



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

## A.A.'s Historic Invitation from Cuba

From November 7-9, 2018, almost 100 doctors, addiction specialists, social workers, nurses and medical students gathered for the Third International Meeting Against Drug Addiction ("Lifestyles vs. Toxic Habits") held in the city of Guantánamo, Guantánamo Province, Cuba. They came from several Latin countries.

And, for the **first time**, Alcoholics Anonymous was there. "We were invited by the Cuban Health Ministry to participate," says Dr. Peter Luongo, the Class A (nonalcoholic) trustee of the General Service Board whose experience in the alcoholism treatment field extends over 30 years, who says, "I think all of us recognized that this was historic."

While A.A. meetings have been held for years in Cuba, until now, there has been no official recognition of Alcoholics Anonymous as a civil organization by the Cuban government. A.A. has not been able to have an official office or even a telephone line, despite the fact that the country has an estimated 1,700 members and 100 groups.

A highlight of the conference was Dr. Luongo's talk "Healthcare Professionals and A.A.," in which he outlined the ways in which A.A. and the medical profession can work together to help address the problem of alcoholism. He pointed out that, despite his years of training on addiction, he never really learned anything about alcoholism until he met sober alcoholics who were in A.A. and working in the treatment field. "I learned from them how important it is to incorporate Alcoholics Anonymous into the way we treat alcoholics."

For more information, contact the Public Information desk at the General Service Office [at publicinfo@aa.org](mailto:publicinfo@aa.org) or (212) 870-3119.

## *Being of Service*

Being of Service is a way of life in AA. It is suggested, soon upon entering the rooms of AA, that we take on a service commitment. Usually making coffee. This is a wonderful way to get to know other members of AA. You need to arrive early, take out the necessary equipment, put on the coffee, and wait for others to arrive. It feels a little awkward at first, not knowing anyone. Gradually, you get to know people as they arrive and come over to help themselves to coffee and chat with you in a friendly sort of way. It feels good to be contributing to others — to be of service.

When I first started attending AA, I went to six meetings a week and had three service commitments. I tried coffee, literature, H & I and gradually took on secretary. I felt honored that others wanted me to contribute in these ways. I got used to being in front of the crowd, talking. I even got a little rowdy toward the end of my secretary commitment. Ready to try new things. To shake things up a little. Soon, I found myself knowing just about everyone's name. I was a part of AA.

That service has continued to grow. I now realize that I had begun to shift my focus away from selfish things and onto my fellows. We can only focus on one thing at a time. If we are paying attention to others, we are not paying attention to ourselves. Our world expands to include others.

Perhaps the most wonderful thing we can experience is taking another through the recovery process, through the steps, and seeing the light come into their eyes. *Love and service* is what AA means to me. With that comes freedom from myself. A life of purpose — beyond what I could ever have imagined! One step at a time, one day at a time, my life has grown to include many new friends and loved ones. I feel an integral part of bringing AA to the world. What better activity is there?

Respectfully submitted, Rose B.

**SCIF CENTRAL OFFICE**  
750 Mendocino Ave., Suite 10  
Santa Rosa, CA 95401

**Manager: Glenn C.**  
**Asst. Manager: Carolyn A.**  
**Phone: (707) 546-2066**  
**Fax: (707) 566-9677**  
**Email:**  
**bookstore@sonomacountyaa.org**

**FALL & WINTER HOURS**

**Mon-Thur 10am - 5pm**  
**Friday 10am—6pm**  
**Saturday 11am - 3pm**  
**Sunday Closed**

**The Bookstore is Closed  
on these Upcoming Holidays**

**Memorial Day May 27**

**www.aa.org**  
**www.aagrapevine.org**  
**www.sonomacountyaa.org**  
**www.cnca06.org**  
**www.socypaa.org**



Sonoma County Intergroup Fellowship Presents

# What it Means to Live

		<b>O</b>	<b>N</b>	<b>E</b>			
		<b>D</b>	<b>A</b>	<b>Y</b>			
		<b>A</b>	<b>T</b>		<b>A</b>		
		<b>T</b>	<b>I</b>	<b>M</b>	<b>E</b>		

*seminar & discussion*

---

**Wednesday, March 27, 2019**  
**6:30 - 8:00pm**

**A.A. Bookstore, 750 Mendocino Ave, Santa Rosa**

**Info: Donna L. (707) 568-5330**

## H & I

On February 6, 2019, the Hospitals & Institutions Committee gave a warm welcome to a whole passel of new meeting reps: Shelly A., There is a Solution (Healdsburg); Tom H., Midweek Madness; Chelsea D., Eldridge Group (Glen Ellen); Emelia A, Women's Big Book; Michelle H., New Hope Book Study (Rohnert Park); Tyler D, Hope 4 Today; Janice R., Real Life (Petaluma); Cody J., Knuckleheads; Michael H., Think About It (Sebastopol); Tara B., TDBME; Ray T., Gratitude Group; Mackenzie B., Young People's Group; Charles W., Big Book Study; Katelyn R., Woman's Perspective; Sharon S., Lets Discuss It (Rohnert Park); Kelly., 11<sup>th</sup> Step Meditation Mtg. (Healdsburg); and Ashley H., Big Book Review. Thank you all for being of service!!!

A hearty greeting was also extended to our visitors Patrick J, Michael K, Michael, Michael, Mel, Kevin and Dianne M. Keep coming back!!!

Over ¾ of a century's worth of sobriety was being celebrated by H&I members for the month of February!!! Are you willing to share your gift of sobriety with an alcoholic who is confined? For suggestions on how to do just that, please come to the next meeting of the H&I Committee, Wednesday, March 6, 2016, at 6:15 pm. As always, everyone is welcome to attend the orientation that begins at 5:45. The location is the Community of Christ Church, 1495 W. Steele Lane, on the corner at Range Avenue (parking is on Range, behind the church, with additional parking at the ice arena).

In service, Mardi

## MEETING CHANGES

### Santa Rosa

Tues. 7 pm

### Gratitude Group

No longer at 8 pm

Thurs. 7 pm

### Newcomers

Moved to church at:  
Hahman & Patio Ct.

Sunday 10 am

### Sober Sunday

1821 Piner Rd. (Correct)

### Glen Ellen

Friday 7 pm

### New Vistas

No longer at 8 pm

### Sebastopol

Thurs. 6 pm

### About Time

Group moved to:

4036 Montgomery  
Dr., Santa Rosa

## CLOSINGS

### Sebastopol

Sun. 6 pm **Stein Group**

Last meeting on 3/31/19

## EVENTS

### 46th ANNUAL H & I CONFERENCE

“FREE ON THE INSIDE”

May 3rd, 4th &

5th, 2019

Solano County

Fairgrounds

## HELP!

We need a Logistics Chair, and we will need helpers to set up, parking, refreshments, etc. for the **Mental Health in Sobriety Workshop**. Please join us at our planning meetings to be held at the SCIF Bookstore, at 10 am, on March 3<sup>rd</sup> and 17<sup>th</sup>.

Contact Kelli E. for more information at [asc@sonomacountyaa.org](mailto:asc@sonomacountyaa.org) or, call 707-774-9397.

## PI/CPC

The Public Information / Cooperation with the Professional Community is the public face of A.A.. We need you and your "experience, strength, and hope" to be that face. Your story may be just the thing that attracts a newcomer to our life-saving fellowship. But remember, that story is YOUR story, and, it does not necessarily reflect anyone else in the program. We members can't afford to unwittingly exclude others who seek sobriety by insisting that our approach to recovery is the correct or best approach. As co-founder Bill W. wrote for the AA Grapevine in 1961, "In A.A.'s first years, I all but ruined the whole undertaking with this sort of unconscious arrogance. *God as I understood him* had to be for everybody. Sometimes my aggression was subtle, sometimes it was crude. But either way it was damaging -- perhaps fatally so -- to numbers of non-believers."

Please joins us. Whatever your story, whatever you believe or don't. You have something truly unique to offer that may just save a life.

Please come to our speaker training on Wednesday, March 13, at 7 pm. Business meeting is at 730 pm, at the Santa Rosa City Hall Underground. If you are a doer rather than a speaker, we have other jobs available to use with your talents. Young, old, veterans, or, just plain vanilla alcoholics, please join us!

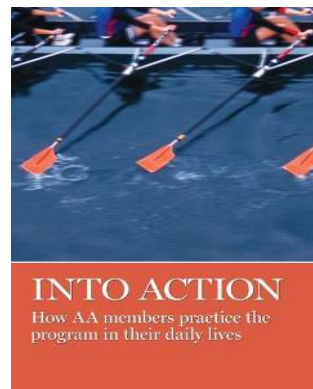
In Service, Chris S.

## Sonoma County Intergroup Fellowship Bookstore



Here's a way to spend time waiting for the rain to stop!  
Put together this jigsaw puzzle of the AA symbol.

Sale Book for March  
Into Action  
Regular price \$13.49  
Sale price \$10.80



750 Mendocino Avenue, Suite 10, Santa Rosa

707-546-2066; Monday –Thursday 10AM-5PM, Friday 10AM-6PM, Saturday 11AM-3PM

# ICSC COMMITTEE MEMBERS SOUGHT

The Sonoma County Intergroup Fellowship will be holding an election for a new ICSC committee member at the April general meeting, held on the 4th Monday at 7:30 pm, at St. Luke Lutheran Church (905 Mendocino Ave. Santa Rosa). This election is held twice a year, April and October.

What is ICSC, you ask? ICSC stands for **INTERGROUP CENTRAL SERVICE COMMITTEE**. The committee is a management and oversight committee specifically charged with the responsibility to set the policy, regulate the affairs and oversee the operation of the Sonoma County Intergroup Fellowship (SCIF) Central Office, more commonly known as the Bookstore. It advises the Steering Committee on matters affecting SCIF's status as a non-profit corporation, making sure that state and federal government regulations are followed and regulatory filings are completed as required. As such, it fulfills many of the functions cited as responsibilities of "the Board of Directors" in the California Corporations Code.

## **Job Requirements and qualifications:**

- \* Minimum 5 years sobriety
- \* Active participant in Alcoholics Anonymous
- \* Working knowledge of the 12 Steps and 12 Traditions
- \* Retail/general business management experience and/or operational management experience
- \* Working knowledge of financial statements
- \* Human resources and non-profit experience and/or knowledge preferred
- \* Prior experience on other professional boards a plus!
- \* Must be PC-literate with experience including MS Word and Excel. Intuit/QuickBooks is a plus!
- \* 18 month commitment

## **Job description:**

The ICSC is a rotating body of five members – two SCIF officers (the chair and the treasurer) and three at-large ICSC members elected by the intergroup representatives.

- \* Secretary, First Term Member, records minutes for the ICSC meetings
- \* Vice Chair, Second Term Member
- \* Chair, Third Term Member, leads meetings

Committee members are required to attend the ICSC Steering Committee Meeting on the 2<sup>nd</sup> Monday of the month at 6:30 pm as well as the SCIF Steering Committee meeting right after starting at 7:30 and goes until 8:30 pm at the Bookstore (750 Mendocino Ave, Santa Rosa). Committee members are also required to attend the SCIF General Meeting held on the 4<sup>th</sup> Monday of every month, 7:30-8:30 pm. Other requirements include work on special projects, including a yearly Bookstore Inventory.

## **Monthly time commitment estimated at 5-10 hours per month.**

Please direct all inquiries to the ICSC Nominating Committee at:  
**[icscnc@sonomacountyaa.org](mailto:icscnc@sonomacountyaa.org)**

# SCIF FINANCIAL SUMMARY JANUARY, 2019

	Income	Jan-19 Expense	Net	Jan-18 Net	Income	Year to Date Expense	2019 Net	2018 Net Compara- son
<b>Group Supported:</b>	<b>Comparison</b>							
Central Office	-	(2,366)	(2,366)	(2,388)		(2,366)	(2,366)	(2,388)
Groups	8,621		8,621	4,881	8,621		8,621	4,881
Individuals	0		0	0	0		0	0
Group Ins Fee Collec- tion	75		75	0	75		75	0
Directories		(183)	(183)	(130)		(183)	(183)	(130)
Pamphlets & Cards		(272)	(272)	(126)		(272)	(272)	(126)
Newsletter		(567)	(567)	(488)		(567)	(567)	(488)
Teleservice		(534)	(534)	(361)		(534)	(534)	(361)
Interest/Bank Charg- es	10		10	3	10		10	3
<i>Subtotal</i>	8,706	(3,920)	4,786	1,391	8,706	(3,920)	4,786	1,391
<b>Self Supported:</b>								
Bookstore	6,420	(6,935)	(515)	65	6,420	(6,935)	(515)	65
Group Ins Fee Collec- tion	75		75	0	75		75	0
Alkathons			0	0			0	0
Activities			0	0			0	0
Seminars			0	0			0	0
Unity Day			0	0			0	0
<i>Subtotal</i>	6,495	(6,935)	(440)	65	6,495	(6,935)	(440)	65
<b>TOTAL</b>	15,201	(10,855)	4,346	1,456	15,201	(10,855)	4,346	1,456

Assets &		
Cash in Bank & Petty Cash	54,601	Cash in Bank & Petty <b>Memo:</b> Cash
Prepaid Expenses	4,161	54,601
Bookstore Inventory	20,128	Prudent Reserve
Property	2,374	(39,113)
Subtotal	81,264	Liabilities
Liabilities	(3,150)	(3,150)
Total Assets & Liabilities	78,114	Operating Reserve
		12,338

## Intergroup Treasurer's Report - January 2019

Our income for January 2019 includes \$8,621 from Group Contributions, \$75 from Group Insurance Collections, and \$10 from Bank Interest for total income of \$8,706. January's Group Contribution is \$3,741 more than December 2018, or 43%, which may be attributed to the 7<sup>th</sup> Tradition monies for December getting posted in January. Total expenses for January was \$3,920 leaving a net profit of \$4,786.

The Bookstore income includes \$6,420 from sales and \$75 from Group Insurance Collections for total income of \$6,495. The Bookstore expenses were \$6,935 leaving a net loss of \$440.

Overall, we had a net profit of \$4,346 in January 2019.

Grateful to be of service,  
Susanne L., Treasurer

If you'd like a monthly email with a link to the online version of "SCIF News," send an email to:  
**newsletter@sonomacountyaa.org**  
with "Subscribe SCIF" as the subject.

The meeting opened at 7:30pm with the Serenity Prayer, Preamble: Tradition 1: Sharon; Concept 1: Erin  
**INTRODUCTION OF NEW REPRESENTATIVES:** Pam-Attitude Adjustment, Susanne-Tuesday@Noon, Melissa-Think About It, Ana-Sober Sunday, Alicia-Emotional Sobriety, Carly-Up the Steps, Hannah-Single Purpose, Grace-Saturday Night Living Right, Steve-Friday Night Vets, Daniel-Oh God It's Monday, Chris-Without a Prayer, Chad-Saints and Sinners, Michelle-Women's Big Book Study, Steve- Mature and Sober, Mark-T.G.I.F, Ted-Monday Night Men's, Kona-Tuesday 12X12

**BIRTHDAYS:** Michelle(7yrs) Wayne(8yrs) Serena(8yrs) Amanda(2yrs) Denise(8yrs) Max(3yrs) Craig(4yrs)

**ELECTION OF OFFICERS**

**Chair:** Justin C. made himself available , and was elected.

**Vice chair:** Amber H. and Chris M. made themselves available. Amber was elected.

**Treasurer:** Susanne L. made herself available, and was elected.

**Registrar:** Max B. made himself available , and was elected.

**Recording secretary:** Serena B. made herself available, and was elected.

**OFFICER REPORTS:**

**Chair:** (James C.) Thank you for letting me serve as chair.

**Vice Chair:** (Justin C.) There were 17 new reps, and 12 made it to the orientation.

**Secretary:** (Patrick B.) Minutes were passed.

**Treasurer:** (Francis B.) Group contributions for November were \$5,143 which was \$202 less than November of last year, we received \$8 from bank interest and \$50 in group insurance fees for a total of \$5,201 and after expenses we had a net gain of \$1,595. Bookstore income was \$8,279 and after expenses we had a net gain of \$496. We received \$50 in group insurance fees. Actual gain is \$546. We had a net Loss from Alkathon of \$197. Overall, we had a net gain of \$1,944.

**Registrar:** (Craig H.) As of December 26th, 2018, there were 234 groups in Sonoma County offering 346 meetings each week. There are 168 meeting representatives on record, for 67% participation. There were 40 representatives attending the December 2018 General Meeting, for 24% participation.

There were 3 new reps attending the December 2018 new rep orientation.

**COMMITTEES:**

**ICSC:** (Barry D.) Our next election will be in April.

**BOOKSTORE:** (Glenn C.) *As Bill Sees It* is our sale book for February: regular price \$12.29; sale price \$9.83. We have lots of gifts for Valentine's Day including jewelry, mugs and recovery bears.

**Activities:** (Shellie W.) Not present.

**Alkathons:** (Max B.) Nothing to report.

**Newsletter:** (Peter D.) Not present.

**Outreach :** (Amber H.) I have been putting the word out about elections.

**Seminars:** (Donna L.) Next seminar will be January 30th at the bookstore from 6:30pm - 8pm.

**Teleservice:** (Gus C.) There are 11 open shifts, and if you are interested call (707) 387-6251 to be of service.

**ICSC NOMINATING COMMITTEE:** (Monica B.) We are looking for candidates for our next election in April, and will have job descriptions in the newsletter.

**LIAISONS:**

**SOCYPAA:** (Tatiana) Max fills in. Our next event will be February 24th at Cal skate at 5pm attendance price is 15 \$.

**Spanish Central Office:** (Chris) The women's conference was very interesting.

**H&I:** (Lee. J) We are looking for coordinators to bring speakers into institutions.

**GENERAL SERVICE:** (Claudia) Our 40th annual agenda topics workshop will be February 16th form 8:30am-3:30pm at the Bethlehem Lutheran church in Santa Rosa.

**Bridging the Gap:** (Mary) We have committee positions available, so come be of service.

**PI/CPC:** (Erin) Our business meeting is the 2nd Wednesday of the month at the underground at 7:30pm, so come be of service.

**Access Sonoma County:** (Alan) Kelly fills in. Our next workshop will be in June, on mental health in sobriety.

**OLD BUSINESS:**

**NEW BUSINESS:** None

**Group Representative Sharing:**

Meeting adjourned at 8:39pm with the Responsibility Statement

-In Service, Patrick. B



## 39<sup>th</sup> Annual Northern California Woman to Woman Conference with Al-Anon Participation April 5, 6, & 7, 2019

Sacramento Marriott Rancho Cordova: (916) 638-1100  
11211 Point E Drive, Rancho Cordova, CA 95742  
\*Room rates \$124.00+taxes & fees/Conference rates until Friday,  
March 23, 2019

<https://book.passkey.com/e/49731958>

Registration & Conference open at 3:00 pm Friday  
"Big Book Trivia" 6:00 - 7:00 pm Friday – Topic Meetings & Workshops

### MAIN SPEAKERS

# March



# SERVICE MEETINGS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3 <b>SOCYPAA</b> <u>First United Methodist Church</u> 7:15pm Business Mtg	4 <b>General Service</b> <u>Faith Lutheran Church</u> 6:45 Service Manual Study 6:45 New Rep Orientation 7:30 Business Meeting	5	6 <b>H &amp; I</b> <u>Community of Christ Church</u> 5:45 New Rep Orientation 6:15 Business Meeting	7	8	9
10	11 <b>SCIF</b> <u>SCIF Bookstore</u> 6:30 ICSC Meeting 7:30 Intergroup Steering Committee Meeting	12	13 <b>I/CPC</b> <u>S.R. City Hall</u> 7:00 Speaker Training 7:30 Business Meeting	14	15 <b>Newsletter Deadline</b>	16
17 <b>SOCYPAA</b> <u>First United Methodist Church</u> 7:15pm Business Mtg	18	19 <b>Bridging The Gap</b> <u>SCIF Bookstore</u> 6:00 New Rep Orientation 6:30 Business Meeting	20	21	22	23 <b>General Service Area Mtg.</b> <u>Petaluma Community Center</u> Petaluma, CA
24	25 <b>Intergroup</b> <u>St Luke Lutheran Church</u> 6:00 Teleservice 7:00 New Rep Meeting 7:30 Business Meeting	26	27	28	29	30
31 <b>Happy Trails Hike</b> <u>Meet at Coddington P.O.</u> <u>10 am Carpool</u>						

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 Underground: First & Santa Rosa Ave., SR  
SCIF Bookstore: 750 Mendocino Ave., Suite 10, SR  
St. Luke Lutheran Church: 905 Mendocino Ave., SR

## A.A. HOTLINES

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

## WEB LINKS

### Sonoma County Intergroup Fellowship:

[www.sonomacountyaa.org](http://www.sonomacountyaa.org)

### SOCYPAA

[www.socypaa.org](http://www.socypaa.org)

### California Northern Coastal Area 06

[www.cnca06.org](http://www.cnca06.org)

### Alcoholics Anonymous

[www.aa.org](http://www.aa.org)

### A.A. Grapevine

[www.aagrapevine.org](http://www.aagrapevine.org)

## ADDRESSES

### Sonoma County Intergroup Fellowship

750 Mendocino Avenue, Suite 10  
 Santa Rosa, CA 95401-4846

### Sonoma County General Service

P.O. Box 536  
 Santa Rosa, CA 95402

### H & I Area 22 - Treasurer

P.O. Box 192490  
 San Francisco, CA 94119-2490

### General Service Office

P.O. Box 459, Grand Central Station  
 New York, NY 10163

### Calif. Northern Coastal Area - Treasurer

P.O. Box 884222  
 San Francisco, CA 94188

### Sonoma County PI/CPC\*

P.O. Box 11305  
 Santa Rosa, CA 95406

### SOCYPAA

1275 4th St. #221  
 Santa Rosa, CA 95404

*\*funded solely through Sonoma County General Service*

## CONTACT INFORMATION

### SONOMA COUNTY INTERGROUP FELLOWSHIP OFFICERS

*(all emails @sonomacountyaa.org)*

Chair	Justin C.	intergroup@
Vice Chair	Amber H.	vice-chair@
Secretary	Serena B.	secretary@
Treasurer	Susanne L.	treasurer@
Registrar	Max B.	registrar@

### COMMITTEE CHAIRS

Activities	Shellie W	activities @
Alkathons	Max B.	alkathons@
Communications	Open	newsletter@
Newsletter	Open	newsletter@
Webmaster	Kelli E.	newsletter@
Web Assist.	Larry B.	
Meeting Changes	Russell	meetingchanges@
ICSC	Barry D.	icsc@
ICSC Nominating	Monica B.	icscnc@
Outreach	Amber H.	outreach@
Seminars	Donna L.	seminars@
Teleservice	Open	teleservice@

### SONOMA COUNTY GENERAL SERVICE - DISTRICT 12

DCMC	Claudia N.	generalservice@
Treasurer	Denise G.	treasurer-gs@
Registrar	Benjamin G.	registrar-gs@
Archivist	Lora L.	archivist-gs@
Grapevine	LeRon L.	grapevine@
Access So. Co.	Kelli E.	asc@
Bridging the Gap	Mary E.	btg@
PI/CPC	Nick R.	picpc@
Interp./Transl.	Erin	it@

### HOSPITAL AND INSTITUTION COMMITTEE

Chair	Steven H.	handi@
-------	-----------	--------

### SONOMA COUNTY YOUNG PEOPLE IN A.A. (SOCYPAA)

Liaison	Tatiana N.	socypaa@
---------	------------	----------

### ALANON/ALATEEN

District 5 Hotline	(707) 575-6760
--------------------	----------------

## TELESERVICE

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 occasionally open shifts to fill. For information, see Teleservice listing above.