



AA District 09 Solano South CENTRAL OFFICE NEWSLETTER



WWW.AASOLANOSOUTH.ORG

Special points of interest:

- New Central Office monthly business meeting time and location! 1st Wednesday of each month; 7:30 P.M. at Kaiser CDRP 800 Sereno Dr., Vallejo, Rm. F.
- New Central Office Location: **159 East D Street, Benicia**
- Monthly Birthday Speaker Meeting **Friday March 13** @ *The Clock Tower*, Benicia. 8:00pm
- Vallejo Fellowship News
- PRAASA Conference
- General Service
- ICYPAA

Monthly Birthday Speaker Meeting

The District 09 Monthly Birthday Speaker Meeting will be held 8:00 P.M., Friday, March 13 at the Clock Tower in Benicia.

The guest speaker is **Sheila H.** of Benicia. The host group is **The Crockett Group.**

Commemorative chips will be given to those AA's celebrating periods of sobriety. Desserts, coffee, and tea

will be served. Water and soft drinks will be available for a buck. There will also be raffle prizes to win. Books and literature will be available for purchase.

There will be a pre-meeting dinner with the speaker at 6:00 P.M. at The Front Room restaurant in Vallejo near the ferry terminal. Reservations are required a few days prior to the dinner.

Please contact Eileen S. at 707-373-5618 for reservations.

Central Office News

Thanks to the AA community and the tireless efforts of the intergroup members, the District 09 Southern Solano Central Office is open for business.

Our primary purpose is to extend the hand of AA by answering the phone calls that come in. We have available a list of resources and also AA members willing to do 12 Step calls.

There are informational pamphlets on display that help to carry the message and we also have conference approved books for sale to groups and individuals at cost.

Our hours of operation are 9am to 5pm Monday thru Friday and Saturday hours are 10am to 1pm. We have one shift open on Friday mornings 9am to

1pm. Please feel free to put your name on the alternate list or just stop by and say hi! We look forward to seeing you at the office ... the coffee is on and never shall you hear a discouraging word.

The phone number for Central Office remains the same: **(707) 643-8217. For information on volunteering for a phone shift call Eileen at 707-373-5618**

In April we will have a panel/workshop for telephone volunteers with an open house to follow. Date and time to be announced.

Love and service
Eileen S., Scheduling Coordinator

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Made a decision to turn our will and our lives over to the care of God as we understood Him.

News from Vallejo Fellowship

Third Tradition Checklist

New Meeting: Every Wednesday-Open Discussion @ 9:00am, at Vallejo Fellowship

New Men's Meeting: Friday Night @ 9:30pm (candlelight), at Vallejo Fellowship

"Back to Basics" every Thursday night from 7:00 to 8:30PM at the VJO Fellowship. Great meeting if you need or wish to work the steps. We'll see you there!

The 1st Saturday is Speaker Night...starts at 6:45pm and runs 45 min to an hour max. This gives everyone a chance to get to other Saturday night meetings in plenty of time. Great out of town speakers too! September speaker from Concord was great and meeting was very well attended!

The 2nd Saturday of every month is Karaoke Night 7:00—10:00 P.M. at the Fellowship for a special activity. Games, Karaoke and/or Jam Session. Bring your instrument, voice, or favorite game. 7:00-10:00 P.M.

The 3rd Saturday is Jam Session, which also includes open mike for poets. 7:00-10:00 P.M.

Last Saturday night of the month is Birthday Night! Come join us in the celebration, get your chip and enjoy the cake! 7:30 P.M.

The Vallejo Fellowship Business Meetings: 2nd Tuesday every month at 6:45pm... everyone welcome to attend.

Vallejo Fellowship Telephone number is 557-6318

New CO Rep for VJOF is Ricki Lee and Janine L. is the GSR.

Tradition Three:
The only requirement for A. A. membership is a desire to stop drinking.

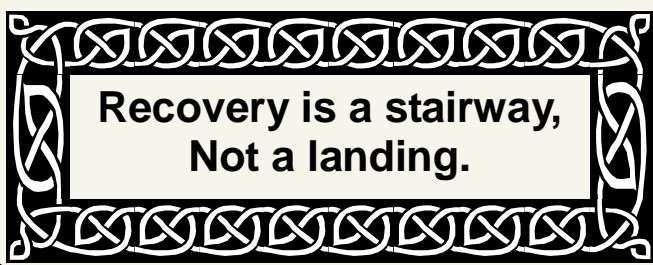
1. In my mind, do I prejudge some new AA members as losers?
2. Is there some kind of alcoholic whom I privately do not want in my AA group?
3. Do I set myself up as a judge of whether a newcomer is sincere or phony?
4. Do I let language, religion (or lack of it), race, education, age, or other such things interfere with my carrying the message?
5. Am I overly impressed by a celebrity? By a doctor, a clergyman, an ex-convict? Or can I just treat this new member simply and naturally as one more sick human, like the rest of us?
6. When someone turns up at AA needing information or help (even if he can't ask for it aloud), does it really matter to me what he does for a living? Where he lives? What his domestic arrangements are? Whether he has been to AA before? What his other problems are?

The Third Step Prayer

God, I offer myself to Thee- To build with me and to do with me as Thou wilt.
 Relieve me of the bondage of self,
 that I may better do Thy will.
 Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life.
 May I do Thy will always!

Page 63 of The Big Book of Alcoholics Anonymous

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Tape Time

Janis H.; Ontario
Grapevine October 1999, used with permission

Those first few months trying not to drink were hell for me. I was ashamed of who I was, what I was, and where I was--at an AA meeting. "Just don't drink and get to a meeting." "Keep coming back." I heard these words over and over. When I managed to get my first day in, I couldn't believe the insanity in my head. I could see myself having a tug of war with myself and the obsession. I desperately wanted to drink and desperately wanted to stop. That was the worst battle I ever fought in my life. There was a big sigh of relief when I finally got to bed that night: I had made it. But no one told me the hell wasn't over yet. My mind wouldn't shut up. I spent many miserable nights stuck in my thoughts.

I was going to meetings, absorbing everything that was said, but false pride stopped me from asking for help and I didn't dare ask for phone numbers. What would I talk about? That's why I drank--I couldn't communicate.

One night at a meeting, the Grapevine table caught my attention. When everyone got up and they all looked like they had something to do, I stood alone as always, hurt that I didn't fit in. At the table was a display of books and tapes. The fellow explained what the Grapevine was all about. I decided to purchase a tape. Parting with my money was tough. It was a tossup--a few beers or this tape. I'm so grateful I made the decision I did. That night

at bedtime when the tossing and turning began, and my head was spinning, I turned on the tape. The tape allowed me to get out of my thoughts and listen to other people. My suffering at night became so much easier. I listened to that tape night after night because I had to. I could hardly wait for the Grapevine table to show up at another meeting so I could purchase a new tape. The speakers on the tapes shared their pain and struggle with life. Most importantly, they shared their hope and the strength that they were managing to live without picking up a drink. They weren't miserable sober drunks like I was; they were fairly happy, contented drunks, just living life through the Fellowship.

I'm now in my thirteenth month of sobriety. I have a home group, a fabulous sponsor, and phone numbers that I use on a daily basis. By working the Steps I have been given the ability to communicate with others. I have faith instead of fear.

I'm proud to be a part of the Grapevine team in the Niagara region. We don't make many sales, but that's not the point. The Grapevine is a valuable tool to me, and this is my small way of giving back what was given to me. I want to be there for that scared alcoholic who is smiling on the outside, with too much pride to say how he is truly suffering on the inside.

This cartoon is from the online version of The Grapevine. "The Laugh's on Us". A cartoon drawing is submitted and reader's are asked to make up a caption for it.

You can check it out yourself by logging on to:

<http://www.aagrapevine.org>

Other site's of interest are:

This one is for California North Coast Area. Our Area stretches from the Oregon border to San Luis Obispo.

<http://cnca06.org/>

This site supplies a lot of history around AA.

<http://silkworth.net/>



"Let's take a break and yodel the Serenity Prayer." — *Mike M., Watertown, NY*

In Memory of...

Let us take a few minutes to remember our fellow alcoholics who are no longer with us in body but who's spirits live in our hearts. That their deeds and dedication to the program of Alcoholics Anonymous inspire us to carry the message to the alcoholic that still suffers and to practice these principles in all our affairs.

P R A A S A 2 0 0 9 O a k l a n d M a r c h 6 t h - 8 t h , 2 0 0 9

The 42nd **Pacific Region AA Service Assembly** will be held at the Marriott City Center Hotel and Convention Center at 1001 Broadway, Oakland CA, 94607. The program will start at approximately 1pm on Friday March 6th and end at noon on the 8th. The scope of the meetings, presentations, panels and workshops is large and diverse and focused on current agenda topics of the General Service Conference In New York as well as local concerns and service responsibilities within Alcoholics Anonymous. Through cooperation, PRAASA also hosts Al-Anon Family Groups meetings, presentations and a speaker luncheon.

What is PRAASA?

PRAASA is the Pacific Region Alcoholics Anonymous Service Assembly is a yearly assembly held in different parts of the Pacific Region of Alcoholics Anonymous.

The purpose of PRAASA is to develop greater unity among the members, groups, and Areas of the Pacific Region; to encourage the exchange of ideas and experiences; and to provide an opportunity for members to discuss pertinent aspects of AA. The Assembly and the PRAASA committee should always foster the Recovery, Unity and Service legacies of AA.

Carpool to PRAASA

If you are going to PRAASA (driving or riding) we are organizing a carpool. We are planning to have cars going/coming to PRAASA on both Saturday and Sunday. If you are interested in carpooling please call:

**Ed B. 707-745-1483
John M. 707-748-7450**

Departing and pickup at Starbucks, 1st & Military
90 Solano Square, Benicia
- times to be determined -

**Save gas, save money, and
Enjoy the Fellowship of the Spirit!**

***Dear Fellows,
This event is of particular interest because it's taking place in our own back yard and probably won't be seen in this area for another ten years. It presents a great opportunity to get first-hand exposure to the spirit of AA at work.***

PRELIMINARY PROGRAM (subject to change):

Registration: Pre-registration Badges and Packets will be available starting Thursday evening March 5th. On-site registration begins at 8 am Friday March 6th

Early Bird Meetings: Thursday March 5th, 7 to 8 pm; Friday 10 am to 11 am; and Saturday and Sunday 7 am to 7:45 am (English and Spanish)

Friday March 6th

1. 12:45 pm - Introduction by our Pacific Region Trustee
2. 1 pm to 6 pm - Panels and Presentations
3. 6 pm to 8 pm - Dinner break
4. 8 pm - Roundtables

Saturday March 7th

1. 8 am to 11:45 am - Panels and Presentations
2. 11:45 am to 1 pm - Lunch Break including Al-Anon Speaker Luncheon
3. 1 pm to 2:45 pm - Panels and Presentations
4. 3 pm to 5 pm - Pacific Regional Trustee report and Business Meeting
5. 6:30 pm - Banquet
6. 8:00 pm - Speaker Meeting
7. 9:30 pm - Roundtables

Sunday March 8th

1. 8 am to 9 am - What's on your mind?
2. 9:15 am to 10:45 am - Past Trustees Panel
3. 11 am to 11:50 am - Ask it Basket for Regional Delegates.
4. 12 pm - Closing
5. 1:30 pm - Wrap up session

There are short breaks between panels and presentations.

More information and online registration at:

www.praasa.org

General Service

The following service positions are available and need to be filled. If you think you might be interested please attend the upcoming **DISTRICT 09 GENERAL SERVICE BUSINESS MEETING**

Wednesday, 3/11/09 at 7:00 P.M.

502 Virginia St. Vallejo

1. Registrar
2. CPC chair (Cooperation with the Professional Community)
3. Archives chair
4. Alternate District Committee Member chair
5. District committee member for sub-district 001,
6. District committee member for sub-district 002
7. District committee member for sub-district 003.

next CNCA Committee meeting:

Saturday, 2/28/09 at 1:30 pm
Petaluma Community Center
320 N. McDowell Blvd.
Petaluma

Pre-conference Assembly for CNCA:

Sat. 4/18/09-

8:30 am till 5:30pm

Sun. 4/19/09

8:30 am till 1:00 pm

Location: Marin Center, Exhibit Hall
10 Avenue of the Flags
San Rafael

What: Northern California Council of Alcoholics Anonymous (NCCAA) 62nd Annual Spring Conference

When: March 13, 14 & 15, 2009

Where: Crowne Plaza Hotel, 1221 Chess Drive, Foster City, CA 94404 WWW.NCC-AA.ORG

The Young & The Restuvus

The only requirement for membership is a desire to not drink but feel young.

The BAYPAA Summit - YPAA's UNITE!

...there exists among us a fellowship that is indescribably wonderful...

March 21st 2009 Hosted this year by SCCYPAA! Co-hosts PENYPAA, BAYPAA and more....

Summit to commence @ 11:00pm
Grub begins @ Noon; 5 bucks gets you a FAT plate of SCCYPAA BBQ
Then Four Bay Area YPAA's share their experience on Service, Unity and Recovery @ 1:00pm

After you hear the message; stay for the Fellowship and participate in...
"Who is the Best in the Bay" KickBall Tourney
Winning YPAA to receive a Mystery Prize and Bay Area Bragging Rights

@ Las Palmas Park in Sunnyvale

850 Russet Dr, Sunnyvale, CA

ICYPAA Raffle Drawing to follow event - Two people are going to Georgia in style son...

If you haven't bought a raffle ticket to win a trip (including airfare, hotel and registration) to ICYPAA, BUY ONE!!! \$10 for a chance to win a \$1000 trip? Who can beat that?

For more info on Raffle Tickets, contact Kevin N. - knormoyle@att.net or 650-766-1306

Any questions email SCCYPAA Events Coordinator victorlechajiii@yahoo.com

Acronym Translation:

ACYPAA— All California Young People in AA

BAYPAA—Bay Area Young People in AA

ICYPAA— Intl. Conference of Young People in AA

PENYPAA— Peninsula Young People in AA

SCCYPAA— Santa Clara County Young People in AA

STEPS R US

TUESDAY'S FROM 6:00 P.M. TO 7:00 P.M.
2800 GEORGIA STREET
PRESBYTERIAN CHURCH

TO ALL AA MEMBERS AND SPONSORS:

This meeting welcomes some support and there are a couple service positions that are vacant that include Treasurer and General Service Representative

THIS IS A GOOD MEETING AND WE WELCOME YOU!

**New Women's Meeting
12x12 Discussion Group**

Wednesdays 5:30-6:30
Congregational Church
West 3rd St., Benicia
(upper area)

Archive Information

CNCA Archives meeting, which is open to any member of AA, is held at the monthly Area Committee meeting . It is held every fourth Saturday at 11:00 am, at the following address:

Community Center
320 N. McDowell Blvd. Petaluma

**The CNCA Archives are located at
193 Mayhew Way, Walnut Creek, CA 94597-2065.**

More info at: <http://www.cnca06.org/archives.php>

People in Service at Central Office

- | | |
|------------------------|-----------------|
| Chair: | Mike G. |
| Assistant Chair: | Henry |
| Recording Secretary: | Terry V. |
| Treasurer: | Don B. |
| Schedules: | Russ F. |
| Schedule Coordinator: | Eileen S. |
| Supplies: | Chuck N. |
| Public Information: | Josh |
| Website: | |
| Birthday Speaker Mtg.: | Bill K. & Susan |
| Literature: | John W. |
| Newsletter: | Mike B. |

Bridging the Gap

"AA's Welcome Wagon"
A 12th Step Opportunity
Volunteers Needed

To ease the transition of recovering alcoholics being released from treatment facilities and other places of confinement into the AA Community. Involves taking newcomers to an AA meeting after their release and introducing them to members of the group. For more information please contact:

Dottie P. BTG Chair District 09 at 707-553-9493

**Sober Activities from
The First Street Group**

The First Street Group has an Activity committee that organizes various sober activities that include hikes, bike rides, movie nights, game nights, karaoke and a variety of other fun stuff. Watch for fliers for more information. You may also get on the emailing list by sending a note to Kim at:
kimpossiblenow@gmail.com

From AAGrapevine Joke of the Day

"I was always the black sheep of the family. Then I joined AA and found the rest of the herd."

C.W., Iowa

***New Location & Time for
Monthly
Central Office Meetings***

There is also a new location for the monthly Central Office business meetings. The meetings will be held the first Wednesday of each month at **7:30 P.M.** and will be held at the Kaiser CDRP facility located at **800 Sereno Dr. Vallejo in Room F.** (the cross street is Broadway)

A.A. District 09 March 2009 Southern Solano County

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 Central Office Business Meeting 7:30 PM Kaiser CDRP Bldg. Rm. F	5	6 H&I Business Meeting 6:30 Sea Scouts Building 402 Riverside, Napa, CA	7 Vallejo Fellowship Speaker Night 6:45 at Vallejo Fellowship
8	9	10	11 DISTRICT 09 GEN'L SERVICE BUSINESS MEETING 7:00 P.M. 502 Virginia St. Vallejo	12	13 District 09 Monthly Birth- day Speaker Meeting 8:00 P.M. Clock Tower	14
15	16	17	18	19	20 Deadline for News & Events submis- sion for March Newsletter	21 Vallejo Fellowship Jam Session & Open Mic Poetry Vallejo Fellowship 942 Tennessee St. Vallejo
22	23	24	25	26	27	28 Vallejo Fellowship Birthday Night
29	30	31	1 Central Office Business Meeting 7:30 PM Kaiser CDRP Bldg. Rm. F	2	3 H&I Business Meeting 6:30 Sea Scouts Building 402 Riverside, Napa, CA	4

God...
Grant us the Serenity to accept the things we can not change,
the Courage to change the things we can,
and the Wisdom to know the difference.

Hospitals & Institutions

The position of a Hospitals & Institutions Liaison has been removed from District 09. It was decided by the Central office Committee that since there are no institutions in the district and that the hospitals already have some sort of recovery program that H&I is not necessary. Our former H&I liaison, Painter Jim sent this tidbit of information for those that might wish to get involved in some way with H&I in communities outside of our district.

H&I

The Hospital and Institution Committee has a new website: www.handinorcal.org and it is the place where you can find information about how to get involved in H&I. District 09 only has two facilities: one; The Vallejo Detox and two; Crestwood Manor and both currently have coordinators.

There are many places where you can have the opportunity to share your story with other alcoholics who cannot get out.

There are meetings available as close as Martinez/ Walnut Creek or Vacaville. These meetings usually don't require clearance or a commitment – just your participation for that day. Remember, a commitment in H&I is only an hour a month and the benefit is lifelong – you will always remember your first H&I meeting – ask someone.

If you need more information I am available to answer your questions. Thank you for your time. Painter Jim: 746-1116

This Month in History—

The Starr Street Crockett Group started on March 12, 1992

Mark Your Calendars

DISTRICT 09 CENTRAL OFFICE BUSINESS MEETING

1st Wednesday of each month
at 7:30

Kaiser CDRP Bldg. Rm F
800 Sereno Dr., Vallejo
(707) 643-8217

Note NEW time, NEW place!

H & I Business Meeting

1st Friday of each month at 6:30 p.m.

NEW LOCATION:

Sea Scouts Building
402 Riverside, Napa, CA

DISTRICT 09 GENERAL SERVICE BUSINESS MEETING

2nd Wednesday of every month at 7:00 p.m.

1st United Methodist Church
502 Virginia Street, Vallejo, CA

Monthly Birthday Speaker Meeting

2nd Friday of each month

March 13 at the Clock Tower, Benicia. Sheila H.; host group is the Crockett Monday Night group.
April 10, Clocktower, Benicia, Margaret B. Vallejo, Benicia Men's Stag is hosting.
May 8, Senior Center, Benicia, Fred S. of Seal Beach, Saturday Doyle Drive is hosting.
June 12, Clocktower, Benicia, Saturday Dan Foley group is hosting.

Please send announcements and articles to: Mike B., mb@preservationpainting.com

Must include your name and phone number or email address.

Information should be in form of **MS Word doc**. PLEASE! No Fliers or at least contact the Editor prior to submitting.

Deadline for submitting items for the March issue is March 20.