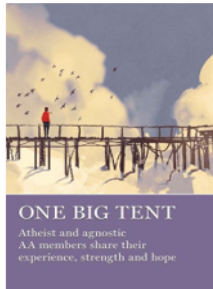
• We also looking to hire a bi-weekly housekeeper

• Come by the store or call or email Bob

707-546-2066 aasonoma@sonic.net

OCTOBER BOOK SALE

One Big Tent



Atheists, agnostics, nonbelievers and secular alcoholics have been members of the AA Fellowship since its earliest days, making significant contributions to the development of the program, helping to swing the doors of AA ever-wider. One Big Tent is a collection of stories, originally published in Grapevine, which represent the shared experience of secular AA members who have struggled with alcoholism, yet ultimately found a common solution in AA.

20% off regular price of \$15.75

Sale price \$13.76 plus tax

OCTOBER 2ND BOOK FOR SALE

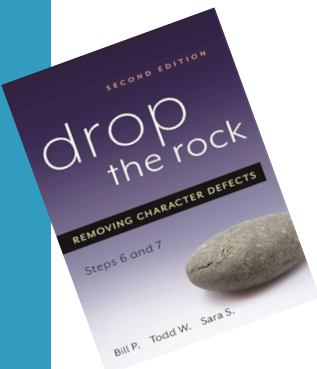
DROP THE ROCK:

REMOVING CHARACTER

DEFECTS - STEPS SIX AND SEVEN

ON SALE NOW \$14.75

A practical guide to letting go of the character defects that get in the way of true and joyful recovery.



The 7th Tradition Basket QR Code

Add a laminated QR code to you 7th tradition basket and Increase the self-support donations.

Email the QR code from your meeting's PayPal or Venmo etc. to the Bookstore and get a set of 4 laminated cards w/ clips for \$5 to put on your table and baskets.

aasonoma@sonic.net

include your meeting name and contact info.



SCIF AA Bookstore
750 Mendocino Ave.
Santa Rosa CA 95401
(707) 546-2066

Meeting changes cont.

Mon's 12:15p women's 12x12@12 & Thurs 12:15p-->

-->women's step study. Only Online now. both at ID: 841 7566 8927 PW: BigBook

-Sonoma Valley Fellowship has 2 new meetings. Wed 12:15p Sat 7p-->

-->Both called Emotional Sobriety. 276 E Napa st. Sonoma.

-fin

ACCESS SONOMA COUNTY

Access Sonoma County 9/14/23

I recall when I first stopped drinking how vital AA meetings were to me. Being a wheelchair user for many years, I encounter obstacles often. Newly sober I was vulnerable. If a meeting wasn't accessible maybe I would "spiral down" and end up making the decision to head to the liquor store? Fortunately for me that didn't happen. When I first heard about Access Sonoma County a few years later I was certainly interested. I felt I could offer a perspective that you have to live to really understand. The overall mission of Access Sonoma County is making sure that anyone suffering from alcoholism has access to meetings, literature, and fellowship. Since joining Access Sonoma County, I have raised awareness regarding access to bathrooms at events, "stages" not having ramps and just an overall feel for wheelchair access. I am not one to complain, I am merely speaking up for the disabled community. While an event may be seen as a success for most, it may not for an individual. To no one's fault it was simply an oversight. I recall another example that did not impact me rather someone else was at an Area Assembly. The facility was accessible and met my needs; however, I noticed a friend who is hearing impaired struggling to follow along because "sign language" was not provided. A fellow member at the event pointed out that there is "audio translation" on Zoom and could access the conference on their phone. These are just a couple of examples of how easy it is to overlook an individual's needs. Whether it be physical, emotional, cultural, or cognitive, Access Sonoma County "looks at the big picture" and focuses on inclusion for all. I would encourage anyone to join Access Sonoma County and share your perspective to help increase full inclusion.

In service, Jason F.

PI/CPC

The purpose of PI/CPC is to educate the public about AA and our fellowship. We provide literature and speakers to groups of professionals, schools, DUI classes, etc. As the PI/CPC liaison to Intergroup I share information to each committee about what the other is doing. If you are interested in being part of the literature distribution, or speaking at schools, or DUI classes; we meet on the second Wednesday of every month at the AA bookstore 7:30pm for the business meeting and 7:00 for orientation and speaker training.

Brett G. PI/CPC - Intergroup liaison

HOSPITALS AND INSTITUTIONS

Hospital and Institution Committee

On Wednesday, September 6 at 6:15pm, the Hospital and Institution Committee Business Meeting was held at The Center for Spiritual Living in Santa Rosa.

A warm welcome to our newest meeting reps: Steve B, Suzie S, Thorin S, Sue L, Katherine C, Ed N, Corinne C, and Maggie P. Thank you for your service.

Welcome to our visitors: Ryan, Katelyn, BK, Will, Terry, Adrienne, Scott, and Kevin. Keep coming back!

Sobriety Birthdays for September: Fritz 19yrs, John 3yrs, Hannah 9 months, BK 7 months, Kevin 6 months, and Katelyn 5 months. Happy Birthday!

Service keeps us sober! Come to the next H & I business meeting and see how you can be of service to the confined alcoholic, either by bringing the meeting into the facility, or speaking at one. Two new facilities are opening up, Mana Home and Pura Vida, creating more service opportunities.

The next business meeting is on Wednesday, October 4 at 6:15pm at The Center for Spiritual Living in Santa Rosa. New Rep orientation begins at 5:45, and all are welcome to attend.

Bring a sponsee! Service Commitments are available!

In Service,

Cat C.

HALLOWEEN DANCE PARTY



**OCT 28TH . MEETING AT 6 . FUN UNTIL 10.
SNACKS . MUSIC . CANDY . COSTUME CONTEST . ETC
BRING A PUMPKIN TO PAINT AND YOUR DANCING SHOES!**

Community Church of Sebastopol. 1000 Gravenstein Hwy N.



\$20

Volunteers Needed
Text Shauna
707.536.6413



Presented by Sonoma County Intergroup Fellowship

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YEAR TO DATE CONTRIBUTIONS FROM GROUPS

Number	Name	City	Day	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept	YTD Total
342867	?	?	?				74.7			45.55			120.25
	11th Step Group	Healdsburg	Sat						100				100
425498	12 & 12 Live and In Person	Petaluma	Thur	109						129			238
134282	12 X 12 Plus Step	Santa Rosa	Tue					200					200
397272	7AM Live	Sebastopol	Daily			519			168				687
173873	A Vision For You	Petaluma	Thurs			400					160		560
123327	Afternoon Delight	Cotati	Tue			60							60
606962	Back To Basics Group	Santa Rosa	Wed		100								100
644153	Be Who You Want to See	Sonoma	Thur							164.94			164.94
631609	Big Book Study	Sonoma	Sat				110						110
100988	Bodega Bay Group	Bodega Bay	Thu	142							219.08		361.08
604571	Bring Your Own Big Book	Santa Rosa	Fri	105.25			37.2			204.9			347.35
140181	Came To Believe	Santa Rosa	Sun			400							400
569571	District DDMC 12	Sonoma Co.					7.5			15			22.5
	Early Bird Zoom	online	Sun					806				487	1293
671519	Early Birds	Petaluma	Daily						2700				2700
119816	Eldridge	Glen Ellen	Mon	240.04									240.04
677694	Eleventh Step (11th Step)	Petaluma	Mon					180					180
168377	Expect A Miracle	Santa Rosa	Wed					343.34			115.75		459.09
125734	Fresh Air	Santa Rosa	Tue	300				200					500
137594	Friday Night Live	Rohnert Park	Fri		120								120
695254	Friday Night Vets	Santa Rosa	Fri	452			748.74			622.03			1822.77
	Get On The Good Foot	Monte Rio	Mon						275				275
656619	Geyserville Good Neighbor	Geyserville	Thu	150						150			300
697772	Good, Bad, & Ugly Group	Petaluma	Sun	50		50			50		50		200
101319	Graton Fellowship	Graton	Thu			250							250
132259	Gravenstein Gay	Sebastopol	Wed					228.5					228.5
670421	Great Reality Big Book Study	Santa Rosa	Thu							100			100
102245	Harmony Group	Santa Rosa	Mon	325							458.9		783.9
644507	Healdsburg Anonymity Group	Healdsburg	Fri	110				100		132.5			342.5
648057	Healdsburg Group - Came to Believe	Healdsburg	Fri			60		160					220
145825	Higher Power	Santa Rosa	Thu	270			500				459.84		1229.84
117936	Keep It Simple (K.I.S.)	Santa Rosa	Sat					400					400
716681	Knuckleheads	Santa Rosa	Tues			287		250			250		787
162669	Ladies First (As Bill Sees It)	Santa Rosa	Thu				80						80
137174	LGBT Newcomers	Santa Rosa	Fri			300					120		420
123069	Lunch Bunch	Petaluma	Tue				123.9				219.15		343.05
373719	Mid Morning Sanity	Zoom	M-F			159.48	119.93						279.41
653379	Moment of Silence	Santa Rosa	Sun	88				80					168
631609	Monday Book & Discussion	Sonoma	Mon								120		120
425249	Monday Madness	Petaluma	Mon							567.9			567.9
	Monday Morning Meditation	Petaluma	Mon	80.4									80.4
	Monday Night Alcoholics Only	Santa Rosa	Mon			324.86							324.86
726499	Newcomers Meeting	Cloverdale					25		25	50			100
678027	Nor-Cal Primary Purpose Group	Santa Rosa	Thu						80				80
130361	Occidental Tonight Group	Occidental	Fri	228									228
626044	Open Door Big Book	Oakmont	Tue	125.2			135.69			134.4			395.29
	Other Saturday		Sat				73.33				252.88		326.21
none	Personal donations							430		144.74			574.74
174795	Petaluma Valley	Petaluma	Fri	578.18				306.25		338.27			1222.7
135691	Promises Group	Sebastopol	Tue							43.8			43.8
175166	Quitting Time	Petaluma	Th,Sa,Su	114.93					553.41	81.54	188.83		938.71
628278	River Women's Meeting	Guerneville	Mon					186.32		104.66			290.98
100846	Saints & Sinners	Rohnert Park	Sun	350				300					650
100757	Saturday Night Live	Santa Rosa	Sat						489				489
697920	Saturday Solution Group	Petaluma	Sat				223.65				412.12		635.77
	Sebastopol Men's Stag	Sebastopol	Mon	65.2					80				145.2
24959	Sebastopol Step Study	Sebastopol							80				80
173254	Serenity Fellowship	Santa Rosa	VAR		1000					1900			2900
666406	Signs of Sobriety	Santa Rosa	Fri				50				25		75
143996	Single Purpose Group	Sebastopol	Wed				95						95
145485	Sober Sisters	Sebastopol	Tue		322.14						170.22		492.36
161999	Sober Sunday	Santa Rosa	Sun				430				172		602
	Sonoma 11th Step	Sonoma	Thurs				82.8						82.8
442143	Sonoma 12 x 12 Womans Group	Sonoma	Sat								221.21		221.21
143995	Sonoma Friday Night	Sonoma	Fri	84.22			167.98			235.52			487.72
355860	Sonoma Sober Sunrise			400		300	300		300				1300
100537	Sonoma Valley Fellowship	Sonoma	ALL	500	500	500	500	500	500	500	500	500	4500
715522	South End Solutions	Santa Rosa	Wed							160			160
702959	Step Sisters Group	Santa Rosa	Sun	211.1					269.8				480.9
659338	Sunday Breakfast Club	Petaluma	Sun		50.2			88.86			58.73		197.79
101340	Sunday Morning Villa AA	Healdsburg	Sun				220				400		620
133425	Sunday Night Closed Discussion	Rohnert Park	Sun								390		390
102266	Sunday Niters		Sun					100		112.5			212.5
415177	Taking A Trip	Santa Rosa	Sat	342					100				442
685417	There is a Solution	Santa Rosa	Sat			300							300
671043	There Is A Solution	Healdsburg	Sun		250					175			425
166014	Think About It	Sebastopol	DAILY				290			170			460
160814	Third Step	Santa Rosa	Sat	250									250
158897	Thurs 12 X 12 Discussion	Santa Rosa	Thu	173.41			209.63			150.89			533.93
	Thurs Womans 5:30	Sonoma	Thu			125							125
136816	Thursday Night Womans	Petaluma	Thu									165	165
141135	Up The Steps	Santa Rosa	Sat	302.66				314		181.47			798.13
677693	Wednesday Westsiders	Petaluma	Wed							971.64			971.64
675591	Wednesday Womens Lunch Bunch	Petaluma	Wed							85.07			85.07
129758	Wednesday Wonders	Petaluma	Wed								224		224
27277	Wednesday Wonders/HBC	Sonoma	Wed									224	224
100612	We're In the Now	Rohnert Park	Thu			480							480
	We're Not Saints	Monte Rio	Fri						106.36				106.36
630164	Womans Book Group	Glen Ellen	Sat				27			370.13		92.2	489.33
657167	Women's Book Study Group	Healdsburg	Sat				150				150		300
136960	Women's Perspectives	Santa Rosa	Tue				25						25
144021	Women's Step Study & Discussion	Santa Rosa	Wed				89.37			44.19			133.56
675551	Women's Tuesday at Noon	Windsor	Tue	236			325				412.12		973.12
	Young at Heart Big Book Study	Rohnert Park	Wed		110								110
none	Zoom Donations Meetin Unidentified	Online	Any						71.81		11		82.81
											160		160
													45168.01

GENERAL SERVICE REPRESENTATIVE

Service and Emotional Sobriety

Service has always been a huge part of my recovery. From the very beginning it seemed clear to me that getting sober and staying sober at the age of 60 was going to demand a lot of change in my life. I was suddenly sober for the first time in decades, but my emotional development was very much (delayed). I was finally released from the bondage of alcohol, but my path was anything but clear. At first, I didn't care about anything except staying sober but as the miracle continued, I knew there was much more to discover. I jumped into the program of alcoholics anonymous with both feet and attended 3 meetings a day for the first year. As the fog began to lift, there were endless opportunities to serve. At the Dry Dock in San Francisco, there was always a need for substitute secretaries and speakers. Even though I wasn't, really, ready I stepped up without hesitation and learned by watching others. I was carried along by the momentum of the program, relieved to be sober, but it was clear there was a lot of catching up to do in my personal development. Emotional sobriety was far from my mind, but the seed was planted.

When I moved up to Sonoma County, the opportunities to serve included a coffee commitment and after two years, a two-year stint as treasurer. Just as I was getting comfortable with my home group, I raised my hand to be available as a General Service Representative. Joining general service changed my life completely. This was a whole new level of service with a whole new group of dedicated people to learn from. With the responsibility of service came growth. With growth came a deeper understanding of myself and a renewed purpose. I first heard the term "emotional sobriety" during my fourth year in the program. The sense of purpose that we share in General service helped focus my thoughts and helped me prioritize the time I have in a day. Things have smoothed out and have become less frantic. My need to be the center of attention was replaced by my desire to serve. Even though life was coming at me as quickly as before, my reactions became more thoughtful and more present. I can't really explain how or why but at this stage of life, I have become more at peace with my world. Stepping into service and putting my ego aside for the greater good has given me a purpose and a never-ending path to a more fulfilling life. After more than 6 years in District 12, serving in many capacities, I finally feel as though I can be effective in carrying the message. There are dozens of opportunities to serve at the district level with no end in sight. Every committee, every level of service has its own rewards and challenges. I'm thinking there is a lifetime of personal growth and serenity to be experienced. The elusive goal of Emotional Sobriety is a lifelong journey without end. All I need is willingness and the desire to serve. I couldn't be more grateful. -Larry V.

ALKATHONS PLANNING INFORMATION UPDATE

ALKATHON SUB-COMMITTEE MEETINGS

SCIF Bookstore 750 Mendocino Avenue, Santa Rosa

ZOOM:

Meeting ID 844 8548 2246

Numeric Passcode 191478

October 5, 2023	6:30 PM	SCIF Bookstore	HYBRID
October 12, 2023	6:30 PM	ZOOM ONLY	
October 19, 2023	6:30 PM	SCIF Bookstore	HYBRID
October 26, 2023	6:30 PM	ZOOM ONLY	
November 2, 2023	6:30 PM	SCIF Bookstore	HYBRID
November 9, 2023	6:30 PM	ZOOM ONLY	
November 16, 2023	6:30 PM	SCIF Bookstore	HYBRID

VOLUNTEERS NEEDED!!!



TREASURER'S REPORT - AUGUST 2023

Sonoma County Intergroup Fellowship

Statement of Activities by Entity

January through August 2023

2:04 PM

09/08/2023

Accrual Basis

	Activities	Bookstore	Central Office	Unclassified	TOTAL
Ordinary Income/Expense					
Income					
Activities Income	2,015.30				2,015.30
Bank Interest			5.23		5.23
Bookstore		53,546.02			53,546.02
Central Office Income			45,189.16		45,189.16
Group Ins Collection-Bookstore		800.00			800.00
Group Ins Collection-CO			800.00		800.00
Total Income	2,015.30	54,346.02	45,994.39		102,355.71
Cost of Goods Sold					
Cost of Sales Bookstore		31,433.35			31,433.35
Total COGS		31,433.35			31,433.35
Gross Profit	2,015.30	22,912.67	45,994.39		70,922.36
Expense					
Accounting, Bookkeeping & Legal		2,197.50	2,197.50		4,395.00
Activities Exp.	1,487.74				1,487.74
Alkathon Exp.	479.50				479.50
Credit Card Processing Fees		954.40	173.97		1,128.37
Depreciation Expense		1,029.04	1,029.04		2,058.08
Directories			983.60		983.60
Insurance Expense		592.14	592.07		1,184.21
Licenses & Permits			50.00		50.00
Newsletters			3,187.50		3,187.50
Office Expenses		1,497.53	1,581.96		3,079.49
Pamphlets & Cards		282.97			282.97
PayPal Fees			32.25		32.25
Payroll & PR Taxes		10,827.63	10,838.31		21,665.94
Payroll Expenses					
Renovations - Bookstore		2,406.87			2,406.87
Rent - Facility & Storage	880.62	5,031.37	7,234.15		13,146.14
Shopify Monthly fee		470.31			470.31
Taxes			25.00		25.00
Telephone Expense		520.28	377.97		898.25
Teleservice Hot Line			529.22		529.22
Unity Day Exp.	780.00				780.00
Utilities - Facility		691.36	691.40		1,382.76
Volunteer Expense		257.83			257.83
Web Site & Internet Costs			319.19		319.19
Total Expense	3,627.86	26,759.23	29,843.13		60,230.22
Net Ordinary Income	(1,612.56)	(3,846.56)	16,151.26		10,692.14
Other Income/Expense					
Other Expense					
AA General Service Contribution			4,000.00		4,000.00
California Northern Coastal Con			3,000.00		3,000.00
Sonoma County General Service C			3,000.00		3,000.00
Total Other Expense			10,000.00		10,000.00
Net Other Income			(10,000.00)		(10,000.00)
Net Income	(1,612.56)	(3,846.56)	6,151.26		692.14

August 2023

The Bookstore income for August 2023 was \$7,231. Cost of good total \$537. Total expenses for August were \$2,637 for a subtotal gain of \$4,056.

Central Office income for August 2023 was \$5,432. Total expenses for August were \$3,376 for a gain of \$2,056.

Overall, for this month we had a net gain of \$6,113.

Year to date our income is \$102,355, total cost of goods is \$31,433 and our expenses are \$60,230. Other expenses include a correction to the reporting of annual contributions for a total of \$10,000, leaving a gain of \$692.

As of August 31, 2023, our inventory is \$23,549, a 25% increase from this time last year. Renovations to the Book Store were limited to \$2,407.

It is of special note that in August the bookstore sales increased 29% over July.

In Service,

Meghan Lewis

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)

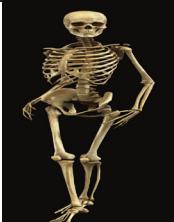

Example of Suggested Group Contributions

to A.A. Service Entities:



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

SERVICE MEETINGS & EVENTS - OCTOBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 SOCYPAA Sonoma County Young People in AA Busi- ness meeting, 1551 Montgomery Dr, Santa Rosa, CA 7:30pm	2 GENERAL SERVICE Meeting VIA ZOOM Email chairperson for Meeting ID 6:45pm New Rep Orientation 7:30pm Business Mtg	3 Unity Day Planning Meeting 6:45pm @ the Bookstore.	4 H&I Center for Spiritual Living, 2075 Occidental Rd, Santa Rosa. 5:45 New Rep Orien. 6:15pm Business Mtg.	5	6	7
8	9 SCIF STEERING COM- MITTEE In person at the AA Bookstore - 7:30PM 750 Mendocino Ave. and on Zoom . Go to sonomacountyaa.org for meeting ID and password	10	11 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	12 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 Unity Day 2023 PLANTING SEEDS OF SERVICE COMMUNITY CHURCH 1000 GRAVENSTEIN HWY N. SEBASTOPOL, CA, 95472
15 SOCYPAA Sonoma County Young People in AA Busi- ness meeting, 1551 Montgomery Dr, Santa Rosa, CA 7:30pm	16 UNITY DAY Post event Meeting @ SCIF Bookstore 6:45pm	17 BRIDGING THE GAP In Person Only @ the Bookstore. 6pm New Rep Orien. 6:30pm Business Mtg	18	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 6p meeting 7-10p SCIF Halloween Dance COMMUNITY CHURCH 1000 GRAVENSTEIN HWY N. SEBASTOPOL, CA, 95472 \$20.00
29 Happy Trails Hiking Group. Meet 10am Post Office Park- ing lot of Coddington Mall for location, dir- ections and carpooling. (707) 494-9049 Contact: John S.	30	31 				

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

MAILING ADDRESSES/INTEREST LINKS

Alcoholics Anonymous
www.aa.org

Sonoma County Intergroup Fellowship
750 Mendocino Avenue, Suite 10
Santa Rosa, CA 95401-4846
intergroup@sonomacountyaa.org
www.sonomacountyaa.org

Sonoma County General Service
P.O. Box 536 Santa Rosa, CA 95402
generalservice@sonomacountyaa.org

NORCAL H&I (Hospitals and Institutions Committee area 22)
P.O. Box 192490, San Francisco, CA 94119-2490
handi@sonomacountyaa.org

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
www.cnca06.org

Access Sonoma County
750 Mendocino Ave. Suite 10, Santa Rosa, CA 95401-4866
asc@sonomacountyaa.org

Bridging the Gap
750 Mendocino Ave. Suite 10, Santa Rosa, CA 95401-4866
btg@sonomacountyaa.org

Sonoma County PI/CPC* (Public Information/in Cooperation with the Professional Community) PICPC, C/O General Service
P.O. Box 11305, Santa Rosa, CA 95406
picpc@sonomacountyaa.org

SOCYPAA (Sonoma County Young People in AA)
P.O. Box 5784, Santa Rosa, CA 95402
socypaa@sonomacountyaa.org
www.socypaa.org

Teleservice 750 Mendocino Ave., suite 10, Santa Rosa, CA 95401-4866
teleservice@sonomacountyaa.org

AA Grapevine/La Vina
New York Office, 475 Riverside Drive, 11th Floor New York, NY 10115
www.aagrapevine.org

*funded solely through Sonoma County General Service

CONTACT INFORMATION

(All emails @sonomacountyaa.org)

SONOMA COUNTY INTERGROUP FELLOWSHIP OFFICERS

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

COMMITTEE CHAIRS

Activities	Shauna C.	activities@sonomacountyaa.org
Alkathons	Angel P.	alkathons@sonomacountyaa.org
ICSC	Lance B.	icsc@sonomacountyaa.org
Seminars	Anne G.	seminars@sonomacountyaa.org
Outreach	Will J.	outreach@sonomacountyaa.org
Teleservice	Stacey T.	teleservice@sonomacountyaa.org
ICSC Nominations	Jerry H.	icscnic@sonomacountyaa.org

COMMUNICATIONS

Newsletter	Morgan P.	newsletter@sonomacountyaa.org
Website	Hal P.	webmaster@sonomacountyaa.org
Meeting Changes	Hal P.	webmaster@sonomacountyaa.org

SONOMA COUNTY GENERAL SERVICE

DCMC	Denise G.	generalservice@sonomacountyaa.org
Treasurer	Shelly J.	treasurer-gs@sonomacountyaa.org
Registrar	Jenni H.	registrar-gs@sonomacountyaa.org
Archivist	Vacant	archivist-gs@sonomacountyaa.org
Grapevine	Blake B.	grapevine@sonomacountyaa.org
Access Sonoma County	Sam T.	asc@sonomacountyaa.org
Bridging the Gap Chair	Nicole F.	btg@sonomacountyaa.org
PI/CPC	Brett	picpc@sonomacountyaa.org
Interpret/Translation	Larry V.	it@sonomacountyaa.org

HOSPITALS AND INSTITUTIONS COMMITTEE

Chair	Patrick P.	handi@sonomacountyaa.org
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SONOMA COUNTY SPANISH CENTRAL OFFICE

Intergroup Liason	Vacant
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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