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sonoma county  
**Intergroup  
Fellowship**

# NEWS

**JANUARY  
2007**

Get the latest meeting listings, upcoming events, and more, at [www.sonomacountyaa.org](http://www.sonomacountyaa.org)

## Scientists Predict 2006 Will End On December 31

Claims that a new year—number 2007—will arrive at just the right time met with skepticism.

According to I.C. Depipo, president of the League of Omnipresent Seers, Extrasensory Researchers, and Scientists (LOSERS), life as we know it will undergo radical and irreversible alterations at midnight, December 31. The resulting financial mayhem alone may well mark the end of civilization as we know it.

“Consider all of the computer programs that assume the year is 2006,” he explained to congress earlier this week. “What do you think will happen when there simply is no more 2006? It will be like trying to divide by zero!”

Depipo dismissed assurances that a new year would arrive in time as so much mystical mumbo-jumbo.

“It’s wishful thinking,” he said. “This is the real world, and things simply don’t take care of themselves here.”



## January Seminar on Sponsorship

**Saturday Jan 20**

3:00 – 5:00 P.M.

SCIF Bookstore

750 Mendocino Ave, Santa Rosa

Coincidence is God's way of remaining anonymous.  
~Albert Einstein

### Women's Hat & Gloves Luncheon

**Sat, Noon, Feb 17, 2007**  
3950 Doubles Drive  
Santa Rosa

Tickets are on sale NOW!

And we still need volunteers!

Tickets are available at the SCIF Bookstore — or call Wynny B. —for tickets, to volunteer, or for more information.



Main Speaker:  
**Diane C. from Marin**

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## New Year's Eve Dance Extravaganza!

**Dec 31 – Jan 1, 2007**

Speaker: Claude (a French guy from San Francisco) at 8:00 P.M.

Then dance your brains out from 9:30 to 12:30!

**Veteran's Memorial Bldg**  
1381 Maple Avenue  
Santa Rosa

Turn to page 7 for more on the dance. Do it NOW! This page will still be here when you get back.

### Christmas Alkathon Dec 24 and 25

**Fifth Street Light**  
525 5<sup>th</sup> St, Santa Rosa  
Lots of food! Lots of fun!

**DON'T BE ALONE**

Meetings every two hours  
from 6:00 P.M. Sunday to  
12:00 Midnight Monday!

### New Year's Alkathon Dec 31– Jan 1

Meetings every two hours  
from 6:00 P.M. Sunday to  
12:00 Midnight Monday!

Lots of food! Lots of fun!

**Fifth Street Light**  
525 5<sup>th</sup> St, Santa Rosa

**DON'T BE ALONE**

### Alano Club Christmas/New Years Alkathons

Dec 24 & 25/Dec 31 & Jan 1

6:00 A.M. – 9:00 P.M.

Meetings every two hours while club is open  
955 Petaluma Blvd. South, Petaluma

# November 2006 Sonoma County Intergroup Fellowship General Meeting

Meeting was opened with the Serenity Prayer

**Readings:**

- Tradition 11 Kay
- Preamble: Billie
- Concept 11: Rich

**Introduction of New Representatives to Intergroup:**

- Elizabeth W. "Higher Power Group" Santa Rosa, 12:15 PM Thursday
- Sparkie L. "Stein Group" Sebastopol, 8:00 PM Sunday
- Jonathan S. "Afternoon Delight Group" Rohnert Park, 12:15 Tuesday
- Nan B. "Windsor Group" Windsor, 8:00 PM Wednesday
- Jay V. "Sunday Breakfast Club" Petaluma, 12:00 Noon Sunday
- Silvana B. "Third Step Group" Santa Rosa, 11:00 AM Saturday
- Billie S. "Petaluma Valley Group" Petaluma, 8:00PM Friday.

**November Birthdays:**

- Sparkie L. 20 Yrs.
- Jonathan S. 4 Yrs.
- Nan B. 2 Yrs.
- Jay V., 1 Yr.
- Dave H. 6 Yrs.
- Pat F. 10 Yrs.

**LIAISON REPORTS**

**H&I Report:** Mark V. reminded folks that H&I representatives meet on the first Wednesday of the month at the Senior Center. A new rep orientation, for those interested in this service commitment, is held at 5:30PM, followed by the business meeting at 6:00PM. The 60<sup>th</sup> Annual Spring Conference will be held in Foster City (1221 Chess Drive) on March 16, 17, and 18<sup>th</sup> in 2007. The 36<sup>th</sup> Annual H&I Conference will be held in Petaluma on April 13, 14, 15<sup>th</sup> 2007. See Flyers for additional Details.

**General Service:** Kenin H. reported new Officers and Delegates were elected for District 12. The 19<sup>th</sup> World Services Meeting of Alcoholics Anonymous was held in Ireland last month. Thirty Four Counties participated. First

time countries included India, Malta, Ukraine and Venezuela

**PI/CPC Report:** Nick R. filled in for Dave R. Nick encouraged anyone wanting to be of service to this committee, that they meet the 2<sup>nd</sup> Wednesday of every month at SR City Hall lounge w/speaker training at 7:00PM and the business meeting at 7:30PM. They are in need of volunteers. He explained the function of the group is to provide accurate information about A.A. and to distribute literature to hospitals, police stations, hotels, jails, libraries, etc. They are in need of speakers for the County's drinking/driving program. This commitment requires two years of sobriety.

**Bridging The Gap:** Silvana B. reported for Carolyn A. The purpose of BTG is to introduce the newly released residents of treatment facilities to AA in their local communities. They use a list of AA volunteers to coordinate with newly released AA newcomers and take them to their first meeting. All that is required to be a volunteer is 6 months of sobriety and a working knowledge of the steps. Having transportation is helpful. The Business Meeting is held on the 3<sup>rd</sup> Tuesday of the month at the AA Bookstore at 7:00PM. In August we had 10 or 12 requests.

**SOCYPAA:** Larry C. reported that Sean M. will be the new SOCYPAA liaison representative at Intergroup meetings beginning in December 2007. SOCYPAA meetings are listed in the Newsletter Calendar. SOCYPAA Game Night will be held Saturday December 9, 2006. See Flyer. A well deserved "Thank You" Larry for your service.

**Access Sonoma County:** Diane W. reported that ASC meets at the 2<sup>nd</sup> Thursday of the Month at 6:30 PM at the Bookstore. If you have questions or input, join us at the meeting or call Diane at 526-1466. Please return Survey Forms that were available on Unity Day. Diane requested that at least 7 boxes be checked on the form.

**OFFICER REPORTS**

**Intergroup Chair:** Bob K. thanked all for their service to Intergroup.

**Vice Chair:** Tim P. orientated four of the eight new reps.

*(Continued on page 3)*

**INTERGROUP OFFICERS**

- CHAIR Bob K.
- VICE-CHAIR Tim P.
- SECRETARY Bob P.
- REGISTRAR Susy E.
- TREASURER John S.

**COMMITTEE CHAIRS**

- SEMINARS Jim B.
- ACTIVITIES Monika G.
- OUTREACH Victoria H.
- COMMUNICATIONS Dave H.
- ALCATHONS Jeff S.

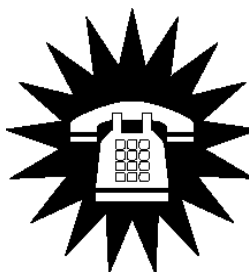
TELESERVICE Stephen I.

**AA TELESERVICE**

- PHONE LINE COORDINATOR Dave R.
- 12 STEP COORDINATOR James C.

**AA HOTLINES**

- SANTA ROSA
- LONG DISTANCE
- PETALUMA
- SONOMA
- SPANISH



As of December 11, 2006, all Hotline shifts were covered!

**Thank you!**

## Sobriety Birthdays for December 2006

Nilla L	12/5/66	40	Mike D	12/28/94	12	Lance L	12/5/00	6
Elizabeth W	12/29/77	29	John A	12/28/94	12	Dave G	12/25/01	5
Joan R	12/11/82	24	Tom H	12/15/95	11	Brian A	12/17/01	5
Rich C	12/29/85	21	Peter F	12/30/96	10	Cory R	12/16/01	5
Ruben L	12/29/86	20	John T	12/26/96	10	Jenifer	12/14/01	5
Michelle S	12/14/87	19	Erin A	12/26/96	10	Rachel K	12/7/01	5
Kavin C	12/10/88	18	Angela H	12/25/96	10	Roger C	12/27/02	4
Richard C	12/29/89	17	Christina A	12/26/97	9	Patrick L	12/26/02	4
John J	12/29/89	17	Charlie H	12/12/97	9	Mark V	12/24/02	4
Jonnie C	12/26/89	17	John W	12/28/98	8	Jeff C	12/20/02	4
Bob L	12/28/90	16	Dianne P	12/28/99	7	Dan J	12/11/02	4
Shirley B	12/13/90	16	Joe S	12/26/99	7	Thomas N	12/26/03	3
Judy C	12/13/91	15	Duane N	12/3/99	7	Marcus M	12/24/03	3
Elisa E	12/24/93	13	Brittany	12/20/00	6	Frank L	12/23/03	3
Maureen C	12/15/93	13	Eric M	12/18/00	6	Toby P	12/28/04	2
Sue H	12/30/94	12	Tina M	12/16/00	6	John B	12/27/05	1

*I would like to thank Beth A. for compiling this list of Sobriety Birthdays for December. Wonderful job!*

Dave H., Newsletter Editor

Act as if what you do makes a difference. It does.

~William James

I am only one, but I am one. I cannot do everything, but I can do something. And I will not let what I cannot do interfere with what I can do.

~Edward Everett Hale

# Happy Birthday Everyone!



## SCIF General Meeting *(Continued from page 2)*

**Treasurer:** John S. reported October was not a financially good month. He asked that meetings send any monies available to Sonoma County Intergroup ASAP.

**Bookstore:** Gloria stated that volunteers are needed to work every other Friday from 2:00 PM to 6:00 PM at the Bookstore. One year sobriety is required. A new book Emotional Sobriety is available at the Bookstore. (\$12.00)

**Registrar:** Susy E. reported there are 337 meetings in Sonoma County and 120 were represented last month.

### COMMITTEE REPORTS

**Outreach:** Victoria H. is promoting Intergroup to the meetings she is attending.

**Activities:** Monika G. reported the next dance will be the New Years Eve Dance at the Veterans Hall in Santa Rosa. There will be an AA Meeting at 8:00 PM, followed by the dance starting at 9:30 PM. Volunteers are needed.

**Seminars:** Francis filled in for Jim B. and reported the next seminar will be in January 2007 at the bookstore. The topic will be "Sponsorship."

**Alcathons:** Jeff S. stated the Thanksgiving Alcathon was a success. The next two alcathons will be the Christmas Alcathon from 6:00 PM Sunday December 24<sup>th</sup> until 12:00 Midnight December 25<sup>th</sup> and the New Years Eve Alcathon

from 6:00 PM Sunday December 31<sup>st</sup> until Monday 12:00 Midnight January 1<sup>st</sup>. Each Alcathon will have an AA meeting every two hours. Volunteers are needed!

**Teleservice:** Steve I. and reported that the business meeting is held on the 2<sup>nd</sup> Monday of each month at 6:00PM at the Bookstore. Volunteers are needed for various shifts. (Refer to the Newsletter) He asked that Intergroup Representatives announce at meeting level that volunteers are needed at Teleservice. Approx. 1600 calls were answered in October.

**Newsletter/Communications:** Dave H. reported the Newsletter Committee meets at the Bookstore at 6:30 pm on the 2<sup>nd</sup> Wednesday of the month. Dave is looking for articles to print in the Newsletter.

**Old Business:** Rich S. was elected to be an ICSC member of the Bookstore.

**New Business:** Should the AI-Anon Hotline be posted in the AA meeting directory? Intergroup Representatives are asked to get AA member feedback and report voting results.

**Group Concerns/Sharing:** None

**Summation:** Tim P. outlined the meeting.

Closed with the Serenity Prayer

Gratefully In Service,  
Bob P.

## H&I Meeting Reports



I just came home from the second meeting I have attended this week where the H & I report made me cringe. Each report was given by the representative in total good faith and with responsibility but, unfortunately, both prominently highlighted the recital of an income number of something in excess of \$500,000. I assume this was a reference to the total dollars collected in our area for H & I literature. I'm sure the number was legitimate but it seemed to me like boasting and so out of place for an organization that keeps a bare bones approach on all things financial. Since when is the good and noble work of H & I been about dollars? To me the reports sounded as if H & I were a dot com success story being trumpeted to the Wall Street Journal.

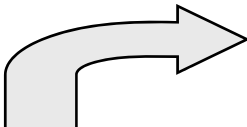
Everywhere AA history is recorded, we are told of experiences where big deal ideas and making money were a recipe for disaster, no matter how well intentioned. The main reason I was embarrassed this week is basic; AA isn't about money and I know full well H & I isn't either!

I have a suggestion....why don't the powers that be in the H & I world in their next report to the fellowship just tell us how many Big Books, 12 x 12's, etc. were distributed to San Quentin or Lytton Springs or wherever, and leave the bucks out of it. Tell us something that we can relate to rather than an obscene number meant to impress us.

Early on in my sobriety, a time when my ego was in serious need of deflation, it was suggested I try doing something for someone else and then try not telling anyone about it. In my case, I sometimes need to be reminded to review those early suggestions on a regular basis, just to try and stay right sized.

Whitey B.

Health nuts are going to feel stupid someday, lying in hospitals dying of nothing.  
~Redd Foxx



This is an example of what can happen when people don't send enough articles to the Newsletter. *Please*, don't let it happen again!

## Pet Peeves

Slips have been a way for authority to admonish people for a long time. Remember the school hall monitor handing out slips if you stepped out of line? There were tardy slips, slips from the teacher to the principal, and so on. It continues through life — how about pink slips at the job? (Never a good sign.) Programs through courts, treatment, jobs, etc., send their clients to be “guests” of (horrors) A.A. These agencies require paper “slips” to be signed, documenting their meeting as “proof” of attendance.

Come on — who is kidding who with this system? We are an innovative lot. Any self-respecting potential AA'er (drunk) knows he can sign his own slip (right or left handed). Then there are his cronies at the bar who are sympathetic to his plight. He can sidle up to the bar and ol' bar Billy will soon commiserate with him. You can hear it now. “You poor so and so.” “Yeah, I used to have one of those things.” “Here, lemme sign that sucker for you.”

So if this “guest” shows up to meetings, we can assume there must be at least a subtle desire to “check us out.” These individuals come in, paper in hand, shaking, confused, often intimidated, sometimes angry and disruptive. Are we obliged to sign? No—we do this as courtesy. Most meetings have their accepted time to have slips signed and returned. There is available a quick reference, “AA Guidelines,” “Cooperating with Court”, etc.

The officials supposedly have an answer to thwart self-signing. They added a request for phone numbers along with the signature, to the Slip. “Guidelines” does not address this. It is up to the secretary's discretion. Even if we are called, we cannot divulge any information anyway — we are anonymous.

“Guidelines” makes a few recommendations. They suggest we “cooperate and never criticize,” and that we are “patient and tolerant.” This is 12 step work. So grouching does not accomplish anything. Remember his first impression of us may last him his lifetime.

Helen D.

### Head at the Bar

The boy was born without a torso, arms, or legs, but his parents loved him and raised him with love and compassion. When he was 21 years old, his father took him to the neighborhood bar and ordered him the biggest, strongest drink there was. “Happy birthday,” he said. “I love you, and I'm very proud of you.”

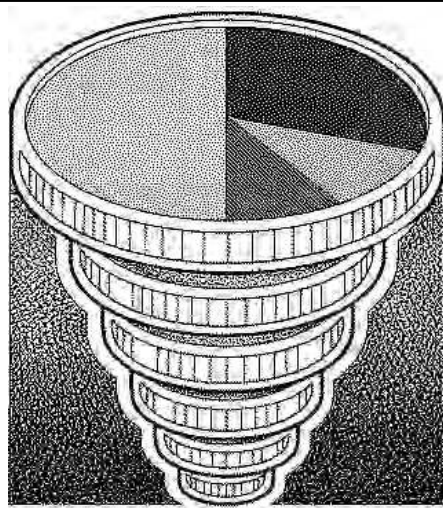
The boy took a sip, and—whoop—out popped a fully formed torso. The bar got dead silent, and then cheers burst out.

“Take another drink,” cried the father, and the rest of the patrons started chanting, “Drink! Drink! Drink!” The bartender was quiet, with a worried look on his face.

The boy took a bigger sip, and out popped two arms! The bar went wild. Everyone but the bartender shouted, “Drink! Drink!”

The boy finished the drink, and out popped two legs. The bar went crazy. The father fell to his knees and tearfully thanked God. The boy stood shakily for the first time in his life. He stumbled to the left, then to the right, then straight out the door, where he was hit by a truck and killed instantly.

The bar fell silent. The bartender said, “I knew he should have quit while he was a head.”



### Example of Suggested Group Contributions to AA Service Entities

- 50-70% to Intergroup
- 10-30% to Local General Service
- 10-20% to CNCA
- 10-20% to GSO New York

## Living Sermon

I'd rather see a sermon, than hear one any day,  
 I'd rather one should walk with me, than merely show the way,  
 I can soon learn how to do it, if you'll let me see it done;  
 I can watch your hands in action, but your tongue too fast may run.  
 All the lectures you deliver, may be very wise and true,  
 But I'd rather get my lesson by observing what you do.  
 Though I may not understand you, and the fine advice you give,  
 There is no misunderstanding how you act and live.

### New Business

At the October SCIF General Meeting, a proposal was made to approve including the AA Hotline number in Al-Anon's schedule. Representatives took the question to the groups, and it was subsequently approved. A question now before the groups is, should we reciprocate? Should we include the Al-Anon contact number in our meeting schedule?

We welcome your input. You can email your views to the address on page 8, or to aaWebServant@yahoo.com, or you can drop them off at the bookstore.

Thank you,  
 Dave H.

Money is better than poverty, if only for financial reasons.

A nickel ain't worth a dime anymore.

~Yogi Berra

~Woody Allen

## GROUP CONTRIBUTIONS FOR NOVEMBER 2006

Meetings	November 2006 YTD	Meetings	November 2006 YTD	Meetings	November 2006 YTD	
11th Step Meeting	110.00	402.24	Here and Now	75.00	Sober Sisters	49.98
12 X 12 @ 12 Group		376.00	Hessel Big Book Study Group	25.00	Sober Sunday Group	400.00
12 X 12 Plus		511.00	Higher Power Group	494.59	Sonoma Valley Fellowship	1,073.40
5th St. Light		16.55	Highlander Group	250.00	South Park Survivors	264.62
A Vision For You		250.00	How It Works Group	210.00	Spirit of Akron	136.30
AA Cache Creek Group		600.00	Just For Today	394.10	Steps To Serenity Group	176.39
AA Check It Out Group		80.00	Keep It Simple	12.25	Sunday Morning Smiles Group	234.00
AA Health Professionals		200.00	Kenwood Group	752.00	Sunday PM Closed Discussion Group	150.00
AA of Sonoma, Thursday 11th Step Group		145.00	Kenwood Step Study	60.95	Sunday Sanity	500.00
AA of Sonoma, Tuesday Big Book Group		54.39	Let's Discuss It Group	100.00	The Shuman Fellowship	70.72
AA Step Study Group		125.00	Lunch Bunch Group	300.00	The Sunday Night Group	403.61
Acres Fellowship Group		1,432.29	Mature & Sober Group	745.61	There Is A Solution	500.00 1,000.00
Alive & Well In Fulton		90.42	Moment of Silence	282.95 282.95	Think About It Group	820.32
Any Lengths Group		319.85	Monday Mood Swings	166.42 316.42	Third Step Group	403.41
As Bill See's It		35.00	New Hope Book Study Group	88.34	Thurs. AA Alano Club	369.70
Attitude Adjustment Group		700.00	New Women In AA	31.78	Thurs. Big Book Step Study	170.00
B.Y.O.B.B.		143.37	Newcomers & Oldtimers	191.37	Thurs. Night 12 X 12 Discussion Group	1,169.03
Be What You Want To See	60.00	60.00	Not Just Another Newcomer's Meeting	420.00	Thurs. Night Womens AA	126.96 579.46
Big Book & Step Study, Sebastopol	40.00	80.00	Oaks Fellowship	140.00 731.00	Tuesday Afternoon Delight	757.72
Big Book Review		58.84	Occidental Tonight Group	226.95	Tuesday Night Big Book Study - Petaluma	230.00
Bodega Bay Fellowship		361.00	Open Door	100.00 500.00	Tuesday Nite Beginners AA	321.64
Book & Discussion, Sonoma		342.35	Out of the Ashes Group	40.01	Tuesday River Discussion	75.00
Breakfast Club		552.83	Petaluma Fellowship	237.00	Up Group	127.50 317.50
Came to Believe Group		208.00	Petaluma Valley Group	203.39	Up The Steps	219.00 605.95
Cazadero Group		30.00	Prayer & Meditation, Sebastopol	50.00	Warm Springs Fellowship @ Mt. Vista Farm	200.00 500.00
Cloverdale Fellowship Hall		97.00	Promises Group	125.59	Wednesday Matinee	597.00
Daily Reflections Group		114.46	Quitting Time Group	173.00 1,190.00	Wednesday Night Men's Stag	425.00
Early Bird Fellowship of Petaluma	132.50	2,143.69	Redwood Winners	87.00	Wednesday Wonders	185.00
Expect A Miracle		1,380.00	River Grace	128.00	We're In The Now	312.04
Faha Home Group		100.00	Round Barn Big Book Study	80.00	Women's Book Group	80.00
Fourth Monday	68.12	866.32	Round Table Discussion Group	350.00	Women's Growings Pains of Alcoholics	155.44
Friday 10am Book Study Meeting	130.77	130.77	Saturday AM Fellowship	30.00	Women's Perspective AA Group	316.39
Friday Nite Live Group		160.00	Saturday Men's Meeting, Healdsburg	719.00	Women's Step Study & Discussion Group	50.82 380.46
Friday Nooners of AA		329.00	Saturday Morning Beginners	90.00	Women's Step Study, Sonoma	162.65
Gay Newcomers Group		251.01	Saturday Night Living Right	90.00 370.00	Women's Tuesday At Noon	180.49
Good Neighbors, Geyserville		500.00	Saturday Serenity	492.17	Working Winners	253.74
Graton Fellowship		1,017.88	Sebastopol Men's Stag	198.00	Young & Young At Heart	500.00
Gualala Group		600.00	Sebastopol Step Study Group	203.37	(group name not on check or money order)	58.66
Happy Hour Group		270.00	Serenity Fellowship Hall	106.45 1,370.27	(group name not on check or money order)	299.40
Healdsburg Group		209.50	Sharing & Caring	360.00		
Healdsburg Sunday Morning AA	20.00	90.00	Simply AA	296.28		
Healdsburg Women's Book Study		250.00	Single Purpose Group	91.00		
					<b>Total</b>	<b>2,844.49 43,288.17</b>

## HOSPITALS AND INSTITUTIONS

“For all its usual destructiveness, we have found that fear can be the starting point for better things. Fear can be a steppingstone to prudence and to a decent respect for others. It can point the path to justice, as well as to hate, and the more we have of respect and justice, the more we shall begin to find the love which can suffer much, and yet be freely given. So fear need not always be destructive, because the lessons of its consequences can lead us to positive values.” [Bill W., *Grapevine*, January 1962]

New meeting reps introducing themselves at the December H and I meeting were: Chris B., (Monday 5th Street Light); Robert, (Saturday Night Living Right); Angelo, (Tuesday River Discussion); Victoria, (Beginners' Meeting); Victor, (Sat Night Live); Seth, (We're in the Now Group); Kenneth, (Out of the Ashes); Patty, (Any Lengths Group); Dottie, (Came to Believe Group); and Jeremy, (Best Damn Meeting Ever). A warm holiday welcome to you all! And the same goes, of course, to our visitors Jim (the Area 51 Chair) and Lynette.

December sobriety anniversaries were being celebrated by Phil C., with 19 years; Miles, 3 ; Jim B., 15 ; Larry N., 12; Raffa, 1 yr; and Ken W. and; Linda L., each with 5 months. Many happy returns of your day(s)!

Valerie, the 5-minute share, told of her experience, strength and hope around AA and H and I.

Ring in the New Year with a pledge to give something of yourself. Remember, “no matter how far down the scale [you] have gone, [your] experience can benefit others.” What better way to do that than to carry the message of AA to those who cannot attend meetings? Check out the H and I Committee at the next meeting on January 3, 2007, at the Santa Rosa Senior Center on the corner of Bennett Valley Road and Rutledge Avenue (1 block east of Santa Rosa Avenue.). The orientation for new reps (which anyone can attend) begins at 5:30, the regular meeting at 6:00. Be well, be safe and hope to see you in the coming year!

In service,  
Mardi

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
		1		2		3		4		5		6	
		<b>General Service</b> Faith Lutheran Church 6:45 Service Manual Study 6:45 New Rep Orientation 7:30 Business Meeting				<b>Hospitals &amp; Institutions</b> S.R. Senior Center 5:30 New Rep Orientation 6:00 Business Meeting							
7		8		9		10		11		12		13	
<b>SOCYPAA</b> 1551 Montgomery 7:15 Business Mtg.		<b>SCIF Bookstore</b> 6:00 Teleservice Meeting 7:00 ICSC Meeting 8:00 Intergroup Steering Committee Meeting				<b>PI/CPC</b> S.R. City Hall 7:00 Speaker Training 7:30 Business Meeting  <b>Newsletter</b> 6:30 SCIF Bookstore		<b>Access Sonoma County</b> SCIF Bookstore 6:30 Meeting					
14		15		16		17		18		19		20	
				<b>Bridging The Gap</b> SCIF Bookstore 6:30 New Rep Orientation 7:00 Business Meeting									
21		22		23		24		25		26		27	
<b>SOCYPAA</b> 1551 Montgomery 7:15 Business Mtg.		<b>Intergroup</b> St. Luke Lutheran Church 7:30 Newsletter Collating 7:30 New Rep Orientation 8:00 Business Meeting		<b>General Service</b> District 12 Officers Meeting 6:15 SCIF Bookstore								<b>General Service</b> Area 06 Committee Mtg 12:30-3:30 PM 320 N. McDowell Blvd. Petaluma	
28		29		30		31							
												SCIF Bookstore .....750 Mendocino Ave. Suite 10 Faith Lutheran Church.....4970 Newanga Ave. St. Luke Lutheran Church.....905 Mendocino Ave . S.R Senior Center .....704 Bennett Valley Rd. S.R. City Hall Employee Lounge...First St. and Santa Rosa Ave	

## Sponsorship

The following article is reprinted from the December 1998 AA Grapevine.

He Who Sponsors Himself...

It took me a while, but I finally figured out that the same axiom that applies in law holds true to sponsoring oneself: he who represents himself in a court of law is representing a fool.

When I came to AA almost fifteen years ago, I was told to get a sponsor. So I got one. He got me through those first couple of years when I was crazy, sick, didn't understand what the heck was going on and needed some real close supervision. He patiently listened to my whining then would suggest I do certain things. I did those things, but as I look back, I can see I was selective in what I did and in how much effort I applied. Perhaps my sponsor could have been a little more forceful in his sponsorship, maybe followed up a little more, I don't know. I do know I could have been a lot more thorough, but that was the way it was. I truly believe that my Higher Power gave me exactly what I needed in a sponsor at that time.

By the time a few years had passed, I was feeling pretty good about my sobriety. To be honest, I was feeling a little smug too. I was sober, married to a great lady, had just moved into my first house, was financially stable, was sponsoring a couple of guys, and had even had a couple of articles published in the Grapevine. It was at this time my sponsor moved out of town. I set about finding a new sponsor, but I didn't look too hard. I told myself I would wait until I found someone who "had what I wanted," but I never found anyone who quite measured up to my criteria. Besides, I figured, between my wife, with whom I could always be open and honest, and a couple of close-mouthed friends, having a sponsor wasn't critical.

But I was wrong!

I don't know about anyone else, but I seem to be one of those people who thinks that he can do it all himself and believes he can probably do it better. Somewhere along the line, I started sponsoring myself. After all, I knew what to do. I never stopped going to meetings; I didn't stop sponsoring people, although for some curious reason no one was asking me to sponsor them anymore; and I didn't take a drink. This went on between years five and thirteen. I won't say that I didn't make any progress this period. I did. As a result of what I learned from my first sponsor, I was able to get through the few crises, both real and imagined, that came up. My AA program was okay as far as it went. The problem was, it didn't go far enough.

Then everything hit the fan. My marriage of ten years ended; I couldn't hold down a job; the medication I was taking for depression backfired and I found myself at the virtual brink of suicide (fortunately, I had enough sense to check myself into a hospital); I was isolating; and I couldn't see one positive thing about my life or my future. I had never been closer to drinking in sobriety. It didn't take a rocket scientist to understand that if I didn't do something soon, I was going to lose it all.

All this led me to another revelation, one that was hard for me to swallow. What I was doing wasn't working.

In spite of all my lip service to the Twelve Steps and to the principles of AA, I hadn't a clue. I needed help. As one of my friends in the Fellowship says, "I have to get into the keerect position." For me, the "keerect" position meant asking for help, something that, for many reasons, has always been very hard for me to do. But eight months ago I asked George to sponsor me and he agreed.

I've known George (not his real name) since I came into AA. He was about three years sober at the time. He always intimidated me. He was usually angry. Then, maybe four or five years later, I saw him in a meeting and he was different. There was the proverbial twinkle in his eyes, but there was more. I could see that he was at peace with himself. It radiated from him.

His sponsorship has been very rewarding for me--maybe for him too. He has led me into the Steps, and his method of sponsorship is to help me understand, both by instruction and by example, the meaning of the principles of the program of Alcoholics Anonymous. I'm truly amazed at all I thought I understood but didn't.

I still have my friends to talk to--my ex-wife among them--but now George is one of them. But George is also my sponsor. This means that he is my teacher and I am his student. He tells me what to do and I do it. He knows, through his own experiences, how to lead someone through the Steps and into the program of recovery. He knows because he does this for himself and has a sponsor as well.

It took me thirteen years to figure out that I didn't have all the answers and to admit I needed help. I guess I wasn't as hip, slick, and cool as I thought I was. I hope those who read this can take stock of themselves and, if some of it applies, take the appropriate actions. Only a fool sponsors himself.

David C.  
Colorado Springs, Colorado

## Dance!

The New Year's Eve Dance is just around the corner and I need your help!

The celebration is scheduled to take place at the Santa Rosa Veteran's Memorial Building at 1351 Maple Ave. (near the 7-11, across from the fairgrounds.) The meeting starts at 8pm with that French guy, Claude, as the speaker and the dance starts at 9:30pm with the hip-hop/dance mix/rock music sounds of DJ Herman from A Perfect Impression.

I'm just about ready to pass on the Activities Chairperson baton so if you're a detail-oriented, fun-loving, creative, sober person who loves dances, picnics, etc. then volunteer!!! It's a year commitment. In the meantime, call me (Monika) to help out with the dance at 707-526-6460.

The only reason a great many American families don't own an elephant is that they have never been offered an elephant for a dollar down and easy weekly payments.

~Mad Magazine

We're fools whether we dance or not, so we might as well dance.  
~Japanese Proverb

## NEW MEETINGS

### *Petaluma*

Sat 7:00 PM (O)(W) Celebrate Sobriety  
No meeting 3rd Sat of the month  
Alano Club 955 Petaluma Blvd S.

### *Sebastopol*

Mon 12:15 PM (O)(W) Grapevine Meeting  
Tues 12:15 PM (O)(W) As Bill Sees It  
(meditation)

Wed 12:15 PM (O)(W) Daily Reflections  
(discussion)

All of the above meet at the Community Church  
1000 Gravenstein Hwy North

## MEETING CHANGES

### *Glen Ellen*

Sat 8:30 PM (O) New Vistas  
New Time: 8:00 PM

### *Petaluma*

Sun 2:00 PM (O)(W) Living Sober  
Moved to new Alano Club Location  
Sonoma County Alano Club has moved from  
221 Water St. to 955 Petaluma Blvd S.

### *Santa Rosa*

Tues 7:00 PM (O)(W) 12 Steps + 12 Traditions  
Book Study

New name: Stepping Lively

## NO LONGER MEETING

### *Petaluma*

Sat 8:00 PM Last Chance

### *Santa Rosa*

Mon 7:30 PM Grateful Gluttons

## MEETING CODES

- (C) Closed meeting, alcoholics only.
- (O) Open meeting, anyone can attend.
- (W) Wheel chair access to meeting area.

To report meeting changes:  
Contact Russell

## Gloria's Corner

Openings: MON 2-6 PM every other week  
I want to thank all the Volunteers who have helped at the Bookstore this year. Good job, gang!

The new book, Emotional Sobriety, is selling very well.

Best Wishes,

*Gloria*

P.S. We need volunteers for the inventory, Sat, Dec 30, 11:00 - 3:00



## ADDRESSES

**Sonoma County Intergroup Fellowship**  
750 Mendocino Ave. #10  
Santa Rosa, CA 95402

**Sonoma County General Service**  
PO Box 536  
Santa Rosa, CA 95402

**Area 22 H & I Treasurer**  
PO Box 192490  
San Francisco, CA 94119-2490

**General Service Office**  
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New York, NY 10163

**CA Northern Coastal Area Treasury**  
PO Box 884222  
San Francisco, CA 94188

**Sonoma County PI/CPC\***  
PO Box 11350  
Santa Rosa, CA 95406

**SOCYPAA**  
P.O. Box 5784  
Santa Rosa, CA 95402

\*Funded solely through Sonoma County General Service

## BOOKSTORE

**SCIF CENTRAL OFFICE**  
750 Mendocino Ave., Suite 10  
Santa Rosa, CA 95401  
Manager: Gloria P.  
Phone: (707) 546-2066  
Fax: (707) 566-9677  
E-mail: aa@ap.net  
Hours: Mon-Fri 10-6  
Sat 11-3

The bookstore is staffed by volunteers and is sometimes closed for lack of manpower.

**Call first!**

The Bookstore is closed on these Holidays:

Memorial Day	May 29th
Independence Day	July 4th
Labor Day	September 4th
Thanksgiving	November 23rd
Christmas	December 25th
New Year's Day	January 1st

## CONTACT INFORMATION

Newsletter/Web: Dave H. aa.news@dslextreme.com  
Meeting Changes: Russell

## Sonoma County General Service

DCMC: Margrete V.  
Alt. DCMC: Kenin H.  
Registrar: Chris B.  
Archives: Cory B.  
Grapevine Rep: DJ S.  
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Newsletter: Bill K.  
Bridging The Gap: Bob F.  
PI/CPC: Yannick W.  
Recording Secretary: Donna K.  
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## Hospitals and Institutions

Chair: Kelly T.

## Sonoma County Young People In Alcoholics Anonymous

Liaison to SCIF: Larry C.

For a one year subscription send in either  
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