



Sonoma County
Intergroup
Fellowship

NEWS

JANUARY
2017

Get the latest meeting listings, upcoming events and more at www.sonomacountyaa.org



Sonoma County Intergroup Fellowship Presents

AGING IN SOBRIETY

- a seminar and discussion -



Wednesday, January 25, 2017

6:30 - 8:00pm

SCIF Bookstore - 750 Mendocino Ave, Santa Rosa

Info: Dan F. (707) 694-8201

"How do we deal with our mental and physical limitations as we get older, and how does that affect our sobriety? How do we ask for help, which is always difficult for some alcoholics, and it may get more difficult as we get older."

Marion B., Chair of First Annual Sober Over Sixty Conference in 2006.

BOOKSTORE

SCIF CENTRAL OFFICE

750 Mendocino Ave., Suite 10
Santa Rosa, CA 95401

Manager: Glenn C.

Phone: (707) 546-2066

Fax: (707) 566-9677

Email:

bookstore@sonomacountyaa.org

FALL/WINTER Hours

Monday-Thurs 10am - 5pm

Friday 10am - 6pm

Saturday 11am - 3pm

Sunday Closed

The bookstore is staffed by volunteers. Occasionally it is closed due to lack of staff - call first!

The Bookstore is Closed on these Holidays

Memorial Day May 30

Independence Day July 4

Labor Day Sept 5

Thanksgiving Nov 24

Christmas Dec 25

New Year's Day Jan 1

www.aa.org

www.aagrapevine.org

www.sonomacountyaa.org

COMING EVENTS

SONOMA COUNTY GENERAL SERVICE
DISTRICT 12

Agenda Topics Workshop 2017



Bethlehem Lutheran Church
1300 St. Francis Road, Santa Rosa
Saturday, February 18th

8:30 AM ~ 3:30 PM

8:30-9:00 Registration ~ Continental Breakfast ~ Fellowship

2017 Conference theme: "Supporting Our Future"
Delegate: Joann L., District & Area Members, Guests

POTLUCK LUNCH



Please bring a dish to share ~ If your last name begins with
A-L bring a Main Dish; M-R Salads; S-Z Desserts ~ Beverages will be available

District 18 participating ~ Spanish interpretation will be provided

NEW MEETINGS

Petaluma

Back to Basics (O)(W) Monday 5:30pm. Alano Club, 1050 Petaluma Blvd. North

MEETING CHANGES

Santa Rosa

Up The Steps Sunday 10:30am temp. relocated to Church at W. Steele and Range through January 2017.

Sebastopol

Sunday Nighters at 7983 Covert Lane. WAS 8pm, NOW (eff. 1/1/17) 7pm.

Windsor

Women's Meeting, Monday 7:30pm: no longer childcare. Still OWK. New name: **Generations** (book study).

Women's Tuesday Nooners moving December 6th to 5901 Old Redwood Hwy (church).

NO LONGER MEETING

Santa Rosa

Chronic Pain in Sobriety, Monday 6:30pm.



PRAASA 2017

Our 50th Anniversary

50 years of empowering the
informed Group Conscience

1968 - 2017

"Supporting Our Future"

Hosted by California Northern Interior Area 07

March 3 - 5, 2017

McClellan Conference Center

5411 Luce Avenue

McClellan Park (Sacramento), CA 95652

Assembly meeting times: Friday, March 3, 1:00 p.m. - Sunday, March 5, 12:15 p.m.

If you need to contact us send an email to:
PRAASA2017@cnia.org

To register online please go to: PRAASA.ORG

Looking for a meeting?

There's an APP for that!

With big thanks to our webmaster Sam K., Sonoma County A.A. meetings are now included in the "Meeting Guide" app. This free app, with versions for Android and iOS mobile devices, can be downloaded from Google Play or iTunes.



Also, check out the new searchable meeting list on our SCIF website at:

www.sonomacountyaa.org

NCCAA
70th Anniversary
Spring Conference

Northern California
Council of
Alcoholics Anonymous

Foster City, CA

Crowne Plaza Hotel, 1221 Chess Drive, Foster City, CA 94404

March 10, 11, & 12, 2017

Information and online registration available at norcalaa.org

SCIF OFFICER ELECTIONS IN JANUARY

Elections for SCIF Officers will take place at the January 23, 2017 General Meeting. Job descriptions, sobriety requirements and average monthly time commitment for each position is listed below. Term length is one year, with two consecutive terms allowed.

Chairperson: Presides over monthly General and Steering Committee meetings. Maintains direct communication regularly with other officers and committee chairs. Serves on ICSC. Must have general knowledge of A.A. Service Manual, Robert's Rules of Order, Chair's Rules, SCIF business procedures (for conducting Intergroup Business Meeting), and Intergroup history and responsibilities. Sound business or professional background.

Length of sobriety: 4 years

Average monthly time commitment: 12-15 hours

Vice-Chairperson: Supports Chairperson in their duties; and fills in for Chairperson should he or she be absent or unable to perform that office (i.e. running the monthly General and Steering Committee meetings). Runs the new Rep orientation before the General meeting, provides the new reps with orientation packets, gives the "what to take back to your meeting" summation at the end of the General meeting, and may be asked to liaise with committee chairs and fill in for absent officers/committee chairs. The Vice Chair should have knowledge of: 1) Intergroup history and responsibilities; 2) current and pending business; 3) Chair's Rules – Parliamentary procedure as informed by AA's Twelve Traditions.

Length of sobriety: 4 years

Average monthly time commitment: 8-12 hours

Treasurer: Pays SCIF-related bills. Collects and records contributions from groups and works with bookkeeper in preparing monthly financial statements. Receives all monies collected at Alkathons and SCIF activities. Serves on ICSC committee. Sits in on initial planning meetings for all expense-related committees to assist with budgeting questions. Accounting/bookkeeping background helpful.

Length of sobriety: 4 years

Average monthly time commitment: 35+ hours

Recording Secretary: Takes minutes at SCIF General and Steering Committee meetings. Emails drafts to steering committee for approval. Delivers final copy of general meeting minutes to Newsletter Editor and approved copies of both minutes to bookstore manager for archives.

Length of sobriety: 3 years

Average monthly commitment: 6-8 hours

Registrar: Attends the monthly Steering Committee and General Meeting, provides report of previous month's attendance statistics, provides sign in sheets for General Meeting, updates Excel spreadsheet and generates report for presentation, sends Secretary New Rep sign in sheet, emails monthly report to steering committee, works with Outreach Chair to identify unrepresented meetings and improve reporting accuracy.

Length of sobriety: 3 years

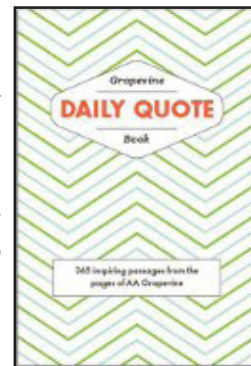
Average monthly commitment: 3-5 hours

BOOKSTORE

The bookstore will be closed on Monday, January 2, 2017 in order to conduct our year-end inventory.

The sale book for January is "Grapevine Daily Quote Book" for \$10.40 + tax (20% off \$13). The quotes in the book were contributed by A.A. members, with many written by A.A.'s co-founders. Each page offers an inspiring passage of experience, strength and hope to bring into your daily life.

~Glenn C.



SONOMA COUNTY INTERGROUP FELLOWSHIP GENERAL MEETING - November 28, 2016

Meeting opened at 7:30pm with the Serenity Prayer: Preamble: Scottie; Tradition Eleven: Marty; Concept XI: Jason
INTRODUCTION OF NEW REPRESENTATIVES: Martha-Women's Empowerment; Megan-Thurs .Delight; Annie-12&12; Jeanine-Serenity Fellowship; Erik-Men's Stag; Jim-Primary Purpose; Ted-Eye opener; Amanda- Sunday Nighters; Martin-Petaluma; Julianne-Saturday Solutions; Ed-Up the Steps.
BIRTHDAYS: Grace (4 yrs.), Jane (4 yrs.), Noel (11 yrs.), Michelle (8 yrs.), Jim (25 yrs.), Lee (6 yrs.), Rosie (4 yrs.), Linda (28 yrs.).

OFFICER REPORTS:

Chair: (Barry D.) Job description and sobriety requirements to hire a CPA on a contract basis in the newsletter pg. 6. Please communicate to your groups that we are looking for a candidate. The bookstore applications are being reviewed for assistant manager and will be announced in January. Welcome to new ICSC committee chair, Diana W. and new ICSC member Esther. Election of officers will be Jan. 23rd. and committee chairs Feb. 27th.

Vice Chair: (James C.) 11 new representatives. If you haven't attended the new rep. orientation, the next one is Dec. 26th at 7pm before General Meeting.

Secretary: (Cona E.) With one change to October 24th General Meeting minutes, October's minutes were approved.

Treasurer: (Carolyn A.) Group contributions for October 2016 were \$6,899. interest from bank \$2.00, which is a total of \$6,901. more than \$2,808. of October last year and after expenses we had net gain \$3,235. Bookstore income was \$7,272. after expenses net loss \$156. Halloween dance income, \$2,123. after expenses a net loss of \$851. Facility reimbursed deposit of \$455. Overall we had net gain \$2,227. We had a year-to-date loss of \$3,515.

Registrar: (Linda W.) As of today there are 245 groups in Sonoma County offering 352 meetings a week. There are 133 meeting reps. on record, for 54% participation. There are 64 reps. attending the October 2016 General meeting, for 48% participation. There were 7 new reps. attending the October 2016 meeting.

Bookstore: (Glenn C.) Sale book for December is Our Twelve Traditions. A newly published book of stories from A.A. Grapevine, which members write about experiences with the core principles contained in A.A.'s Twelve Traditions. Sale price is \$10.00 plus tax. Now recruiting volunteers to staff cashier desk at the bookstore 4 hours every other week. Sobriety requirement: 1 year and experience with retail sales and/or computer software desirable. If interested come in bookstore and fill out application. The bookstore has many items for sale for holiday gifts for friends, sponsor& sponsees. Please share pink sheet at your meetings listing these items.

COMMITTEE CHAIRS:

Activities: (Jane in for Debbie J.) Take flyers to your meetings for the upcoming Alkathons. We had low attendance at the Halloween party, so really talk up the Christmas and New Years Eve Alkathons at your groups. Bill has covered food servers for this. Next committee meeting Dec. 18th 2:00pm at the bookstore.

Alkathons: (Jared G. T.) Thanksgiving Alkathon went well. Thank you for your support. Flyers for the upcoming Alkathons available at the Bookstore and information is in the newsletter. Next meeting for Alkathons Wed. November 30th 5:30 at bookstore. Question was asked about covering kitchen duty during meetings, Jared said whichever meeting is hosting an Alkathon slot, they would provide 2 members for kitchen, clean-up etc.

Communications: (Donna L.) Deadline for December entries is Dec. 16th. Working on the A.A. meeting app for smart phones, called "The Meeting Guide", the app logo is a chair. Donna has been entering the massive amount of meeting data for all Sonoma County A.A. meetings for the App. Should be updated about once a month.

ICSC: (Erica P.) A booklet has been completed for new members to review policy and regulations of the ICSC overseeing the Central Office/Bookstore. Recruiting for assistant bookstore manager as well as a CPA.

Outreach: (Bonita M.) If you want to spread the word about having an intergroup rep. for meetings contact Bonita and be assigned to a meeting. Her information is in the newsletter.

Seminars: (Dan F.) The next seminar titled " Aging in Sobriety" will be held January 25, 2017 6:30-8pm. Seminars are held on the 4th Wednesday every other month with exception to November due to the holidays.

Teleservice: (Gus C.) Eight open shifts as follows: 1) Tuesday 1-5pm, 5-10pm; 2) every other Wednesday 9-10am; 3) Thursday 9-11am, 6-10pm; 4) Friday 9am-1pm, 10pm-9am; 5) Saturday 10pm-8am.

ICSC Nominating Committee: (Cindi W.) Please announce at meetings that the ICSC Nominating Committee is looking members to serve in the ICSC. Look to web site for description and sobriety requirements. Elections held in April 2017; every 6 months.

LIAISONS:

SOCYPAA: (Courtney S.) The event at the ice rink in December has been cancelled. Snoopy ice rink denied event. First and Third Sunday business meeting 7:15pm 1551 Montgomery Dr.

Spanish Central Office: (Larry F.) Did attend the Spanish District meeting that went from the Oregon border to Half Moon Bay. Will attend the Sonoma County District Spanish Meeting next time.

H&I: (Lee J.) For new reps. or anyone interested in H&I, come to the meeting first Wednesday of the month, church at Range and Steele. Re-elected Patrick P. as H&I Chair to Area 22.

General Service: (Jennifer B.) Registration is open for PRAASA (Pacific Region Alcoholics Anonymous Service Assembly) which will be held in Sacramento first weekend of March. Check out www.praasa.org. Not just for General Service people; open to all. Our district will be draw names from a hat to fund people to attend as we do every year. Area elections held, our new CNCA Delegate to General Service is Joann L. of Petaluma. I will rotate into Area Chair position. Two of our assemblies (Summer & Fall) will be in Sonoma County next year. Come join us. Elections here in district and new DCMC is Bob F. Alternate, Claudia N. Bob is the new liaison for the next 2 years. Thank you for letting me be of service.

GENERAL MEETING (Cont.)

Bridging The Gap: (Bill D.) If you are interested in becoming a presenter, recording secretary or phone coordinator for Bridging the Gap - our business meetings are third Tuesday of the month at 6:30pm, at the SCIF bookstore. Always looking for people to take folks to their first meeting out of recovery centers.

PI/CPC: (Michelle G.) Whole new committee elected as follows: Michelle G. (new chair), John B. is the Alt. Chair, treasurer is Chris S. and recording secretary Phil C. Your new Intergroup Liaison will be John G. We did two presentations for the Sonoma County Sheriff's Department. In the morning we presented to a large group of civilian, deputy supervisors and managers in the Detention Division. In the evening we presented to another large group of Deputy Supervisors and managers in Law Enforcement Division. Feedback very positive. An amazing experience and have been asked back to do more of the same presentations. School presentations are starting, had a full schedule today at Casa Grande High. Next will be Laguna High in Sebastopol early December. We ask you send your young speakers, with 2 years of sobriety our way. Speakers need to be available during school hours. Business meeting 2nd Wednesday of month at Santa Rosa city Hall underground. Speaker training 7pm, business meeting 7:30pm. Two-year sobriety requirement.

Access Sonoma County: (Allen in for John F.) Upcoming ideas being discussed for 2017 are on page 3 of newsletter. Business meeting 2nd Thursday each month at the bookstore, 6:30pm. January 12 will focus on creating sub-committees for new items discussed.

Old Business: None

New Business: None

Group Representatives Sharing: Jason: NCCAA Held Foster City March 10,11 and 12. Announce at meetings. Preregistration: \$15.00, \$20. at door. Cindi: Thank you so much Jared for the tremendous job on Alkathons. Carrie: Thurs. Round Table Discussion, church Range and Steele 8pm come support us. Richard S. :Petaluma Alano Club will have food and meetings during Christmas and New Year's Eve. Jane: Thurs. 7pm Cloverdale (On Fire) Franklin St. needs support.

Meeting Closed at 8:35pm with the Responsibility Statement.

~Cona E.

<h1 style="margin: 0;">JANUARY 2017</h1>				<h1 style="margin: 0;">SERVICE MEETINGS IN SONOMA COUNTY</h1>		
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 SOCYPAA First United Methodist 7:15pm Business Mtg.	2 General Service District 12 Faith Lutheran Church 6:45 Service Manual Study 6:45 New Rep Orientation 7:30 Business Meeting	3	4 Hospitals & Institutions Community of Christ Church 5:45 New Rep Orientation 6:15 Business Meeting	5	6	7
8	9 Steering Committee SCIF Bookstore 6:30pm ICSC Meeting 8:00 Steering Meeting	10	11 PI/CPC Santa Rosa City Hall 7:00 Speaker Training 7:30 Business Meeting	12 Access Sonoma County SCIF Bookstore 6:30 Business Mtg.	13 FEB 2017 Newsletter Deadline 5pm	14
15 SOCYPAA First United Methodist 7:15pm Business Mtg.	16	17 Bridging the Gap SCIF Bookstore 6:00 New Rep. Orientation 6:30 Business Meeting	18	19	20	21
22	23 Intergroup St. Luke Lutheran Church 6:00pm Teleservice 7:00 New Rep Orientation 7:30 Business Meeting	24	25	26	27	28 General Service Area 06 Committee 320 N. McDowell Blvd Petaluma
29 Happy Trails Meet at Coddington PO at 10am to carpool	30	31				
Community of Christ Church: 1495 W. Steele Lane, SR Faith Lutheran Church: 4930 Newanga Ave., SR First United Methodist Church: 1551 Montgomery Dr. SR			Santa Rosa City Hall Employee Lounge: First & Santa Rosa Ave., SR SCIF Bookstore: 750 Mendocino Ave., Suite 10, SR St. Luke Lutheran Church: 905 Mendocino Ave., SR			

BRIDGING THE GAP

I am going on my second year participating in Bridging the Gap (BTG). While living in San Diego, I spent several years participating in H&I in a detox facility. It was made apparent to me that many patients were experiencing anxiety and fear of how to stay sober and clean when they were discharged. I often would give people my contact number for them to call me. The calls were few and far between, but my hope was to take them to an A.A. meeting. This planted the seed for me that there was a need for a link between the facility and A.A. I had not heard of BTG yet.

When I moved to Petaluma two years ago, I jumped into a routine of meetings the first week I got here. In one of my meetings, an announcement was made about looking for volunteers for BTG. I made a point of attending my first monthly meeting for BTG in Santa Rosa and immediately signed up to be a presenter at Mountain Vista Farms in Glen Ellen.

I take my experience, strength and hope into Mountain Vista the second Saturday of every month. It never ceases to amaze me how VITAL my service commitment at Mountain Vista is. As strange it may sound, I often feel a channel of energy working through me from my Higher Power to the group. I often feel a powerful guidance revealing that I am exactly where I need to be. From Chapter 7, Working With Others from the Big Book of Alcoholics Anonymous, "Practical Experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics."

Bridging the Gap is not only practical and vital for me, it is one of my favorite parts of my recovery today.

-Susan P.

HOSPITALS & INSTITUTIONS

On December 7, 2016, the Hospitals & Institutions Committee greeted new meeting reps Lauren H., representing River Women's Meeting (Guerneville); Gary A., Monday Night Sebastopol A.A. Stag Meeting; Roxie N. and Lynn K., Mood Swings (Healdsburg); Nick L., Newcomers and Oldtimers; Colin G., Young People's Group; Derek D., As Bill Sees It, (Sebastopol); Marie T., Women's 12x12 (Sebastopol); Scott S., Tuesday Noon (Petaluma); Megan Q., Big Book Study (Petaluma); Theo M., Saturday Solution (Petaluma); Celeste A., Up the Steps; Becky B., Breakfast Club (Petaluma); and Bobbie K., Women's Meeting (Petaluma). Your service is duly noted and greatly appreciated!

Would you like to share your gift of sobriety with an alcoholic who is confined? For suggestions on how to do that, please come to the next meeting of the H&I Committee, Wednesday, January 4, at 6:15pm. As always, everyone is welcome to attend the orientation that begins at 5:45pm. The location is

the Community of Christ Church, 1495 W. Steele Lane, on the corner at Range Avenue (parking is off of Range, behind the church, with additional parking at the ice arena).

-Mardi H.

PI /CPC

PIC/PC is the public face and voice of Alcoholics Anonymous. Although we members of this General Service committee only speak from our own experience, strength, and hope, we try to put a friendly face on this message. The Third Tradition tells us that "The only requirement for A.A. membership is the desire to stop drinking." To the many who reject A.A. because of all the "God talk" in the Big Book, Twelve & Twelve, and Daily Reflections, as well as among our members, the message "always inclusive, never exclusive" must be emphasized—always.

The Grapevine recently published its first "Atheist & Agnostic Members" issue (October 2016). Among its many well-written articles, (non-alcoholic) Father Ward Ewing (President Emeritus) of the A.A.W.S. Board of Trustees quotes Bill Wilson (Grapevine July 1965) "Newcomers are approaching A.A. at the rate often of thousands yearly. They represent almost every belief and attitude imaginable. We have atheists and agnostics. We have people of nearly every race, culture and religion. In A.A. we are supposed to be bound together in the kinship of a common suffering. Consequently, the full individual liberty to practice any creed or principle or therapy whatever should be a first consideration for us all. Let us not, therefore, pressure anyone with our individual or even our collective views. Let us instead accord each other the respect and love that is due to every human being as he tries to make his way toward the light. Let us always try to be inclusive rather than exclusive; let us remember that each alcoholic among us is a member of A.A., so long as he or she declares."

Join us in our Twelfth Step call to the public. I invite you to come the second Wednesday of each month at 7pm for speaker orientation, with the meeting at 7:30pm. The next meeting is January 11. I sincerely hope to see you there.

-Chris S.

GENERAL SERVICE

The Agenda Topics Workshop (see p. 2) is an opportunity for General Service Reps and anyone interested in the future of A.A. to learn about the annual A.A. General Service Conference in New York where decisions are made regarding the direction of our fellowship as a whole. These decisions are not made by a board of directors or some governing body. The direction and future of A.A. as a whole starts with what lies in the heart and mind of each individual member...you! If you'd like to be involved in putting this event on, planning meetings are being held on January 4,11 &18 at 6pm the SCIF bookstore.

- Kevin H.

A.A. HOTLINES

Santa Rosa (707) 544-1300
Sonoma (707) 938-8508
Spanish Speaking (707) 623-6702



WEB LINKS

Sonoma County Intergroup
www.sonomacountyaa.org
California Northern Coastal Area 06
www.cnca06.org
Alcoholics Anonymous
www.aa.org
A.A. Grapevine
www.aagrapevine.org

ADDRESSES

Sonoma County Intergroup Fellowship
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Santa Rosa, CA 95401-4846

Sonoma County General Service
P.O. Box 536
Santa Rosa, CA 95402

H & I Area 22 - Treasurer
P.O. Box 192490
San Francisco, CA 94119-2490

General Service Office
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New York, NY 10163

Calif. Northern Coastal Area - Treasurer
P.O. Box 884222
San Francisco, CA 94188

Sonoma County PI/CPC*
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SOCYPAA
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Santa Rosa, CA 95402

**funded solely through Sonoma County General Service*

CONTACT INFORMATION

**SONOMA COUNTY INTERGROUP FELLOWSHIP
OFFICERS**

(all emails @sonomacountyaa.org; area code 707 unless noted)

Chair	Barry D.	intergroup@
Vice Chair	James C.	vice-chair@
Secretary	Cona E.	secretary@
Treasurer	Carolyn A.	treasurer@
Registrar	Linda W.	registrar@

COMMITTEE CHAIRS

Activities	Debbie J.	activities @
Alkathons	Jared T.	alkathons@
Communications	Donna L.	newsletter@
<i>-Newsletter/Website</i>		
Webmaster	Sam K.	
Meeting Changes	Russell	meetingchanges@
ICSC	Erica P.	icsc@
ICSC Nominating	Cindi W.	icscnc@
Outreach	Bonita M.	outreach@
Seminars	Dan F.	seminars@
Teleservice	Gus C.	teleservice@

SONOMA COUNTY GENERAL SERVICE - DISTRICT 12

DCMC	Bob F.	generalservice@
Treasurer	Bob S.	treasurer-gs@
Registrar	Lora L.	registrar-gs@
Archivist	Denise G.	archivist-gs@
Grapevine	Cindi W.	grapevine@
Access So.Co.	Alan W.	asc@
Bridging the Gap	Rob M.	btg@
PI/CPC	Michelle G.	picpc@
Interp/Transl.	Larry O.	it@

HOSPITAL AND INSTITUTION COMMITTEE

SCIF Chair	Patrick P.	handi@
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SONOMA COUNTY YOUNG PEOPLE IN A.A. (SOCYPAA)

SCIF Chair	Daniel R.	socypaa@
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SPANISH CENTRAL OFFICE

SCIF Liaison	Larry F.	garagewk@sonic.net
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TELESERVICE UPDATE

Teleservice staffs the A.A. hotline, providing 24-hour phone access to a live recovering alcoholic. This is vital Twelfth Step service - providing the hand of A.A. to the alcoholic reaching out for help. Calls are forwarded to your home or mobile phone, and training is provided. There are currently several open shifts to fill. For information, see Teleservice listing above.