

AA District 09 Solano South



CENTRAL OFFICE NEWSLETTER



WWW.AASOLANOSOUTH.ORG

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*** eMail***

Please send announcements and articles to: Mike B., sooeditor@gmail.com
Please include your name and phone number.

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 is the **19th** of each month!!!

Monthly Birthday Speaker Meeting

The District 09 Monthly Birthday Speaker Meeting will be held 8:00 P.M., Friday, March 12 at the **Benicia Clock Tower**.

The guest speaker is Nancy Mac. of Pleasant Hill. The host group is Monday Night Crockett.

Commemorative chips will be given to those AA's celebrating periods of sobri-

ety. 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.

Dinner with the speaker will be hosted by Joe and Liz at Buon Appetito, 191 Military East at 6:30. For more info call:

Joe and Liz E. 707-567-3747
Rod H. 510-773-1265

Central Office News

Nuevo!

New!

Bilingual de Voluntariado

AA para nuestro español Hablando de la Comunidad;

La Oficina Central ahora con una bilingual Inglés / voluntario español! Julie P. está en la oficina todos los jueves por la tarde desde las 12 del mediodía a 3:00 pm Llame al 707-745-8822 Julie con cualquier pregunta o necesita ayuda en AA. Vamos por la Oficina Central en 159 East "D" Street, Benicia por una taza de café. Una pequeña selección y creciente de libros y folletos en español está disponible. Si no tenemos el libro que desea, vamos a pedirlo para usted. Vamos por el! Julie está esperando!

Bilingual Volunteer

AA for Our Spanish Speaking Community;

The Central Office now has a bi-lingual English/ Spanish volunteer! Julie P. is in the office every Thursday afternoon from 12 noon to 3:00 pm Call Julie 707-745-8822 with any questions or you need help in AA. Come by the Central Office at 159 East "D" Street, Benicia for a cup of coffee. A small and growing selection of books and brochures in Spanish is available. If we do not have the book you want, we will order it for you. Come by! Julie is waiting!

Central Office Scheduler

Claudia K. is our Central Office shift scheduler. Please contact her if you wish to volunteer for a shift. Contact Claudia at 707-745-6227 or 707-745-8822

Phone Service

Service Opportunity Available! Thursday Morning Volunteer Needed. Shift: 9 a.m. to 12 noon. One year sobriety re-


Tradition
3
The only requirement for AA membership is a desire to stop drinking.

News from Vallejo Fellowship

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

Open 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.

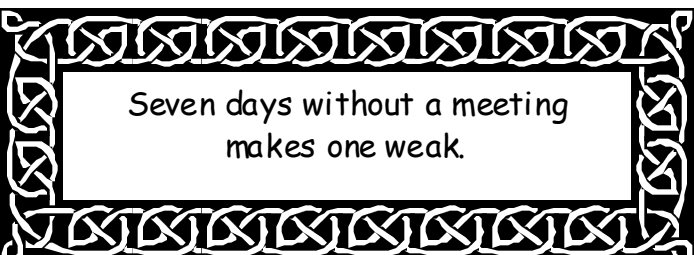
Last Saturday night of the month is Birthday Night! Come join us in the celebration, get your chip and enjoy the cake! 7:30 P.M.

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

The Vallejo Fellowship is located at:
[942 Tennessee St. Vallejo](#)

Vallejo Fellowship Telephone number is
707-557-6318

Janine L is acting interim Vallejo Fellowship Central Office Representative and is also the General Service representative.



Seven days without a meeting
makes one weak.

There is a solution!

The Twelve Steps of Alcoholics Anonymous

Step Three: Made a decision to turn our will and our lives over to the care of God as we understand Him.

(Here are a few passages that were lifted from The Big Book of Alcoholics Anonymous in hope that it will inspire further reading and discussion of this step.)

Remember that we deal with alcohol—cunning, baffling, powerful! Without help it is too much for us. But there is One who has all power—that One is God. May you find him now.

Half measures availed us nothing. We stood at the turning point. We asked His protection and care with complete abandon.
Pp. 58-59 BB

...The point is, that we are *willing* to grow along spiritual lines. The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection.'

Our description of the alcoholic, the chapter to the agnostic, and our personal adventures before and after make clear three pertinent ideas:

- That we were alcoholic and could not manage our own lives.
- That probably no human power could have relieved our alcoholism.
- That God could and would if He were sought.

Being convinced, we were at Step Three, which is that we decided to turn our will and our life over to the care of God as we understood Him. Just what do we mean by that and what do we do?

The first requirement is that we be convinced that any life run on self will can hardly be a success.
P. 60 BB

We were now at Step Three. Many of us said to our Maker, *as we understood him*: "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 it do Thy Will always!" We thought well before taking this step making sure we were ready; that we could at last abandon ourselves utterly to Him.
P. 63 BB

Newcomers Corner

The most fundamental part of sobriety is not taking that first drink. It wouldn't be so bad if it weren't for that damned obsession. The good news is that the obsession to drink does leave at some point as we work the 12 Steps of A.A. For some of us it goes away suddenly and for others it is more of a dissipation, but it does leave. In the mean time here is some encouraging information pulled from one of our A.A. pamphlets.

The 24 Hour Plan

For example, we take no pledges, we don't say that we will "never" drink again. Instead, we try to follow what we in A.A. call the "24-hour Plan." We concentrate on keeping sober just the current twenty-four hours. We simply try to get through one day at a time without a drink. If we feel the urge to drink, we neither yield nor resist. We merely put off taking that particular drink until *tomorrow*.

We try to keep our thinking honest and realistic where alcohol is concerned. If we are tempted to drink – and the temptation usually fades after the first few months in A.A. – we ask ourselves whether the particular drink we have in mind would be worth the consequences we have experienced from drinking in the past. We bear in mind that we are perfectly free to get drunk, if we want to, that the choice between drinking and not drinking is entirely up to us. Most important of all, we try to face up to the fact that, no matter how long we may have been dry, we will always be alcoholics – and alcoholics, as far as we know, can never again drink socially or normally.

We follow the experience of the successful "old-timers" in another respect. We usually keep coming to regular meetings of the local A.A. group with which we have become affiliated. There is no rule which makes such attendance compulsory. Nor can we always explain why we seem to get a lift out of hearing the personal stories and interpretations of other members. Most of us, however, feel that attendance at meetings and other informal contacts with fellow A.A.s are important factors in the maintenance of our sobriety.

From p.14 of the A.A. General Service Conference-approved pamphlet "This is A.A.: An Introduction to the A.A. Recovery Program" (copyright 1984)

Also... There is usually a phone list at many meetings for men and women. Pick one up and pick up the phone and call somebody if the obsession to drink gets to you. We're all here to help each other.

Many people have found that having something sweet to eat also may parlay that urge to drink.

ACYPAA

What is ACYPAA?

In 1973, the All California Young People in Alcoholics Anonymous Round-Up was established as an annual gathering in California to provide an opportunity for young AA's to come together and share their experience, strength, and hope. ACYPAA is visible evidence that large numbers of people are achieving a lasting and comfortable sobriety in Alcoholics Anonymous. AA's who attend an ACYPAA Round-Up return home better prepared to receive young alcoholics who come to AA seeking recovery.

www.acypaa2010.org/index.php

Women's Meetings!!!

Looking for a Women's only meeting? Well there are two in District 09 Southern Solano. I haven't been to either but I hear they're good.

Mondays, 7:00 pm - Vallejo Women's Group - Topic Discussion - Holy Trinity Church, 201 Doyle Drive, Vallejo
3rd Monday (Birthday Meeting)

And...

Wednesdays, 5:30 PM - Women's 12 by 12 Study - Congregational Church, 1302 West 2nd St., Benicia

Men's Meeting!

We only have one but it's a doozie!

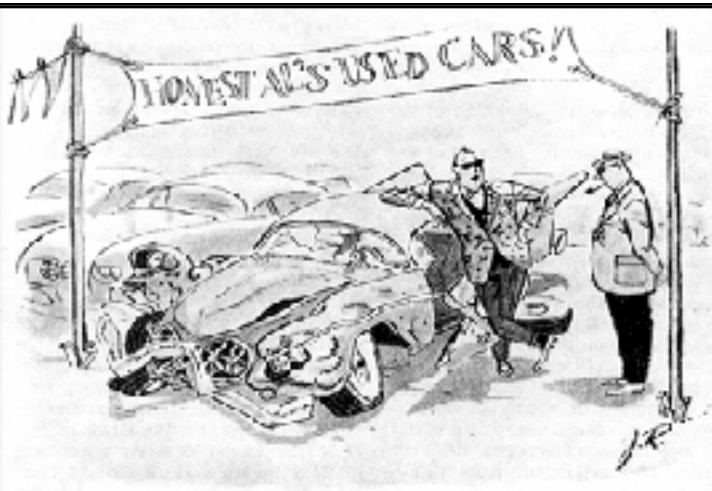
Wednesdays, 7:30 PM - Men's 12 by 12 Study - Congregational Church, 1302 West 2nd St., Benicia

Cartoon Time

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>



"If you think this is a wreck, you should see the previous owner!"
— Orv B. Kieler, WI

For spouses, families and friends of alcoholics:

Al-anon Meetings

Sunday

Vallejo, 5:00-6:00 PM
1st United Methodist Church
502 Virginia St. Vallejo
(enter from Sonoma)

Monday

BENICIA, 5:45-6:45 PM, **Benicia Hill Top**
Benicia Congregational Church
[1305 W. 2nd Street](#)
(uppermost "Preschool" building)
WSO# 0000716
District 6

Tuesday

VALLEJO, 7:00-8:00 PM, **Castewood AFG**
Community Presbyterian Church
(upstairs)
[2800 Georgia Street](#)

Thursday

BENICIA, 8:00-9:00 PM, **Benicia Hill Top**
Benicia Congregational Church
[1305 W. 2nd Street](#)
WSO# 0000716
District 6
(uppermost "Preschool" building)
(there is also an AA meeting in lower bldg.)

District 6 Birthday-Speaker Meeting

Last Friday each month 7:00 p.m. - 8:15 p.m.
Kaiser Hospital (3rd floor Rooms C & D)
Vaca-Valley Parkway, Vacaville
(Leisure Town road exit off of Highway 80 Vacaville)
Contact: Jane at gardengirl62@hotmail.com

District 14 Speaker Meeting

(every 4th Saturday), 6:30 p.m. to 9:00 p.m.
Al-Anon, Alateen and AA Speakers
Refreshments, Birthday Chips & Literature Sales
Walnut Creek Kaiser
[1515 Newell Ave., Walnut Creek](#) (3rd Fl. Oak Rm. #1)
(Medical Office Bldg. parking @ Newell)
(from 680 exit S. Main St. or Olympic Blvd.)
Contact: Kristine (925)872-3440 or kap4calif@yahoo.com

For more information about Al-anon & Al-ateen:

www.ncwsa.org

ALCOHOLICS ANONYMOUS® is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

- The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions.
- A.A. is not allied with any sect, denomination, politics, organization, or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes.
- Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

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Central Office News continued from page 1

quired. Contact Claudia at 707-745-6227 for information.

Hours of Operation

Hours of operation are Monday through Friday 9:00 am to 3:00 pm, 2 shifts per day; the morning shift from 9:00-noon and afternoon shift, noon to 3:00 pm. There is also one shift on Saturdays from 10:00 am to 2:00 pm. Books and pamphlets are available at the office. We are also asking for people to step up in an "on-call" capacity who might be available to cover a vacant shift from time to time.

Location

[Central Office](#) is located at [159 East D St. in Benicia](#). The phone # is 707-745-8822

Thanks to all of you who are volunteering your time for this most important 12th Step work. At no time do we know what impact we may have on the person in want of a solution to their suffering from alcoholism.

Monthly Central Office Business Meetings

The monthly Central Office business meetings are held the first Wednesday of each month at 7:30 P.M. at the Kaiser CDRP facility located at 800 Sereno Dr. Vallejo in Room F. (the cross street is Broadway) ([map](#))

Newsletter Online

The Central Office Website Committee has been meeting and making updates to the site. The committee is in the process of deciding what changes and additions would further enhance the site. The latest addition is the inclusion of this newsletter that can be downloaded in PDF format. The site will also include an archive of the newsletter.

WWW.AASOLANOSOUTH.ORG

A.A. On the Web...

Alcoholics Anonymous Official Site:
<http://www.aa.org/?Media=PlayFlash>
District 09 Southern Solano AA
<http://www.aasolanosouth.org>
Northern Solano AA:
<http://www.aasolanonorth.org/>
Our Neighbors in Contra Costa:
<http://www.contracostaaa.org/>

People in Service at Central Office

Chair:	Mike G.
Assistant Chair:	Earl H.
Recording Secretary:	Terry V.
Treasurer:	Don B.
Schedules:	Russ F.
C.O. Schedule Coordinator:	Claudia K.
Supplies:	Porter
Public Information:	Josh & Jackie
Website Liaison:	Kim K.
Birthday Speaker Mtg.:	Rod & Sheila H.
Literature:	Elliott
Newsletter:	Mike B.
General Service Liaison:	Judy

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:

Petaluma Community Center
[320 N. McDowell Blvd. Petaluma](#)

Walnut Creek Archives Center
 193 Mayhew Way, Walnut Creek, CA 94597-2065.

Dear Archives Committee & Friends,

We will be getting ready for the Pre-Conference Assembly in April 2010 in Sonoma County. Other upcoming events include PRAASA in Los Angeles over the weekend of March 5 to 7, 2010, and the Spring 2010 NCCAA Conference in San Ramon over the following weekend of March 12 to 14, 2010.

Please let me know if you have any questions, and I hope to see you on Saturday!

Yours with much gratitude,

Peter 415-377-8267

NEW Young People's AA Meeting:

“Young & Young at Heart”

Thursdays 5:30-6:30 pm
Beginning March 4th, 2010

Light House Church
 1175 Church St., Benicia
 For more information contact:
 Rich 707-655-8700 or
 Steve 707-771 0959

New Sponsorship Meeting:

“Bill Sent Me”

Where: First Christian Church
 1035 Indiana Street, VJO, Ca.
 (Between Tennessee and Indiana Street)
 Entrance to meeting at the main church door on Colusa Street off Tennessee St.

When: Every Tuesday evening from 8:00p-9:30pm
 -Meeting on the second floor
 -Closed meeting
 -If you need a sponsor please join us...you will not leave without a sponsor!

"I was always the black sheep of the family. Then I joined AA and found the rest of the herd." From AAGrapevine Joke of the Day; C.W., Iowa

NCCAA 63 Annual Spring Conference

SAN RAMON MARRIOT

2600 BISHOP DIVE, SAN RAMON, CA 94583

March 12, 13, 14, 2010

Friday, March 12

2:00 PM	Registration Opens
3:30 PM	Early Bird Meeting
8:00 PM	Open Speaker Meeting Jack G., Huntington Beach, Spkr

Saturday, March 13

9:30 AM	General Service Panel Meeting
11:00 AM	A Host Committee Event
1:00 PM	Hospital and Institutions Panel Meeting
3:30 PM	Young People's Speaker Meeting Dylan C., Berkeley, Spkr
8:00 PM	Open Speaker Meeting Sheri R., Fort Worth, TX, Spkr
10:00 PM	Dance following Drawing

Sunday March 14

9:30 AM	All A.A. Services Panel Meeting
11:00 AM	Open Speaker Meeting Marilyn H., Eugene OR, Spkr

Pre-registration is \$10.00 (per person) \$15.00 at the Conference

More information at:
<http://norcalaa.org/>

THE NORTHERN CALIFORNIA HOSPITAL & INSTITUTION CONFERENCE COMMITTEE OF THE NORTHERN CALIFORNIA COUNCIL OF ALCOHOLICS ANONYMOUS

Presents:

The 39TH ANNUAL
 HOSPITAL AND INSTITUTION CONFERENCE
PLANNING COMMITTEE MEETING
 at

SAN RAMON MARRIOT
 2600 BISHOP DIVE, SAN RAMON, CA 94583

MEETING SCHEDULE
 (ALL MEETINGS WILL BE HELD ON
 SUNDAYS AT 10:30AM)

Jan 17th, 2010	April 11th, 2010
Feb 21st, 2010	May 2nd, 2010
Mar 21st, 2010	May 16th, 2010

More information at:

WWW.HANDICONFERENCE.ORG

Message from the Editor

Well I feel like a bit of an idgit (it's a little like an idiot but more naïve and ignorant than stupid and less belittling). I have been sent a couple of fliers and other information about Pre-conference and Post-conference Assemblies but nowhere have I seen anything about *THE* Conference itself. We have a lot of conferences in A.A.. I just attended one in Sacramento called the Spring Fling, at the same time there was one in Redding, but these didn't merit Pre- or Post conference Assemblies or dinners.

You see, either I didn't hear or was not told by those in the know that "the" conference sandwiched between Pre- and Post-conference Assemblies is none other than the annual **General Service Conference** held in New York City (April 18th through 24th this year). This is where all the information that is submitted by a group conscience to each group's General Service Representative (GSR) to a District Committee Member (DCM) to District Committee Chair (DCMC) who takes the various groups input to a **Pre-conference Assembly** that represents all the representatives; the information is then delivered to a Delegate who presents the information to the General Service Board at the General Service Conference in New York at which time action is taken, or sometimes not; and then that information and/or findings is brought back home and shared with everyone by our Delegate during the **Post-conference Assembly** which is then transmitted back to our district and ultimately to our individual groups.

There you have it... I feel better now. I hope this sheds some light on the important work that a bunch of volunteers do in carrying our message as to the business of AA to the General Service Board who put it all together in a cohesive manner in keeping with the spiritual principles and traditions of Alcoholics Anonymous.

To all you GSRs, DCMs, DCMCs and the rest... THANKS!

STRUCTURE OF THE CONFERENCE (U.S. and Canada)



General Service Conference

Pre-conference Assembly Agenda Topics Workshop

March 13, 2010

**First Church of the Nazarene
929 Amador Street, Vallejo
12 Noon to 4pm**

**Learn how to make the voice of your
group heard at the
Pre-Conference Assembly**

**Three great speakers!
Finger food and Coffee**

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.

If you are interested in volunteering please contact Dottie P. BTG Chair District 09 at 707-553-9493 or Jackie D. at 707-552-2763.

Letter from Laura Woolverton District Committee Member Chair; District 09

Greetings District 09!!

This is an exciting and busy time of year for AA as a whole. We will be receiving the Final Agenda Topics sometime in February. If your Home Group doesn't have a General Service Representative, you won't have anyone to carry your voice to the 60th General Service Conference this year. It's very important to remember that no one makes decisions for your fellowship but YOU!!! We all have a voice and with that privilege comes responsibility.

I know that there are many of you out there who love this program as much as I do, but who will not be accounted for at the Pre-conference Assembly this year. This saddens me. The position of GSR is a 2-year commitment, and has a 2-year sobriety requirement. I don't know about you, but I used to think, "2 years! Well, uh, I don't know. That's a long time. What if I move or something?" That was 7 years ago. When I finally figured out that I planned to stick around AA for, hopefully, at least 2 years, it really didn't seem like that big of a deal. Oh, and guess what? A funny thing happened. I have received far more than I have given!!!! It's funny how that works, isn't it? Besides, we are in the last year of this 2-year Panel, which means you would only have 11 months left to serve.

There are other ways to be of service in District 09 General Service. We would love to trudge the road with you, if you would care to join us. We meet the 2nd Wednesday at 7:00 pm, at the First United Methodist Church at 502 Virginia Street, on the corner of Virginia & Sonoma in Vallejo. All are welcome.

Openings at District 09

The open positions as of Jan. 29th for District 09 General Service are as follows:

- Alternate District Committee member Chair,
- District Committee Member for Sub-district 001 (Vallejo-West of I-80 & American Canyon),
- District Committee Member Sub-district 002 (Vallejo-East of I-80 & Crockett)
- Archives Chair
- Registrar

Cooperation with the Professional Community Chair

PRAASA

Please remember PRAASA (Pacific Regional Alcoholics Anonymous Service Assembly) will be March 5th, 6th, and 7th in Los Angeles this year.

Area Post-conference Assembly Planning Meeting

Very soon you will hear which committees need your help. At that time, we will need all of your help. We are getting really excited about this Area assembly. It is an excellent opportunity for us to show our gratitude for our sobriety by offering hospitality to CNCA 06 of Alcoholics Anonymous.

If you have any questions about General Service, or need to contact me, I can be reached at (707) 373-7254. Thank you for allowing me the privilege of serving you.

Yours in love & service,

Laura Woolverton
Dist. 09-Dist. Committee Member Chair



DISTRICT 09 GENERAL SERVICE
Monthly Business Meeting
2nd Wednesday each Month at 7:00 P.M.
[502 Virginia St. Vallejo](http://www.aa.org/vallejo)



Please Join District 12 for the
**Pre-Conference Assembly
 Dinner**

Saturday, April 10, 2010

Dinner 7 pm Speaker 8:30
 Cloverdale Citrus Fairgrounds
 (same place as the Assembly)

Speaker:
 George D.

Post CNCA Delegate, Pacific Region Treasurer
 and GSO Manager

Cost \$25 per person

Deadline is March 15, 2010

For more info contact
 Jennifer B. at 707-541-7492 or assemblydin-
 ner@earthlink.net

**CALIFORNIA NORTHERN
 COASTAL AREA 06 OF
 ALCOHOLICS ANONYMOUS**

**PRE CONFERENCE
 ASSEMBLY 2010**

**"PRACTICING A.A.'S PRINCIPLES-THE
 PATHWAY TO UNITY"**

SATURDAY/SUNDAY APRIL 10 & 11, 2010

**1 CITRUS FAIR DRIVE
 CLOVERDALE, CA 95425**

Saturday April 10

Registration 8:00-9:00 am
 Orientation 9:00-9:30 am

Sunday, April 11

Registration 8:00-9:00 am
 Orientation 9:00-9:30 am

Agenda & time of business meetings to be announced.

For more information about CNCA visit the website at::

<http://www.cnca06.org/>

**We are hosting the
2010 Post Conference Assembly**

Our district, District 09, Solano South is hosting the 2010 Post-Conference Assembly to be held on Saturday, May 8th. This will require a great deal of commitment on our part and is a great opportunity for us to come together as a District in love & service.

It takes a lot of planning and many committees to pull this off. All of the committee chair positions but one have been filled. The Food Committee commitment is still open. Please call Cathy C. @ 707-554-3185 if you or your group would like to take on the food planning, preparing, & serving. This might be broken into 2 commitments, since we will be providing breakfast & lunch for the assembly attendees.

If your home group hasn't volunteered to take on a committee, your service will still be greatly appreciated. In the months to follow you will be hearing who to contact if you would like to volunteer for a specific commitment.

I would like to thank you in advance for your dedication to Alcoholics Anonymous and our district. Thank you!

Yours in service,
 Laura Woolverton
 District Committee Member Chair-District 09

A.A. District 09 March 2010 Southern Solano County

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

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.

We Aren't a Glum Lot

Benicia First Street Group
Activity Committee Presents:

Sobriety and fun—all spouses, partners, children and friends are welcome!

Saturday, March 20:

Board the **Vallejo Ferry** for a day at the **San Francisco Farmers Market!** This is guaranteed to be a **FANTASTICALLY FUN** outing!!! Call Helmut for more info at 925-818-0921

Saturday, March 27:

at 6:30 p.m.—**Indie Movie Night!**
If you enjoy small, independent, or sleeper movies then this is the event for you. The usual destination will be Cine' Arts in Pleasant Hill. Carpool from FSG parking lot at 5:00-5:30ish. Movie times are 7:00 or 7:30ish. Call Kim for more info at 707-746-1529 or kim-possiblenow@gmail.com

SOUTHERN SOLANO CENTRAL OFFICE MONTHLY BIRTHDAY SPEAKER MEETING

Speaker: **NANCY MC.** From Pleasant Hill
(28 Years Of Sobriety)

FRIDAY MARCH 12th 2010
8 P.M.
BENICIA CLOCK TOWER



Hosted by **MONDAY NIGHT CROCKET.**
Dinner with Nancy and hosts Liz and Joe
Buon Appetito 6.30 P.M.
191 Military E. Benicia.

Joe and Liz E. 707-567-3747
Rod H. 510-773-1265
Sheila H. 415-305-9089

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.

Sea Scouts Building
402 Riverside, Napa, CA
NEW! H&I Website
www.handinorcal.org

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*

Dinner with the speaker hosted by Joe and Liz at 6:30
Buon Appetito, 191 Military East, Benicia for more info call:
Joe and Liz E. 707-567-3747

Please send announcements and articles to: Mike B., sosoeditor@gmail.com
Must include your name and phone number or email address.

Information should be in form of **MS Word doc**, **PDF files are sometimes difficult to handle.**

PLEASE! No Fliers or at least contact the Editor prior to submitting.

Deadline for submitting items is the 19th of each month!!!