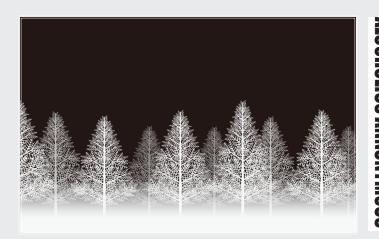
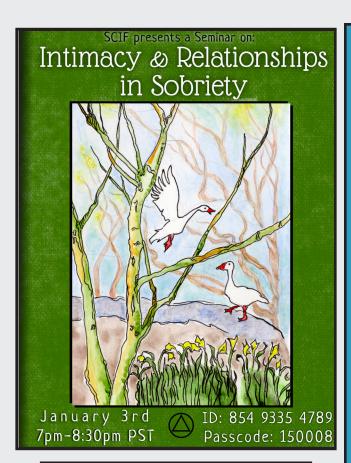
**SONOMA** COUNTY INTERGROUP **FELLOWSHIP JANUARY 2024 NEWSLETTER** 



Get the

latest news meeting info, plus upcoming events and past intergroup meeting minutes at sonomacountyaa.org



Spring 2024's most anticipated event... ACYPAA 51 (Feb. 8th-11th, 2024) ~ In the presence of infinite power ~ Big Book, Page 56 Visit our website at 2024.acypaa.org. We would love to see you there! The conference will be held at the Wyndham Bayside in San Diego, CA from February 8th-11th, 2024... Visit ACYPAA.org and secure your spot!



# PRAASA 2024 is in San Francisco!

Pacific Region A.A. Service Assembly

March 1-3, 2024

San Francisco Marriott Marquis, 780 Mission St., SF

For online registration, hotel reservations, volunteer opportunities & more:

# WWW.PRAASA.ORG

Registration: \$40 (plus optional meals) • Hotel Rooms: \$189/night + tax All A. A.'s Welcome • Al-Anon Participation • Spanish & ASL Interpretation

Join 1500+ A.A. members from all over the western U.S. and Canada, plus GSO and Grapevine Staff!

Three-day program features a speaker meeting Saturday night, lots of panels, and roundtable breakout sessions for: GSRs, DCMs, Literature, Grapevine, La Vina, H&I/Corrections, Intergroup/Central Offices, Young People (YPAA), Bridging the Gap, Archives, Public Information (PI), Cooperation with the Professional Community (CPC), Accessibilities/Treatment, Remote Communities, Seniors/Cooperation with the Elder Community, Hispanic Women, Newsletters, Websites and Tech, Area Secretaries, Treasurers, Registrars, Chairs, Alternate Delegates, Delegates, and Past Delegates/Trustees

#### The purpose of PRAASA is to:

- Develop greater unity among the members, groups, and areas of the Pacific Region.
- Encourage the exchange of ideas and experiences
- Provide an opportunity for members to discuss pertinent aspects of Alcoholics Anonymous

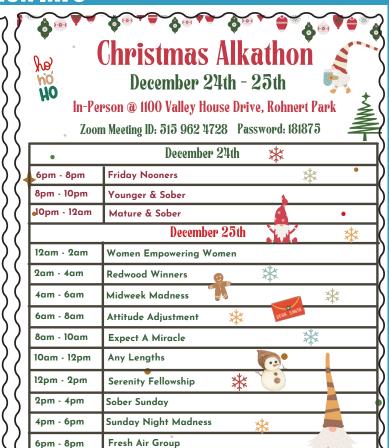
The Assembly and the PRAASA Committee should always foster the Recovery, Unity and Service legacies of Alcoholics Anonymous



The SCIF Newsletter is made possible through contributions of our members. Read this newsletter and pass it on! This newsletter is available 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.





Saints & Sinners

8pm - 10pm





**BOOKSTORE** ACCESS



Teleservice has a wonderful opportunity to serve on the AA hotline, Tuesday 8-1pm and Wednesday 10pm-8am. Requirements: 1 year sobriety, working knowledge of the steps and serve for 1 year. If interested contact Stacy at teleservice@ sonomacountyaa.org

## **Bookstore Service Commitment**

- ➤Do you have at least one year of sobriety?
- ➤Do you like helping other alcoholics?
- >Do you have any experience with computers and/or retail sales?

# You are invited to join our Bookstore team



Ask the cashier for a volunteer application and help keep your bookstore/central office open and staffed.

Thanks!

## Upcoming Mental Health Workshop

Last year Access Sonoma County circulated surveys throughout the fellowship to get an idea of topics of interest for a workshop. Every accessibility barrier is important to address and we plan to have more workshops to bring awareness & support around other barriers in the future. But the topic which received the most votes was Mental Health in Recovery, and so we've begun planning this workshop to be held on April 20, 2024 at Bethlehem Lutheran Church. More details to come. For those looking to be of service, Access committee needs volunteers before, during & after the workshop. There will be panel speakers, breakout rooms, snacks and more. We're planning to make this a Hybrid workshop. Members willing and able to be of service will help to make this workshop successful and helpful to our fellowship, to the alcoholic who still suffers, and to AA as a whole. All are welcome to attend these workshop planning committee meetings. This was how I, myself, stumbled onto Access Sonoma County in 2021. I attended my first workshop planning meeting not knowing what this committee was or how it served the fellowship. I didn't know a single member on the committee before that day. But I was available and I was willing. I've learned through recovery that's all I need. I've learned that I just need to show up, that I am enough, and that I am just a small part of a greater whole. That I am a part of. We all are. If you too are available and willing, I look forward to seeing you at one of our Access meetings. As for everyone else who is also a part of AA and our Sonoma County Fellowship, I hope to see you at the workshop in April.

In gratitude & service, Sam T. - Chair, Access Sonoma County

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

## Statement of Purpose

Access Sonoma County is dedicated to helping create equitable access to Alcoholics Anonymous: meetings, fellowship, the Twelve Steps, literature, sponsorship and service opportunities at the group level and beyond. Access barriers can be geographical, cultural, social, physical, neurological, or psychological. Factors such as race, sexual orientation, gender or religion may affect inclusivity or safety. Lack of childcare, technological abilities or transportation, as well as mobility, vision, hearing or language diversities may also hinder an alcoholic from receiving the A.A. message or participating in the A.A. program. Our mission is to raise awareness of these barriers and provide information and tools so that home groups can respond to them in the spirit of the Responsibility Statement:

"When anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that, I am responsible."

## Western Roundup LIVING SOBER 2024

#### **LOGO Design Contest Guidelines**

We invite AA and Al-Anon group members to submit up to two original, 2-color entries for consideration as the official logo of the 2024 Living Sober conference.

>The winner will receive FREE registration to the conference<

#### **Design Guidelines**

- 1. Design must include, but is not limited to, the following elements:
- a. A butterfly
- b. The words "Living Sober"
- c. The words "San Francisco"
- d. The year "2024"
- e. Be designed for a 2-color color scheme
- f. The words "Living Sober" alone or coupled with other text, should be a separate element that could be removed for more discreet placement on select items.
- g. Original artwork only
- 2. Entries must include:
- a. One grayscale version
- b. At least two (but no more than five) color versions, showing how you would implement two colors in your design. Please note that we may change color schemes based on General Planning Committee vote.
- 3. Entries from individuals only, no group entries please
- 4. Finished artwork only, no rough drafts
- 5. Submitted in an associated vector formatted version (EPS, Ai, SVG, etc...)\* (\*unless you are willing to volunteer with the Art Committee to edit and place your logo on conference materials)

#### Submission information & deadlines

- 1. Email entries to: art@livingsober.org
- a. Subject line MUST read: 2024 LS Logo
- 2. Submissions MUST be received by: JANUARY 11, 2024 (No late work accepted)
- 3. Logos will be voted on at the General Planning Committee meeting taking place January 21, 2024, which is to take place at 3:00 PM online, via Zoom. See the WRLS calendar for meeting information.
- 4. Logo contest entrants will be notified of the results of the vote after the General Planning meeting by the Art committee.

If you have any questions, please contact art@livingsober.org

#### **GENERAL SERVICE**

I feel like I fell into General Service, just like I fell into AA. I attended my first District Officer's meeting as the sub committee chair for the Bridging the Gap committee. I was a bit overwhelmed and in awe of everything that was happening around me. Acronyms and people who I'd never met before were all talking and sharing about what role they had in carrying our message. Little did I know I'd be attending those meetings every month for the next few years.

From Chair to GSR myself I found a comfortable routine in this new part of my recovery. What could be so exciting about all this business and how could it support our Primary Purpose? Well, I'd say, I've found this to be one of my most meaningful roles in service, helping AA stay informed as well as look ahead at what could keep this message attractive to the alcoholic who has yet to walk through our doors.

General Service is a conduit between my voice and AA in New York. When we want to communicate, we do it through our Delegate and representatives. All the meetings I get to attend, and Assemblies and Inventories are a chance for me to know about how AA is sharing its message of recovery and what that means to me today and to all of us in the future.

Today as a District Committee Member I help other GSRs share their group's voice and take care of necessary business. My view and perspective changes daily in service as it has in my recovery. What a true gift I have been given through this opportunity. Hope you can join us at our next meeting, the first Monday of the month at Faith Lutheran Church on Newanga, 7:30p.

MaryEllen W. District Committee Member

Monday night Sebastopol mens stag is changing our start time to 7 pm, we had been meeting at 8. 260 Murphy ave. Mt Olive Lutheran Church New start time will begin January 1 2024

the name of a zoom meeting on Sunday morning 9:00 am it's currently called the big book study meeting, it is being changed to the 12 in 12 book study meeting,

Beginning Jan 1, 2024 the 7pm Eldridge Group will be returning to in person meetings.

We're staying on zoom until then, no zoom after that. The meeting place will be Glen Ellen Community Church 5311 O'Donnell Ln, Glen Ellen, CA 95442. It is handicap accessible Effective immediately, Moments of Silence will be Zoom ONLY. The in-person portion of the meeting is folding.

There are no changes to the Zoom credentials for the Moment of Silence meeting, as they will continue meeting on a Zoom.

### Hospital and Institution Committee

On Wednesday, December 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: Anthony S, Leah R, Rod K, Lindsay J, Cathy M, Danny P, Paul S, Deb D, and Jason K. Thank you for your service.

Welcome to our visitors Leah, Miguel and Paul. Keep coming back!

Sobriety Birthdays for December: Cindy W 38yrs, Tim M 35yrs, Laura 32yrs, Danny 21yrs, Andrew 10yrs, Cat 4yrs, Laine 18 mos, Hannah 1yr, Tigerlilly 10 mos. Happy Birthday!

H & I members bring the message to the confined alcoholic 365 days a year because this disease does not take any days off! Any meeting falling on a holiday will occur unless the facility notifies us otherwise. If you are passing the pink can at meeting level, you are strongly encouraged to join us at the monthly business meeting. You are the liaison between H & I and your home group, and there is always

important information to be relayed. Come and get more involved in your commitment, and meet some great people as well!

The next business meeting is on Wednesday, January 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!

Cat C.

# SONOMA COUNTY INTERGROUP FELLOWSHIP

#### **MEETING MINUTES**

November 27, 2023 The meeting opened at 7:30 with the Serenity Prayer and Preamble, followed by readings of Tradition 11 and Concept XI.

**Introduction of New Representatives:** Keira, new morning sanity; Hope, Womans perspective group.

Birthdays since we last met: Nancy 24yrs, Steph 3yrs.

OFFICER REPORTS:
Our general meeting next month will be

**Chair:** (Joe S) Our general meeting next month will be December 18th on zoom only!!! 4th Monday in January will be the elections, Jan 22nd.

Vice Chair: (Kristin P) Working on fall/ winter schedule

Secretary: (Hilary G) Please email at

secretary@sonomacountyaa.org with committee and liaisons

**Treasurer:** (Meghan L) The Bookstore income for October 2023 was \$8366. Cost of good total was \$3,062. Total expenses for October were \$3,646 for a subtotal gain of \$1,658. Central office income for October 2023 was \$8,165. Total expenses for October were \$4,996 for a gain of \$3,169. Activites income for October 2023 is \$2,031. Total expenses included \$575 for an overall gain of \$1,456. Alkathon expenses for October 2023 is \$1,000. Overall, for this month we had a net gain of \$5,283. Year to date our income is \$128,660, total cost of goods is \$37,859 and our expenses are \$79,211, leaving a gain of \$11,590.

**Registrar:** (Ellen W) As of October 2023 there were a total of 241 groups here in Sonoma County offering a total of 425 meeting each week. There were a total of 48 reps in attendance and 10 were new. Reps: Zoom 15, In-person 23, New reps 10. Meetings: Zoom 125, In person 270, Hybrid 30.

#### **COMMITTEE REPORTS**

ICSC: (Marian McD): My time as chair follows 2 strong leaders-Clark is visionary, he saw the deficits and envisioned solutions-for continuity, planning and a new look and new system for the bookstore. Lance has done the implementation. He made the new look and new systems for the bookstore happen. I see my role as consolidation- we DO what we say we will do and we finish what we start! I envision the theme for my time: We are RESPONSIBLE and REPONSIVE. \* Bookstore income has increased significantly since the recent changes! We propose to hire a second Assistant Manager with strong tech skills. We have 1 strong candidate and would welcome more! We propose an OPEN process to review bylaws to begin in January

**BOOKSTORE:** (BOB): We sold 77 big books in October 63 12x12's, 70 living sober, 742 aluminum chips, 128 meeting in a pocket, 131 sobriety chocolates. Basic literature sales are up 138% we have increased our inventory 10 fold. We have an abundance of Holiday gifts at the bookstore. We are looking to offer personal AA stories from local members. Don't forget the T-shirt and chocolate bar wrapper slogan contests. Pocket edition of Daily Reflections @ 20% off for \$12.55- Also on sale is the anniversary edition of the 1st edition of the Big Book in a bundle w/ an "History of the Big Book". We need volunteers. 10% off sale next month. Online bookstore has a QR scanning code- So much to see at the bookstore.

**OUTREACH:**(Will J): Joe covered. Will not here but everything is going well.

**ACTIVITIES:**(Shauna) Paint and Recovery Coming up December 9th- Petaluma Alano Club. Meeting @2pm and painting, snacks and fellowship to follow until 4pm. We need volunteers. I am helping with the Christmas Alcathons, we need tons of help- please reach out.

**ALKATHONS:** (Angel) There was a typo in the newsletter- the Christmas Alkathon is at "Sally Tomatoes" Please be specific

when signing up online to help with the alkathons, especially in the kitchen. Please don't smoke on church property. We will need an extra dumpster at the church for new years.

**NEWSLETTER:** (Morgan P) I caught the typo but couldn't get to it by the time it was printed-Deadline for January is December 8th, I need it earlier because the general meeting is Dec 18th

**WEBMASTER:** (Hal P) My position is up and looking for someone to take over. Some technical experience required. I need 5-7 days to get back to you. You can use the "contact us" on website. webmaster@sonomacountyaa.org.

**SEMINARS:** (Anne G) Ellen covered- the last mental health seminar was a big hit- January 3rd on zoom 7-8:30pm "Intimacy and relationships in sobriety"

**TELESERVICE:** (Stacy T) Hilary covered - Tuesday 8-1pm shift open. Requirements are 1 year sobriety, a working knowledge of the steps and it is a 1 year commitment.

ICSC NOMINATING COMMITTEE: (Clark) Our newest member Stacy C, next election in April.

#### **LIASON REPORTS**

**SWACYPAA:**(Alex T) Liam covered - We are SWACYPAA hosting conference next summer between June-August 8th-11th Pre register for \$20- Business meetings 1st & 3rd Sunday of each month swacypaa.org. We need to add bylaws and we need a new rep.

SPANISH Central Office: (Vacant)

**H&I:** (Larry) Joe covered - Pure Vida and Manna Home are our newest service committments. Jails are still not allowing us in. 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 5:45p and main meeting 6:15p. San Quinton Survivors need sponsors. We need more pink can donations.

GENERAL SERVICE: (Denise G.) November is a busy month for GS, we had over 300 members attend out Fall Assembly in Monterey, CA. Area business in the morning and Inventory in the afternoon, followed by District 12 Inventory. Both experiences provided much growth and improvement in our service work. We will explore the topic of how to achieve greater equity between virtual and in person experiences. We are also in the early stages of our Agenda Topics workshop 2/17/2024, flyer to follow. Also we are co-hosting the Pre-conference Assembly in April w/ District 18, our Spanish district. This years PRAASA 2024 the Pacific Regional AA service assembly in SF, is in March. Next business meeting 1st Monday of each month @ Faith Lutheran Church also on Zoom. BRIDGING THE GAP:(Nicole F) not present. We will be doing a group inventory 3rd Tuesday of every month @bookstore-

**PICPC:** (Brett) We need a recording secretary and need speakers 2nd Wednesday/month @ bookstore 7:30pm.

ACCESS SONOMA COUNTY: (Sam) Not Present.

**OLD BUSINESS:** Christmas and NYE Alkathon volunteers are needed and they need to sign up on the intergroup website. Lottery Changes will happen next year, if you want to be involved with the bookstore inventory please reach out.

**NEW BUSINESS:** December General Meeting will be moved to December 18th! Commitment rotation in 2024 - Officer and Committee service commitments will be available.

**Group Sharing:** Womans big book 10:30am in Glen Ellen is no longer happening. Guerneville Saturday @ 6pm really needs support!!

**Group Representative:** Summation provided by Kristen. Meeting adjourned with the Responsibility Statement at 8:07pm.

-In Service Hilary Gonzalez.

November 17th @ 6:30.

# **TREASURER'S REPORT - NOVEMBER 2023**

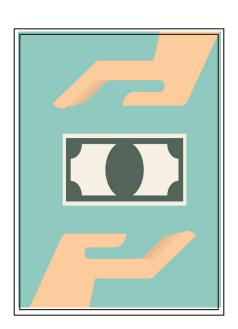
Accrual Basis					
- Ordinary Income/Expense	Activities	- Alkathon	- Bookstore	- Central Office	- TOTAL -
Total Income		1,485.40	7,837.13	3,224.62	12,547.15
Total COGS			5,322.22		5,322.22
Gross Profit		1,485.40	2,514.91	3,224.62	7,224.93
Total Forester	417.05	111.40	2 252 72	2.047.25	F 020 22
Total Expense	417.95	111.40	2,352.73	3,047.25	5,929.33
- Net Ordinary Income	(417.95)	1,374.00	162.18	177.37	1,295.60
Net Income	(417.95)	1,374.00	162.18	177.37	1,295.60

November 2023The Bookstore income for November 2023 was \$7,837. Cost of good total \$5,322. Total expenses for November were \$2,372 for a subtotal gain of \$143. Central Office income for November 2023 was \$3,225. Total expenses for November were \$3,067 for a gain of \$158. Alkathon income for November 2023 is \$1,485. Expenses for November 2023 were \$111 for an overall gain of \$1,374. Activities had an overall expense of \$418 for November 2023. Overall, for this month we had a net gain of \$1,257. Year to date our income is \$141,207, total cost of goods is \$43,181 and our expenses are \$85,129, leaving a gain of \$12,897. In Service, Meghan Lewis

# 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 - JANUARY 2024**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	GENERAL SERVICE Zoom ID: Email chairperson. Location: 4930 Newanga Ave, Santa Rosa, CA 95405 New Rep Orientation, 6:30p Business Mtg, 7:30p	2	FIRST WEDNESDAY 3  H&I Center for Spiritual Living. 2075 Occidental Rd, Santa Rosa. 5:45 New Rep Orien. 6:15pm Business Mtg.	4	5	6
FIRST SUNDAY 7  SWACYPAA hybrid Business meeting, 1551 Montgomery Dr, Santa Rosa, CA 7:30pm Meeting ID: 83913098280 no password	SECOND MONDAY 8  SCIF STEERING COMMITTEE In person at the AA Bookstore - 7:30PM 750 Mendocino Ave. and on Zoom . Go to sonomcountyaa.org for meeting ID and password	9	SECOND WEDNESDAY 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	SECOND THURSDAY 11  ACCESS SONOMA COUNTY Meeting via Zoom ID: 934 2984 1277 PW: 804715 7:15pm Business Meeting	NEWSLETTER SUBMISSION DEADLINE - 5pm newsletter@ sonomacountyaa.org	13
14	15	THIRD TUESDAY 16  BRIDGING THE GAP In Person Only @ the Bookstore. 6pm New Rep Orien. 6:30pm Business Mtg	17	18	19	<u>20</u>
THIRD SUNDAY 21  SWACYPAA hybrid Business meeting, 1551 Montgomery Dr, Santa Rosa, CA 7:30pm Meeting ID: 83913098280 no password	FOURTH MONDAY 22  SCIF INTERGROUP hybrid 7:30pm Business Mtg St. Luke Church 905 Mendocino Ave, Santa Rosa Meeting ID: 860 4370 3384 Password: 62	23	24	25	26	27
28	29	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

#### Common Acronyms

SCIF = Sonoma County Intergroup Fellowship ICSC = Intergroup Central Servive Committee DCMC = District Committee Member Chair

PI/CPC = Public Information/Cooperation with the Professional Community

#### MAILING ADDRESSES/INTERNET 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, Sa nta 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

**SWACYPAA** (South Western Area Conference of Young People in AA) P.O. Box 5784, Santa Rosa, CA 95402

socypaa@sonomacountyaa.org www.socypaa.org

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

AA Grapevine/La Vina

New York Office, 475 Riverside Drive, 11th Floor New Yourk, NY 10115 www.aagrapevine.org

funded solely through Sonoma County General Service

# **CONTACT INFORMATION**

(All emails @sonomacountyaa.org)

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

Joe S.	intergroup@
Kristin P.	vice-chair@
Hilary G.	secretary@
Meghan L.	treasurer@
Ellen W.	registrar@
	Kristin P. Hilary G. Meghan L.

#### **COMMITTEE CHAIRS**

Activities Alkathons	Shauna C. Angel P.	activities@ alkathons@
ICSC	Marian M.	icsc@
Seminars	Anne G.	seminars@
Outreach	Will J.	outreach@
Teleservice	Stacey T.	teleservice@
ICSC Nominations	Jerry H.	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	Vacant	archivist-gs@
Grapevine	Blake B.	grapevine@
Access Sonoma County	Sam T.	asc@
Bridging the Gap Chair	Nicole F	btg@
PI/CPC	Brett	picpc@
Interpret/Translation	Larry V.	it@

## HOSPITALS AND INSTITUTIONS COMMITTEE

Chair Patrick P. handi@

#### SONOMA COUNTY SPANISH CENTRAL OFFICE

Intergroup Liason Vacant

Please send emails to newsletter@sonomacountyaa.org for any comments, questions, answers, revisions regarding the newsletter.