



SONOMA COUNTY INTERGROUP
**FELLOWSHIP
 NEWS**



VOLUME 100, ISSUE 9 SEPTEMBER 2005

September Seminar

S.C.I.F.

DATE: SATURDAY SEPTEMBER 17TH

TIME: 3PM-5PM

WHERE: SCIF BOOKSTORE
750 MENDOCINO AVE,
SANTA ROSA

WHAT: SPEAKER PANEL AND DISCUSSION
ON PRACTICING THE PRINCIPLES
OF THE TWELVE STEPS



...AND TO PRACTICE THESE PRINCIPLES IN ALL OUR AFFAIRS...

How do we handle children in meetings?

We have all been to meetings when the cries or impatient rattlings of little children seem to be stealing attention away from the speaker or the group. It can be a very uncomfortable situation. It can also be a huge challenge to handle gracefully.

If a meeting is 'Closed' then, of course, the solution is simple. The fact that the meeting is ONLY for alcoholics needs to be discreetly and sensitively explained to the child-bearing adult /adults and even perhaps polite suggestions of nearby 'Open' meetings should be given. The group might even allow the folks to stay this once and then encourage them to return without children in hand.

However, if the meeting is 'Open' it can get a little tricky. What does one do? At most meetings the secretary is responsible to keep order unless another AA is appointed the specific chore of handling noisy situations.

Either way, the only way to deal with this type of crisis is calmly. Being a parent, be it single or with a partner is probably the only other challenge in life that is as consistently difficult as getting and staying sober. Doing both in tandem is especially trying. But, what does that matter when we see a young mother or father in a meeting seemingly aloof, and obviously not interested in what we are doing or in keeping the peace all while letting their children run amok.

What we do in that situation is take in a big breath of empathy. Try to remember *why* we are all doing what were doing.

Chaos in a meeting is a lesson.

If you look on with frustration as opposed to with a soft-heart then you'll walk away having been robbed of all the goodness that the meeting might have yielded you. If, on the other hand, you look on such situations with compassion and look only to aid the moment instead of handicapping it you will take with you a great reward... serenity.

Most importantly, when we show deferential or submissive respect to all whom we encounter, we will then be walking in the graces of our higher power... and we will know it certain. And that is the ultimate reward.

— Charles W.

INSIDE THIS ISSUE:

POTPOURRI/PI-CPC	2
HOPEFULLY HARMLESS	3
FINANCIAL/H&I	4
GROUP CONTRIBUTIONS	5
JULY MINUTES	6
EVENT CALENDAR	7
SCIF INFO	8

ELEVEN PROVEN WAYS TO GET ALONG BETTER WITH EVERYONE

1. Before you say anything to anyone, ask yourself 3 things:
A. Is it true? B. Is it kind? C. Is it necessary?
2. Make promises sparingly and keep them faithfully.
3. Never miss the opportunity to compliment or say something encouraging to someone.
4. Refuse to talk negatively about others; don't gossip and don't listen to gossip.
5. Have a forgiving view of people. Believe that most people are doing the best they can.
6. Keep an open mind; discuss, but don't argue.
(It is possible to disagree without being disagreeable.)
7. Forget about counting to 10. Count to 1,000 before doing or saying anything that could make matters worse.
8. Let your virtues speak for themselves.
9. If someone criticizes you, see if there is any TRUTH to what he is saying; if so, make changes. If there is no truth to the criticism, ignore it and live so that no one will believe the negative remark.
10. Cultivate your sense of humor; laughter is the shortest distance between two people.
11. Do not seek so much to be consoled, as to console; do not seek so much to be understood, as to understand; do not seek so much to be loved as to love.

A Well-Illustrated Point

An old-timer was celebrating his fiftieth AA Birthday and a newcomer asked him, "How did you manage to stay sober for so long?"

The old-timer said, "I never drink and I never argue with anyone,"

The newcomer said, "That's crazy! There has to be more to it than that!"

The old-timer looked at him for a second and said, "Hmmm. Maybe you're right."



"For centuries I drank and watched the tribulations of the planet. Now I just go to meetings and watch cable TV."

Used by permission

Thanks Kevin K. at recoveryjonescartoons.com

PI/CPC

When I was new, with having "How It Works" being read at the beginning every meeting, I realized that some aspects of AA were going to get old very quickly. I also understood that it was up to me to make this life-line interesting. The particulars about what I did aren't important but with hindsight I can say that finding ways to make AA interesting propelled me into Service and attending special events.

I got involved with Public Information / Cooperation with the Professional Community (PI/CPC) in my 12th year of sobriety for the same reasons I got into service when I was new. That the public might have a better understanding of what Alcoholics Anonymous can do for its citizens is really secondary to helping me stay connected to AA.

PI/CPC offers a challenge to its speakers. As a speaker I need to present what is done in AA in a clear, truthful, and engaging way. Try this with a non-alcoholic friend! If you enjoy the conversation, you might be ripe for a commitment with the PI/CPC committee. We meet the 2nd Wednesday of each month (Sept 14th) in the Santa Rosa City Employees' Lounge underneath City Hall. Speaker training is at 7 pm followed by the business meeting at 7:30.

-Yannick W

THE HOPEFULLY HARMLESS PAGE

- Forged*
1. Admitted hopeless
 2. Got honest with self
 3. Got honest with another
 4. Made Amends
 5. Helped other without demand
 6. Prayed to God as you understand him.

*Ever
Bill W.
Apr 1953
Original 6 steps*

A hand-written note from Bill W. with the date April 1953 scrawled across the bottom. Below is the translation ...

- Step 1: Admitted hopeless
- Step 2: Got honest with self
- Step 3: Got honest with another
- Step 4: Made amends
- Step 5: Helped others without demand
- Step 6: Prayed to God as you understand him

POSITIVE

On a positive note, I've learned that no matter what happens, or how bad it seems today, life does go on, and it will be better tomorrow.

I've learned that you can tell a lot about a person by the way he/she handles these three things: a rainy day, lost luggage, and tangled Christmas tree lights.

I've learned that regardless of your relationship with your parents, you'll miss them when they're gone from your life.

I've learned that making a "living" is not the same thing as making a "life."

I've learned that life sometimes gives you a second chance.

I've learned that you shouldn't go through life with a catcher's mitt on both hands. You need to be able to throw something back.

I've learned that if you pursue happiness, it will elude you. But if you focus on your family, your friends, the needs of others, your work and doing the very best you can, happiness will find you.

I've learned that whenever I decide something with an open heart, I usually make the right decision.

I've learned that even when I have pains, I don't have to be one.

I've learned that every day you should reach out and touch someone.

People love that human touch - holding hands, a warm hug, or just a friendly pat on the back.

I've learned that I still have a lot to learn.

Note: people will forget what you said, people will forget what you did, but people will never forget how you made them feel.....

Financial Reports

SONOMA COUNTY INTERGROUP FELLOWSHIP

Financial Summary

	Month of:	July-05	Net	Year to Date	Net
	Income	Expense		Income	
Central Office					
Groups					
Individuals					
Teleservice					
Web Site					
Newsletter					
Interest					
Subtotal					
Bookstore					
Activities					
Alkathons					
Seminars					
TOTAL					

Assets & Liabilities

Cash in Bank & Petty Cash		Memo: Cash in Bank & Petty Cash	
Prepaid Expenses		Prudent Reserve	
Liabilities		Liabilities	
Subtotal		Total (unassigned funds)	
Literature Inventories			
Property			
Total Assets & Liabilities			

H & I

“The next great memory I have is that of the day I shared with [Bob] in his living room in the fall of 1937. I, you remember, had sobered up in late ‘34 and Bob in June 1935. Well, we began to count noses, we asked ourselves “how many were dry and for how long.” Not how many failures, but how many successes were there in Akron, New York and the trickle to Cleveland and in the other little trickles to Philadelphia and Washington. How much time elapsed on how many cases? We added up the score and I guess we may have had forty folks sober and with real time elapsed.

For the first time Dr. Bob and I knew that God had made a great gift to us children of the night and that the long procession coming down through the ages need no longer all

go over into the left hand path and plunge over the cliff. We knew that something great had come into the world.” [Part 7 of an interview with Bill W. about Dr. Bob]

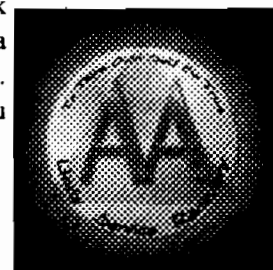
The August 3 meeting of the H&I Committee was pleased to welcome new meeting reps Jason with the Uptown Group; Jessica, Big Book Study; Sarah, Just 4 Today Group; Sherry, Working Winners Group; Gary, 12 X 12 Discussion Group; Mark, Attitude Adjustment Group; Trevor, Crossroads Group; and Robert, Graton Fellowship. And a big hello to our visitors, Robin and Chuck.

Sobriety birthdays were being celebrated by Laurie, with 8 years; David, 30; Patrick, 7; James, 9; Bill, 1; and Lester, with 18 months. Keep coming back!

Carmen B. shared how she became involved in H&I many years ago and has not stopped since. She has taken meetings into the jails and is always grateful to be able to share her gift of sobriety with others.

Is there something you’d be willing to share with another alcoholic? Do you have a few hours per month to give something back to the program of Alcoholics Anonymous? Then please join us at the next meeting of the Committee on Wednesday, September 7, at 6:15 (or 5:45 for a brief orientation). The place is the Santa Rosa Senior Center located at the corner of Bennett Valley Road and Rutledge Avenue—1 block east of Santa Rosa Avenue. We hope to see you there!

In service,
Mardi



Minutes of July 25, 2005

SCIF General Meeting

Tradition 7 was read by Carolyn and Concept 7 was read by Margie and the Preamble was read by Dave.

INTRO OF NEW REPS: Rebecca from the Spanish speaking Fellowship, Jim from Young at Heart, David from Not Just Another Newcomer Meeting, Mark from Saturday am Just For Today mtg., Annie from the Sonoma Valley Friday Night Fellowship, Rob from TBDME, Dave from 12 x 12 Plus Group and Meredith from Afternoon Delight

June Birthdays: John 19 years, Dave 5 years

Minutes of June 27, 2005, SCIF General Meeting were reviewed and then approved.

REGISTRAR: Deborah apologized if Rep name doesn't appear on list yet, work in progress; if you are not on list, please fill out form and give to me at end of meeting. 67 meetings signed in at last month's meeting.

H&I: Mark V. reported that H&I meets on the first Wednesday of each month with an orientation for folks new to H&I taking place at 5:45pm followed by the business meeting at 6:15pm.

GENERAL SERVICE: Kenin announced that California Coastal Area is getting ready for the 2005 Summer Assembly which will be held in Vacaville on August 13th. Along with the business meeting, there will be workshops designed to help your general service representative better represent their group. Did you know that we have *Loners*, *Internationalists* and *Homers* in AA? Well we do. *Loners* are AA's who are unable to attend meetings because there are no groups nearby. There are about 223 *Loners* in 58 countries. *Internationalists* are Seagoing AAs. *Homers* are AAs who are housebound due to illness or physical disability. *Loners*, *Internationalists* and *Homers* ("*LIM*") stay sober by sharing with each other through letters, tapes and e-mails. Each new *LIM* can receive a directory of members and a subscription to Box 4-5-9 (the General Service Office newsletter) and at the Loners/Internationalists Meeting-By-Mail, a confidential bi-monthly bulletin which shares excerpts of letters received at GSO from *LIM* members. There are also over 483 *Loners* Sponsors, who share AA activities and personal experiences.

PI/CPC: Dave indicated that they meet the 2nd Wednesday of each month at SR City Hall Lounge w/ speaker training at 7:00pm and Business meeting at 7:30pm. He explained that the function of this committee and that they have been distributing literature to hospitals, police stations, senior centers and the like. Currently distributing copies of Living Sober and the Big Book to local libraries.

BRIDGING THE GAP: Susy indicated that the primary purpose of BtG is to introduce the newly released residents of treatment facilities to AA in their local community. BtG utilizes a list of AA volunteers to match up with the newly released AA newcomer and take them to their 1st meeting. All that is required to be a volunteer is 6 months sobriety, working knowledge of the steps and a car is helpful. We did 4 presentations last month and had 37 requests last month, with 16 local requests and 16 out-of-district requests and 5 out-of-area requests. We have a new recording secretary and new teams for Casa Calmecha and Casa Teresa and Cam-pobello.

INTERGROUP CHAIR: Bob: no report.

VICE CHAIR: Steve B. indicated that 7 reps attended orientation tonight at 7:30-please attend orientation next month if you have not already.

TREASURER: Bob (filling in for Tom) directed everyone to page 4 to review monthly financial report, elaborated on the Year to Date Totals for expenses and contributions then indicated that Tom is available by phone for any questions regarding Intergroup finances.

BOOKSTORE: Gloria indicated that the new policy for volunteering at bookstore now includes the requirement of having at least one year sober and a job application must be filled out. She reminded everyone that Chips are on 1/2 price sale during the month of July and that 1,880 chips have been sold in the month of July thus far. New price list will be made available next month to reflect changes in pricing at bookstore. Volunteer openings on the 3rd and last Saturdays 11am-3pm; and every other Friday from 2pm to 6pm; and every other Tuesday from 10 am-2pm. Inventory help needed this Saturday at bookstore-come at noon to help.

OUTREACH: Maurice thanked everyone for their help on committee and asked Reps to make an announcement regarding Intergroup Representation at meetings that lack Intergroup Reps.

ACTIVITIES: Craig arrgh reported that arrgh the Pirate/Caribbean Dance arrgh is the next activity being held arrgh on August 26th at Sebatopol Community Center w/ *The Blusomatics* playing along with DJ and has a Caribbean/Pirate theme. See bright yellow flyers for tips on speaking like a pirate which he said would be fun to do when announcing the event at your meetings arrgh. Volunteers needed at 5pm for set up and after the dance is over to help clean up. Volunteers should check in with Craig upon arrival.

SEMINARS: Susy indicated that the *Spiritual Awakenings* Seminar went fabulously on Saturday July 16th and that the next Seminar, in September, would be entitled *Practicing Principals in All of Our Affairs*.

ALCATHOINS: Brian was absent, but Bob reported that the site for 2005 Alcatons has been secured by Brian.

TELESERVICE: Dave L. indicated that there are two open shifts available on Fridays from 10pm to 8am and Fridays from 5pm to 10pm and then directed everyone to the calendar on page 6 of the newsletter and pointed out when Teleservice meets; invited everyone who is interested to show up.

NEWSLETTER/COMMUNICATIONS: Charles indicated that the Newsletter Proof Reading Committee will meet the 2nd Tuesday following the Steering Committee meeting each month at 7pm or 8pm at his home.

NEW BUSINESS: none

OLD BUSINESS: ICSC Vacancy: Carolyn made herself available; qualified herself as having 4 years sober, having a background in retail and volunteer at the bookstore. She was voted in unanimously.

Newsletter: Much discussion, suggestions, commentary transpired. In the end, a motion was brought to the floor: Deborah moved that "*The Reps bring back to their groups for discussion/group conscience the idea of establishing guidelines for the SCIF Newsletter*". The Reps voted in the majority in opposition to this motion, with a minority in favor of the motion. Another motion was brought henceforth that "*All further Newsletter Guidelines discussion be tabled until further notice*". This motion was supported in the majority.

GROUP SHARING:

- Frances announced that the City Life Fellowship on Mendocino Avenue is warmly extending their building for use by AA's and indicated that they are child-friendly, have negotiable rates and to contact Frances at 484-9111 if you are interested.
- Vice Chair, Bob, reminded folks that if Reps/Groups/Individuals have concerns or items they'd like placed upon the agenda during a General meeting they should attend the SCIF Steering Committee on the 2nd Monday of each month.

Summation by Vice Chair, Steve:

- Happy Trails last Sunday of each month
- Bookstore inventory this Saturday at noon
- Chips still 1/2 off during July
- Dance August 26 with Pirate/Caribbean theme-need volunteers
- Teleservice needs help
- ICSC vacancy was filled
- Newsletter issue tabled
- City Life available for AA use

Gratefully in service, Kim

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
	General Service 6:45pm Service-Manual 6:45 New Rep Or. 7:30 Business @ Faith Lutheran Church		H&I 5:45pm New Rep Or. 6:15 Business Meeting @ SR Senior Ctr.			
11	12	13	14	15	16	17
	SCIF 6:30 Teleservice 7:15 ICSC 8:00 Meeting @ the Bookstore		PI/CPC SR City Hall 7pm Training 7:30 Business meeting			
18	19	20	21	22	23	24
		Bridging The Gap 7:00 pm @ SCIF Bookstore				5th St. Light 8pm BDayChip 9pm Dance!! Live Band
25	26	27	28	29	30	
HAPPY TRAILS 10am SRJC Parking Lot	Intergroup 7:30 New Rep Orientation 8:00 Business Meeting	General Service District 12 Meeting 8:15 @ SCIF Bookstore				

AA Hotline / Teleservice

Scheduler: Dave L.

12 Step Coordinator: James C

Santa Rosa Hotline: 544-1300

LongDistance: 800-224-1300

Petaluma Hotline: 7625122

Sonoma Hotline: 938-2027

Spanish Hotline: 545-7417

Intergroup Officers

Chair: Bob K

Vice-Chair: Steve B

Secretary: Kim M

Treasurer: Tom R

Registrar: Deborah P

Intergroup Chairs / Committees

Activities: Craig G

Alcathons: Brian A

Hotline: David L

Outreach: Maurice

Seminars: Susy

Newsletter: Charles W

New Meetings

Petaluma

'Out of the Ashes'

Monday 7pm

201 Washington (Phoenix Th.) (O)

Santa Rosa

'Living the Steps'

Thursday 6:15

845 Shady Oak Dr.

(off Brush Creek)

Meeting Changes

Petaluma

'Petaluma Fellowship B-Day Meeting'

Tuesday 7:30pm (last Tues ONLY)

Moved to Luchesi Park 320 N.McDowell

'Quitting Time'

Moved to Hillside Church 2689 Adobe Rd

Thurs/Sat/Sun 5:30

No Longer Meeting

'Young Peoples Step Study'

Tuesday 6pm (Santa Rosa)

'Steps t Freedom'

Thursday 7:30 (Petaluma)

For Changes Contact Russell @ 539-5165



Gloria's Corner

Hello Fellow AA's, I want to thank everyone who helped with inventory. We have openings on the **third Sat.** (11am-3pm) of every month as well as the **last Sat** (11am-3pm). We sold 4974 chips during our JULY half-price sale.

Thank you everyone -Gloria

(SCIF Bookstore Manager— phone # 707-546-2066)

CONTACT INFORMATION

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CA Northern Coastal Area Treasury

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Sonoma County PI/CPC*

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707-546-2066



Editor/Web Servant: Charles W.

Directory Changes: Russell

Sonoma County General Service

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Alt. DCMC: Kenin H.

Registrar: Chris B.

Archives: Cory B.

Grapevine: DJ S.

Literature: Michael Q.

Newsletter: Bill K.

Bridging the Gap: Bob F.

PI/CPC: Yannick Wets

Recording Secretary: Donna K.

Treasurer: Vinnie M.

H & I: Kelly T.

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