



sonoma county
**Intergroup
Fellowship**

NEWS

SEPTEMBER
2006

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

Secrets of the Scariest Steps Revealed!

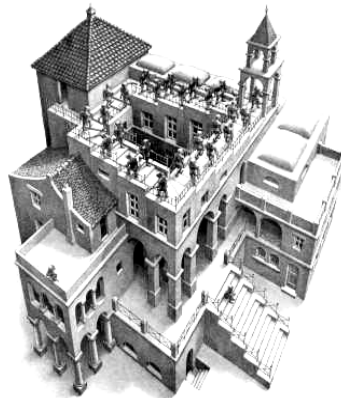
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September Birthdays

Bonnie-Jean K.	8/29/67	39
Linda C.	9/23/82	24
Deborah L.	9/23/93	13
Linda O.	9/1/99	7
Ken G.	9/9/01	5
Carolyn A.	9/22/01	5

**Seminar on
Steps 4 & 5**
Saturday
September 16
SCIF Bookstore
3:00–5:00 P.M.



Confused? Not sure how to start?
You're not the only one!
Find out how others came through two of the most daunting steps in the program.

They lived to tell about it. Maybe you will, too.

750 Mendocino Ave.
Santa Rosa

For more on the 4th Step, see the Editorial reprint on page 4.

Fantastic Good Times Predicted For Petaluma Fellowship Unity

Saturday
September 9
Lucchesi Park
Petaluma
Day
1:00–6:00 P.M.



said one source who claims to *know* these things.

"We'll have BBQ, and live music, and face painting. And games — like volleyball — all kinds of games," he went on.

He also predicted many listeners would be spellbound by the excellent speakers.

There are signs that the upcoming Petaluma Fellowship Unity Day celebration could be one of the most exhilarating yet.

"I see visitors bringing desserts and side dishes, with local members providing the main courses,"

Want to see your name in the newsletter? It's easy! Have a birthday! (And tell us about it, for crying out loud. We're not psychic, you know.)

Volunteers Needed for SCIF Unity Day

Coming Saturday, Nov 11
10:00 A.M. — 4:00 P.M.
Westview Christian Church
3950 Doubles Drive
Santa Rosa
(Sebastopol Rd & Doubles Dr)

Next organizing meeting is 7:00 P.M. Wednesday, September 13, at the SCIF Bookstore.

Volunteers call Larry O.

- ~BBQ~
- ~Live Music~
- ~Face Painting~
- ~Volleyball~
- ~Games~
- ~Speakers!~

July 2006 Sonoma County Intergroup Fellowship General Meeting Minutes

Meeting opened with the Serenity Prayer.

Readings:

- Tradition 7: Diane
- Preamble: Larry
- Concept 7: Dale

Introduction of new representatives to Intergroup:

- Wynny B. - 12 x 12 Step Study, Santa Rosa, 7PM Tuesday
- Dale F. - Saturday Night Live, Santa Rosa, 8 PM Saturday
- Dee Dee D. - Serenity Fellowship, Santa Rosa, All Meetings
- David E. - Newcomers Group, Santa Rosa, 8:30 PM Thursday

July Birthdays:

- John S., 20 Yrs
- Phil B., 4 Yrs
- Larry E., 20 Yrs
- Bruce C., 23 Yrs

LIAISON REPORTS

H&I Report: Mark V. reminded folks that H&I meets on the first Wednesday of each month at the Senior Center with an orientation for those interested in this service commitment at 5:30PM, followed by the business meeting at 6:00PM. The 36th Annual H&I Conference will be held in Petaluma on August 13, 14, 15th 2007 — volunteers are needed.

General Service: Kenin H. reported that the Summer Assembly will be held in Fortuna, California on August 12, 2006.

PI/CPC Report: Bob K. filled in for Dave R. Bob encouraged anyone wanting to be of service to this committee to attend the service meeting. They meet the 2nd Wednesday of every month at SR City Hall lounge, with 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: Carolyn A. stated that 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 recently released AA newcomers and take them to their first meeting. All that is required of 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 3rd Tuesday of the month at the AA Bookstore at 7:00PM. BTG gave four presentations during the month and had 33 requests.

SOCYPAA: Larry C. reported that the 3rd annual picnic was a success. He reported that important changes have been made in SOCYPAA bylaws. He asked for volunteers to attend the business meetings. Meeting dates are in the Newsletter Calendar.

Access Sonoma County: Diane W. reported that ASC meets at the 2nd Thursday of the Month at 6:30 PM at the Bookstore. ASC is working to help other groups identify and remove barriers for access to members in order to better carry the AA message. Some of our members are concerned with homebound members, others with access to non-English speakers, and some for access to AA's with physical disabilities. ASC currently has a member working to reach out to the blind and visually-impaired members and help them integrate into the program. If you know of anyone who would care to help in this way, we would love to hear from you.

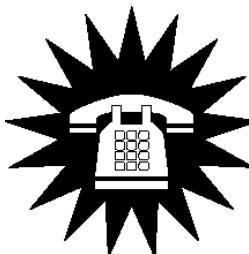
OFFICER REPORTS

Intergroup Chair: Bob K. thanked Tim for filling in last month. Larry O. stated that Unity Day will be Saturday November 4, 2006. Volunteers are needed for Unity Day.

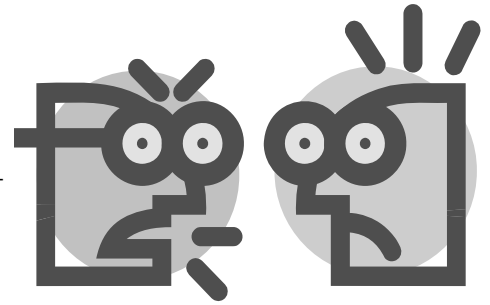
Vis Chair: Tim P. instructed the 4 new reps. about

(Continued on page 3)

<u>INTERGROUP OFFICERS</u>		<u>AA TELESERVICE</u>	
CHAIR	Bob K.	PHONE LINE COORDINATOR	Dave R.
VICE-CHAIR	Tim P.	12 STEP COORDINATOR	James C.
SECRETARY	Bob P.	<u>AA HOTLINES</u>	
TREASURER	John S.	SANTA ROSA	707-544-1300
<u>COMMITTEE CHAIRS</u>		LONG DISTANCE	800-224-1300
SEMINARS	Jim B.	PETALUMA	707-762-5122
ACTIVITIES	Monika G.	SONOMA	707-938-2027
OUTREACH	Victoria H.	<u>OPEN SHIFTS</u>	SPANISH
COMMUNICATIONS	Dave H.	Sunday	5 P.M. – 10 P.M. Wednesday 10 P.M. – 8 A.M.
TELESERVICE	Stephen I.	Sunday	10 P.M. – 9 A.M. Friday 10 P.M. – 9 A.M.
ALCATHONS	Jeff S.	Tuesday	10 P.M. – 8 A.M.



The Complaint



Tradition Ten states that no A.A. group or member should ever, in such a way as to implicate AA, express any opinion on outside controversial issues – particularly those of politics, etc. The interesting thing here is that it refers to “outside” issues, carefully ignoring “inside” issues.

How many times have I heard someone say that General Service is too political? Well, I can remember many years ago when I was in Intergroup that I heard the same comment – only then it was about Intergroup.

The fact of the matter is that we all (Intergroup or General Service members) were elected by our respective groups to do certain things that by their very nature seem “political.” But that draws too wide a border around the concept of “political.” That is, we make decisions and choose – for our groups and for Alcoholics Anonymous – from options that have more than one point of view attached to them; but we do the same thing, granted with less consequence attached, when we decide what to have for breakfast. If that is “political”, so be it.

Having choices, and having to decide among them, is in the nature of being human, and there is no reason that we, as alcoholics, should escape that fact of life. Sometimes the result is important, and sometimes not. But the fact is a decision needs to be made. It seems to me a suspiciously peculiar habit of alcoholics to want to disavow any responsibility. If you don’t do anything, you can’t be blamed.

One thing that we have, which tends to not be characteristic of other institutions, is a really careful way of making decisions. We allow discussion about a topic to go way beyond the discussions allowed in other institutions. We tend not to be impressed by titles. We tend to pick our “leaders” more carefully than in other institutions; then we more or less strip these “trusted servants” of any but an advisory power. But we get the job done in the most democratic way possible, and with the fewest hard feelings.

So this is just a reminder to all those who hear the complaint that “blah blah (Intergroup or General Service) is too political.” You can dismiss that complaint knowing that if someone did not do the job, we would not have meeting schedules, we would not have Unity Day, a Book Store, any connections with New York, or any of the information which is really useful to run the day to day affairs of Alcoholics Anonymous.

Just a reminder.

A General Service Member

SCIF General Meeting *(Continued from page 2)*

Intergroup, its functions, etc.

Treasurer: John S. mentioned the Bookstore is not doing well, and price increases will be effective September 1, 2006. John requested that the reps of each meeting remind their treasurer to make sure the name of the group is on the check when Intergroup contributions are made.

Bookstore: Gloria has talked to many Bookstore Managers and most stores are having financial difficulties. The Bookstore needs volunteers to work at the bookstore at the following times: Monday 2PM to 6PM; Friday 10AM to 2PM; Friday 2PM to 6PM.

Registrar: Susy E. thanked Carolyn A. for filling in for her last month. There were 77 meetings represented last month. Welcome back Susy!

COMMITTEE REPORTS

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

Activities: Monika G. reported the next dance will be called the “Summer of Love” on Saturday August 26. at the Community Center in Sebastopol. Volunteers needed!

Seminars: Roseanne M. substituted for Jim B. and

reported the next seminar will be September 16 at the bookstore. The topic will be the 4th and 5th steps.

Alcathons: Jeff S. mentioned that the Alcathons are in the near future. He also requested that more “Old Timers” please attend. Volunteers are needed!

Teleservice: Steve I. reported that the business meeting is held on the 2nd Monday of each month at 6:00PM at the Bookstore. Volunteers are needed for various shifts. He asked that Inter-Group Representatives announce at meeting level that volunteers are needed at Teleservice.

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

Old Business: None

New Business: ASL “Green Can” financial report was approved, by a majority vote (25 yea to 9 nay) of the meeting representatives, to be published in the Newsletter.

Group Concerns/Sharing: None

Summation: Tim P. outlined the meeting. Women’s Banquet was canceled, re-scheduled for February 2007.

Meeting closed with the Serenity Prayer

Gratefully In Service,
Bob P.

WHAT DOES GOD GIVE?

What does God give?

Nothing
But

Your soul
Your life
Your promise
Your gifts
Your most precious moments
Love
Hope
Family
Loved ones
Friends
Recovery
Trust
Faith
Serenity
Peace
Pardon

ALL YOU NEED!

(A "thank you" would be good.)

By Bonnie-Jean K.
© 2006

Stood Up or Stand Up?

For the past decade I've served as an AA speaker to classes of the County's Drinking Driver Program. Two years ago I took on the responsibility of coordinating speakers for the program as well. As one of four coordinators I schedule speakers for classes held on Wednesdays and Thursdays, which means I'm responsible for usually about one class a month.

In the past few months I've had a couple of speakers stand me up, agreeing to speak at a given time and then not showing up. In neither case did the person call to explain, and I was beginning to harbor a certain *resentment*. Then came August, and when I pulled out my schedule on the 6th to find the date of the next class - I discovered it had already passed on the 2nd and now I was the one who had stood up the class!

I too was guilty of human error, and I too had the responsibility to take my own inventory, admit my failure, and do my best to make amends. The next day I called the instructor and left a message on his answering machine, apologizing for missing the class and offering to schedule a make up at any time that would be convenient for him. At this writing I haven't



(Continued on page 6)

Editorial on the 4th Step

The following editorial first appeared in the AA Grapevine, February 1946.

"Made a searching and fearless moral inventory of ourselves."

Self appraisal which attains any real accuracy is unquestionably a difficult process. We all find it so easy and pleasant to view ourselves through a rosy hue of complimentary half-truths and so hard and unpleasant to take a look in the uncompromising and glaring light of the unvarnished truth.

The 4th Step is, indeed, a real challenge to honesty with oneself. In this way, it is both preparation and a complement to the 5th Step. To make the "searching and fearless moral inventory" called for in the 4th Step, one must first of all be searchingly and fearlessly honest about himself. The degree of honesty one can achieve will determine the accuracy and therefore the usefulness of the moral inventory.

One practical way of starting this very practical Step--or at least a way that helped one newcomer--is to prepare a record sheet with two columns, one headed, "Liabilities" and the other, "Assets."

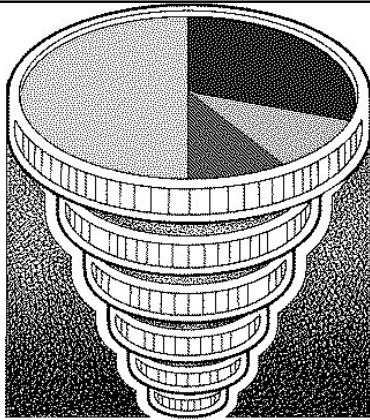
Under "Liabilities" can be listed personality deficiencies and faults, such as intolerance, selfishness, indecisiveness, fear, indolence, a bad temper, impatience and a whole host of other qualities which most everyone at this early stage discovers he has in abundance.

Under "Assets," if any, can be listed the opposite positives--tolerance, generosity (and this does not mean giving the poor bum a dime for a cup of coffee and feeling noble about it for two blocks), thoughtfulness of other people, humility, patience, and a few other attributes. Few persons, if honest, ever work up much of a list on this side of the ledger for their first moral inventory.

The actual process of deciding what to put in each column consists of asking oneself some pointed questions. Am I tolerant of other people's peculiarities, other creeds, other colors, other races, other opinions? Or do I dislike somebody because of the way he combs his hair or ties his tie? How many favors will I do other people without expecting one in return? Will I really go out of my way to help someone, or only when it's convenient? Do I feel

(Continued on page 6)

SCIF FINANCIAL SUMMARY JULY 2006



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

	Month of <u>July</u>			Year to Date		
	Income	Expense	Net	Income	Expense	Net
Central Office	-					
Groups						
Individuals						
Office Rent						
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		Operating Reserve	
Literature Inventories			
Property			
Total Assets & Liabilities			

GROUP CONTRIBUTIONS

Meetings July 2006 YTD Meetings July 2006 YTD Meetings July 2006 YTD

Stood Up...

(Continued from page 4)

heard back from him, but I hope to soon.

This blunder has reminded me that I'm just as prone to error as the next person, and while I take some comfort in the fact that our program claims 'progress and not perfection', the Tenth Step tells me to clean up the mess if I make one. None of us is immune from making mistakes but our program gives us a way to correct them, and cleaning up the messes is what distinguishes the irresponsible drunk I was, from the flawed but recovering drunk I am today.

Dimitri P.

Due to a death in the family, there will be no H&I report for this month. The column will return in October.

In service,
Mardi

Editorial...

(Continued from page 4)

superior to others? Am I impatient of others' shortcomings, while being very patient about my own? Am I honest, or do I practice deceit and double-talk, and then excuse myself afterwards with some fancy rationalizing? Am I kind, considerate, gentle?

The more questions one asks himself along this line the clearer become the entries he should make in each column.

If this is the first moral inventory one has taken of himself, or at least the most honest one, he will find it the most trying. But he also will find that in itself it will give him a certain feeling of relief. Finally he has begun to face facts. Finally he has worked up enough courage to face himself as he really is, and not as he has been dreaming he is. This is a courageous step forward. It is another step onto the path to sanity, stability and happiness.

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Happy Trails

The hike this month will be on September 24th in the Crane Creek regional park in Rohnert Park.

This hike is rated easy so everyone can join in the fun.



You can meet us at the park at 10:20 A.M. Take Petaluma Hill road to Rohnert Park and turn east on Roberts Road (near SSU) and then left on Pressley. The park will be on the left.

Note: there is a parking fee at the park.

Or, you can meet us at the SCIF Bookstore at 750 Mendocino Ave in Santa Rosa at 10 A.M. to car pool/caravan.

Lloyd



SCIF CALENDAR • September 2006

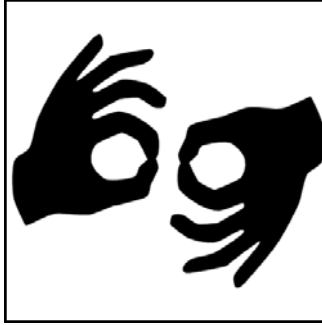


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SCIF Bookstore750 Mendocino Ave. Suite 10 Faith Lutheran Church.....4970 Newanga Ave. St. Luke Lutheran Church.....905 Mendocino Ave . S.R Senior Center704 Bennett Valley Rd. S.R. City Hall Employee Lounge...First St. and Santa Rosa Ave.					1	2
3 SOCYPAA 1551 Montgomery 7:15 Business Mtg.	4 General Service Faith Lutheran Church 6:45 Service Manual Study 6:45 New Rep Orientation 7:30 Business Meeting	5	6 Hospitals & Institutions S.R. Senior Center 5:30 New Rep Orientation 6:00 Business Meeting	7	8	9
10	11 SCIF Bookstore 6:00 Teleservice Meeting 7:00 ICSC Meeting 8:00 Intergroup Steering Committee Meeting	12	13 PI/CPC S.R. City Hall 7:00 Speaker Training 7:30 Business Meeting Newsletter 6:30 SCIF Bookstore	14 Access Sonoma County SCIF Bookstore 6:30 Meeting	15	16
17 SOCYPAA 1551 Montgomery 7:15 Business Mtg.	18	19 Bridging The Gap SCIF Bookstore 6:30 New Rep Orientation 7:00 Business Meeting	20	21	22	23
24 Happy Trails 10:00 SCIF Bookstore	25 Intergroup St. Luke Lutheran Church 7:30 Newsletter Collating 7:30 New Rep Orientation 8:00 Business Meeting	26 General Service District 12 Officers Meeting 6:15 SCIF Bookstore	27	18	29	30

To Hear And To Be Heard

The following is contributed by Tim P., Intergroup Vice-Chair.

After a sharing session (about printing reports on funding for ASL translation at the Signs Of Sobriety group), a member mentioned having had a conversation with a British friend on a similar subject. I encouraged her to ask him to share his experience, since it might be meaningful to us. Here is what he had to say.



(I am leaving the local member's name blank at her request. Also, she informed me that "lip reading" allows comprehension of about a third of what's said.)

--From London--

--Re: Pimlico Deaf and Hard of Hearing Group--

Hi K—,

How are you doing? I just thought I would send you my thoughts on the above meeting which I told you about recently.

Early this year an AA member, John H., phoned me to ask if I would be able to speak at the first meeting of the Pimlico Deaf and Hard of Hearing Group. He explained that several people who were hard of hearing had approached Chelsea Intergroup to see if they would consider paying for a professional "signer" for this new group. After a debate they agreed to do so initially for a year. This would be the first time in the UK that this would have happened.

So off I went, dressed becomingly, to do service for our fellowship. There was a turnout of about twenty, half like myself with normal hearing, and the rest with various hearing difficulties. The "signer" was there and a loop had also been set up to help those with hearing aids. I spoke for about twenty minutes. Then the floor was open for general sharing. Each person had to come to the front so that the signer could do her job and also people could lip read.

There was one girl there who was completely deaf. Because of the signer, this was the first time in her six years of sobriety that she had been able to share. She had always had to rely on one of her family scribbling down notes for her. She was crying, I was crying (tough Scot that I am), and so was everyone else. I realised then what a great decision the Intergroup had made. Sometimes we AA's just need to put our hands in our pockets and give a little extra. I felt so happy afterwards that one of our fellow alcoholics who had been just sitting for years was at last feeling that she was "part of."

God Bless. I hope all is well in Northern California. Peace and keep the faith.

--Robert S.

ASL INTERPRETERS - QUARTERLY REPORT

"Concerning any given service, we therefore pose but one question: 'Is this service really needed?' If it is, then maintain it we must, or fail in our mission to those who need and seek A.A."

Bill W., "AA's Legacy of Service."

Together we can!

Thank you for your support!

GROUP CONTRIBUTIONS FOR SIGN LANGUAGE INTERPRETERS

Meeting	2nd Qtr	YTD
Xmas & New Years Alcahons		
Single Purpose Group		
Hessel Group		
Third Step Group		
Up The Steps Group		
Young & Young At Heart		
Serenity Fellowship		
Wed Night Women's Step Study		
BDME For Young People		
Saturday Night Living Right		
Women's Perspective AA Group		
Sunday 5:30 Discussion Meeting, RP		
Signs of Sobriety		

Total

Paid to interpreters:*

Prudent Reserve:

*To date, Interpreters (who are non-AA members) are graciously 1/2 hour of their services for fellowship following the meeting: (Signs of Sobriety).

Editorial...

(Continued from page 6)

The first inventory should not be the last by any means. In fact, the principle and the technique of the moral inventory become a vital part of the new life. The first is the most difficult. Subsequent inventories show where progress has been made, where more effort still needs to be placed. If an inventory be taken at regular intervals, one has at hand a guide for keeping on the beam.

The moral inventory is one of A.A.'s most effective techniques. Of course, as with other A.A. techniques, its effectiveness depends on how well it is used. The inventory will not work by itself. The benefit comes about through the efforts made to change that which the inventory reveals should be changed.

T.D.

Manhattan, New York

Striving for excellence motivates you; striving for perfection is demoralizing. ~Harriet Braiker

Always do sober what you said you'd do drunk. That will teach you to keep your mouth shut. ~Ernest Hemingway

NEW MEETINGS

Jenner

1st and 3rd (O) River Meditation
 Tue 7:00 PM (Women's meeting)
 Call 865-2248

Santa Rosa

Mon 7:30 PM (O)(W) Grateful Gluttons Group
 Knox Presbyterian Church 1650 W. 3rd St.
 Thu 12 noon (O) Staying Sober
 Oakmont 545 White Oak

MEETING CHANGES

Guerneville

Wed 12 noon (O)(W) River Noons
 moved to Community Church
 Monte Rio (across from Fern's)

Petaluma

Wed 8:30 PM (O)(W) Fromoldhall Group
 Used to meet at 8:00 PM

NO LONGER MEETING

Santa Rosa

Sat 9:00 AM Morning Light
 Sat 12:15 PM Light Lunch
 Sun 4:00 PM Women's Meeting

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

Our prices are going to change on September 1. New price lists will be available at the Bookstore.

We need help every other week on Wednesdays from 10:00 A.M. to 2:00 P.M. and every other week on Mondays from 2:00 to 6:00 P.M.

Our July sale was a huge success. We sold 5,829 chips! Thanks to all the Volunteers for their hard work.

Much AA Love,

Gloria



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

PO Box 459, Grand Central Station
 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

*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 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.

Literature: Ken M.

Newsletter: Bill K.

Bridging The Gap: Bob F.

PI/CPC: Yannick W.

Recording Secretary: Donna K.

Treasurer: Vinny M.

Hospitals and Institutions

Chair: Kelly T.

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