

AA District 09 Solano South

# CENTRAL OFFICE NEWSLETTER



[www.aasolanosouth.org](http://www.aasolanosouth.org) [SOSOEDITOR@GMAIL.COM](mailto:SOSOEDITOR@GMAIL.COM)

Central Office: 159 East D St., Benicia, CA 94510—(707) 745-8822



**Central Office is open if you need anything. Please call before you come to make sure someone is there. When visiting wear a mask!**

"Let us always love the best in others, and never fear their worst."

*AA Co-Founder, Bill W., January 1962, "This Matter of Fear", The Language of the Heart*



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**Hi fellow Alchies!**

Just wanted to reach out and say that there are lots of service positions open at the Central Office! Remember, service helps us stay sober! It's one of the principles we practice! If your home group does not have a Central Office Representative, vote one in! Or better yet, just come to the Monthly Central Office Business Meeting! It's on February 3rd (First Wednesday of the month) at 7:30pm. Meeting ID is **594 146 1966**  
*No Password.*

In Service, Alex H  
Central Office Chair



***Ideas from the membership on how to keep Zoom meetings safe and operating:***

- Having a person to do tech support who is a Zoom expert from their job.
- Muting all participants except the person speaking/sharing and putting the chat on "host only" during the meeting.
- For security, keep screen sharing and recording disabled, all participants muted during the meeting (without the option to unmute themselves) and the chat function set so that messages can only be sent directly to the chair.
- Have a couple of appointed security service positions dedicated to keeping an eye out for disruptive behavior. They are set as co-hosts and have the power to turn off participants' video and/or audio or remove them from the meeting entirely if need be.

**Send in your ideas on making Zoom Meetings better to: [sosoeditor@gmail.com](mailto:sosoeditor@gmail.com)**



## Step 2

**“Came to believe that a Power greater than ourselves could restore us to sanity.”**

### CNCA 06

California Northern Coastal Area of AA

The Area website, [www.cnca06.org](http://www.cnca06.org) is frequently updated and has up-to-date information on all events.

#### Delegate's Corner January 2021

Happy New Year! And welcome to Panel 71! Our theme for this year's General Service Conference (GSC) is "A.A. in a Time of Change" and your service and leadership to your groups is a vital part of how we will keep our members informed and engaged in making decisions for our Fellowship. If you're a new General Service Representative (GSR), this year will be different in many respects, but the essential upside-down triangle structure and your role as a link between your group and the Delegate, and A.A. as a whole, has not changed.

Each of the 93 Area Delegates is assigned to a Conference committee for the two years they serve, and my assignment is the Trustees committee. What's that about, you ask? I took a look at its "Committee Scope and Procedures" document and here's what I learned. Since the 1951 GSC when the first five members were drawn by lot, this committee has been mainly involved in the qualifications and procedures for election of Class B (alcoholic) regional trustees and trustees-at-large. Members of this committee are part of the voting body and the chairperson of this committee co-chairs the elections. The responsibility of this committee has evolved over the years to include the qualifications and procedures for selection of Class A (nonalcoholic) trustees, General Service trustees, corporate board directors, and appointed committee members.

The Trustees committee reviews the resumes of all newly-nominated trustees of the General Service Board and non-trustee directors of the corporate boards (A.A.W.S. and the A.A. Grapevine). The committee also reviews the slates of members and officers of the General Service Board and the slates of corporate board directors and expresses disapproval, if any.

We will have eight trustees rotating at the GSC this year, including the Chair of the General Service Board. We will also be welcoming a new General Manager of the General Service Office, who will serve on the A.A.W.S. Board. It's a lot of change in a time of change, and I am grateful for the opportunity to be of service.

Chapters Nine and Ten in your A.A. Service Manual are a good place to start wrapping your brain around all of the different types of trusted servants we have at the bottom of our triangle. While I'm very excited to be serving on this committee, I recognize that your groups may be more interested in discussion topics that relate to Literature, Grapevine/La Vina, Public Information, and so on. And that's normal. Like every other Delegate, I will need to be informed about how our Area feels about all the GSC agenda topics in order to be well prepared for the Conference each year. I look forward to meeting with you and hearing all you have to share with me.

In love and service, **Jennifer B.**, Panel 71 Delegated.

## Pacific Regional Alcoholics Anonymous Service Assembly (PRAASA) 2021

March 5th - 7th , 2021 9:00 AM to 3:30 PM  
Daily Via ZOOM Meetings

### AN EXPERIENCE YOU MUST NOT MISS!

Come join over 1000 excited AA members from all over the Pacific Region and be part of this unforgettable event. The entire weekend is packed with panels, round table discussions, presentations, open mike sharing, speakers and fellowship.

**You need to register at the website here: [praasa.org](http://praasa.org)**

The purpose of PRAASA is to:

- Develop greater unity among the members, groups, and areas of the Pacific Region.
- Encourage the exchange of ideas and experiences.
- Provide an opportunity for members to discuss pertinent aspects of Alcoholics Anonymous.
- The Assembly and the PRAASA Committee should always foster the
- Recovery, Unity and Service legacies of Alcoholics Anonymous.





# Service

***I am responsible, when anyone, anywhere, reaches out for help, I want the hand of AA always to be there, and for that I am responsible.***

## **THESE POSITIONS** **ARE STILL OPEN!!!!**

### **Central Office:**

Central Office Coordinator - maintains the schedule of volunteers who staff the Central Office, recruits and trains volunteers

Alternate Chairperson - fills in for the Chairperson in his absence, takes over the Chair position next year

General Service Liaison - attends district General Service and Central Office meetings and reports on activities for both  
Birthday Speaker Meeting-Chair/Co-Chair - coordinates the speaker meeting committee to facilitate and keep the meeting going

Birthday Speaker Meeting Treasurer - reimburses expenses, keeps all receipts and maintains accounts

Birthday Chips - keeps inventory of chips and orders replacement chips monthly

Birthday Speaker Meeting Raffle - coordinates sales of raffle tickets

### ***DOES YOUR HOME GROUP HAVE A CENTRAL OFFICE REP?***

Central Office meeting is the first Wednesday of every month at 7:30pm on Zoom  
Zoom Id: 594 146 1966

### **District General Service:**

District Committee Member (DCM) – each of the three sub-districts has a DCM, regularly attends all District meetings, the monthly area meeting and area assemblies, assist GSRs in becoming acquainted with The AA Service Manual and other service material.

District Cooperation with the Professional Community/Public Information Chair - attends the monthly District meeting, reach out to the Professional Community in District, attend monthly Area CPC meetings.

District Literature/Grapevine Chair - attend the monthly District meeting, attend groups and talk about AA literature and the Grapevine, attend monthly Area Literature/Grapevine meetings.

Bridging the Gap Chair - attend the monthly District meeting, act as liaison with the Area BTG Committee – attending the monthly Area BTG meeting, create and maintain a list of volunteers who act as the contact people.

### ***DOES YOUR HOME GROUP HAVE A GENERAL SERVICE REP (GSR)?***

District General Service meeting is the second Monday of every month at 7pm on Zoom  
Zoom Id: 895 6759 4853

"I'm not very tech savvy"



"I'm can't do Zoom"

**zoom** is easy!

You can download Zoom for free on your phone. Check iOS or Android Apps.

...can't do that?

You can just call a Zoom number and enter the meeting id!

Zoom Dial In Numbers  
United States of America

+1 669 900 6833 (San Jose)  
+1 346 248 7799 (Houston)  
+1 253 215 8782 (Tacoma)  
+1 929 205 6099 (New York)  
+1 301 715 8592 (Washington D.C.)  
+1 312 626 6799 (Chicago)

Where do I find a meeting id number?

check the district website:

**AA Solano South Central Office**



Time	Meeting	Location	Address
6:30 am	AA District 09 Solano South	Online - Zoom Meeting	594 146 1966
7:30 am	AA District 09 Solano South	Online - Zoom Meeting	895 6759 4853

or get the meeting app:

**Meeting Guide App**



I'VE GOT THOUGHTS  
MORE TANGLED THAN



MY HEADPHONES

"In the equation of early AA history, it must be remembered that Bill W.'s wife supported him, his mission and the many suffering alcoholics he brought into their home. You might say she was the Lois Common Denominator"

Campbell P. Cleveland, Ohio



"Can you tell me where I left my car last night?"

-ANONYMOUS, BALTIMORE, MD.



SPONSOR WISDOM

DON'T DRINK AND GO TO ONLINE MEETINGS.



**SEND YOUR  
SUBMISSIONS TO  
SOSOEDITOR@GMAIL.COM**

## Vallejo Fellowship

### VALLEJO FELLOWSHIP'S Virtual Speaker Meeting!

First  
Saturday of  
the Month at  
7pm



February 6<sup>th</sup> – Robert and Debbie O.  
*from Vallejo*

March 6<sup>th</sup> – Lori Marie J.  
*from Vallejo*

**zoom** MEETING I.D. 238-929-5018  
Pass Code: 926465

**All Vallejo fellowship  
meetings have one code**

238-929-5018 **zoom**  
Pass Code: 926465



### List of In Person Meetings

**Sunday 10:30A.M.-11:30 Women's Solution Group**  
Dress Warm  
Alano Club 960 Grant Street, Benicia, CA Parking Lot

**Sun.-Sat 12 Noon- 1PM**  
Alano Club 960 Grant Street, Benicia, CA  
Parking Lot Dress Warm  
Daily Reflections Every day but Friday (Living Sober)

**Monday Vallejo Waterfront**  
Dress Warm 5:30 P.M.  
Men On the green next to Zio Fraedo,  
23 Harbor Way, Vallejo, CA  
Bring your own Chair

**Tuesday-Friday Vallejo Waterfront**  
Dress Warm 5:30 P.M  
On the green next to Zio Fraedo,  
23 Harbor Way, Vallejo, CA  
Bring your own Chair

**Friday 10:30 AM-11:30 Women's Solution Group**  
Dress Warm  
Alano Club 960 Grant Street, Benicia, CA Parking Lot

**Saturday 7:00 P.M. Came to Believe**  
Dress Warm  
Alano Club 960 Grant Street, Benicia, CA Parking Lot

The Central Office Corner

## Sobriety Birthdays In the month of **February**



Dave 2/20/2003 (18 Years!!)  
Kathleen D. 2/04/1985 (36 Years!!)  
Bruce A. 2/08/2014 (7 Years!!)  
Dan E. 2/26/2001 (20 Years!!)  
Al G. 2/05/2008 (13 Years!!)  
Erica R. 2/18/2015 (6 Years!!)  
Cathi T. 2/12/2007 (14 Years!!)  
Steve C. 2/12/2012 (9 Years!!)  
Steve R. 2/07/2015 (6 Years!!)  
Greg C. 2/2/2015 (6 Years!!)  
Francisco 2/8/2014 (7 Years!!)  
Billie Jo M. 2/16/1992 (29 Years!!)

### District 09 Solano South

### ONLINE MONTHLY BIRTHDAY SPEAKER MEETING!

**Elizabeth E. from Benicia**

**February 12th  
8:00pm**

**zoom ID:**  
594-146-1966  
Password: 1935



**We need someone to take  
over this meeting! It would  
be horrible to have it end!**

Southern Solano Central Office Monthly  
**Birthday Speaker Meeting**

*Speaker:*

**Elizabeth E.** *from Benicia*



**Friday, February 12<sup>th</sup>, 2021**

**8 pm on ZOOM**  
**Meeting ID: 594-146-1966**  
**Password: 1935**

**Raffle ticket winners will be announced at the end of the meeting. Chips will be mailed to those who would like to receive a chip. 7<sup>th</sup> traditions donations and how to donate will be posted in the chat at the start of the meeting.**

TRI VALLEY SERVICE CENTER PRESENTS:

VIRTUAL WORKSHOP

# *Emotional Sobriety*

AND MEDITATION



February 13th

10:00am-12:30 pm PT

Join us on an Emotional Sobriety journey  
with speakers, breakouts and a guided  
meditation based on the literature of  
**Alcoholics Anonymous.**

"If we examine every disturbance we have, great or small, we will find at the root of it some unhealthy dependency and its consequent unhealthy demand. Let us with God's help, continually surrender these hobbling demands. Then we can be set free to live and love; we may then be able to Twelfth Step ourselves and others into emotional sobriety."

- Bill Wilson

## Zoom Information:

**Meeting ID: 885 2640 6157**

**Password: ESW21321**

**Zoom Version 5.4.7 Suggested to attend:**

<https://zoom.us/download>

For more information: please email [workshop.chair@trivalleyaa.org](mailto:workshop.chair@trivalleyaa.org)  
or go to: [www.trivalleyaa.org/workshops](http://www.trivalleyaa.org/workshops)



# Danville – Diablo Speaker Meeting

## Alcoholics Anonymous

1<sup>st</sup> Saturday of the Month

8:00 PM – Zoom Opens at 7:30pm PST



*Birthday Celebration*



UPDATE  
TO TIME

Birthday Chip Drive Through ~ 5-5:45 pm PDT ~ Church parking lot ~  
Names & length of sobriety will be collected & posted at the meeting

~ Literature available ~

Community Presbyterian Church, 222 W. El Pintado, Danville, CA 94526

### ZOOM ONLINE FORMAT

Zoom ID 948 2720 6866

Password 146975

Or Dial by your location

+1 669 900 9128 US (San Jose)

**7th Tradition** online contributions  
at Zelle\* and Venmo.

Zelle account for electronic deposit:

Diablo Danville Alcoholics Anon

ddsmtreas@gmail.com

\*Zelle is affiliated with many banks. We recommend  
accessing through your online account.

Venmo account for electronic deposit:

Mark-Falgout-72  
or QR Code



### 2021

Jan 2 – Bill M, Danville, CA

Feb 6 – Yuriy G, Kishinev, Moldova

Mar 6 – John S, Santa Clara, CA

Apr 3 – Pat O, Fullerton, CA

May 1 – Steve L, Nashville, TN

For Zoom link, more  
call in numbers, and  
7th Tradition details  
visit web site:

**ddsm.org**

General meeting inquiries or questions - danvillediablosm@gmail.com  
Business Mtg – 1<sup>st</sup> Sunday at 4pm, Zoom 992 492 311, 121212. All are welcome to attend.



**SANTA CRUZ INTERGROUP**

PRESENTS

**BIRTHDAY SPEAKER  
MEETING**

HOSTED BY: MEN'S STAG 11 GROUP

**CANDICE M.—25 YEARS  
LOS ANGELES**

FEBRUARY 6, 2021 7-8:15 PM PST

ZOOM ID: 891 4678 6139  
PASSCODE: 8675309  
DIAL IN (669) 900-9128

7TH TRADITION  
PAYPAL.ME/INTERGROUP923  
ADD A NOTE—"BSM-2/6/21"