

AA District 09 Solano South

CENTRAL OFFICE NEWSLETTER



www.aasolanosouth.org SOSOEDITOR@GMAIL.COM

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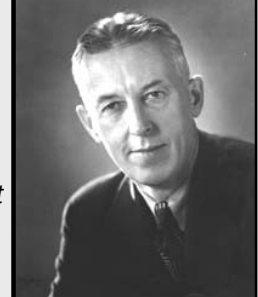


**WE NEED A
CENTRAL OFFICE
COORDINATOR!!!!**

*If you are interested please
come to the Central Office
meeting the first Wednesday
of every month at 7:30pm
Zoom Id: 594 146 1966*

"We found that each of us had to make willing
sacrifices ... for the common welfare."

*AA Co-Founder, Bill W., January 1955, "Why Alcoholics
Anonymous Is Anonymous", The Language of the Heart*



HEY ALCOHOLICS!

Hope 2021 is going well for ya so far. Just a couple updates from the Central Office... one of them is we are still in need of a Central Office Volunteer Coordinator. This person coordinates the volunteers at the central office. This position is important because these volunteers answer the phone when someone calls looking for a meeting or needing a book or just someone to talk to.

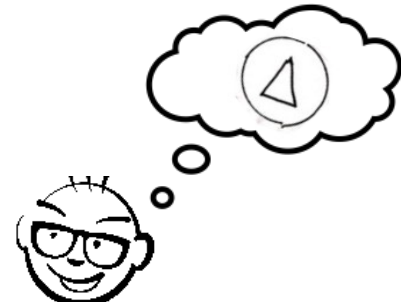
Another exciting thing is that Alyssa and Bailey will be our new Chair-women for the Monthly Birthday Speaker Meeting!!! WAY TO GO LADIES!!! Much gratitude for Lisa and Rocke who maintained that position for a couple of years.

Service definitely plays a big part in our sobriety. AND if your group is in need of a Central Office Representative, nominate someone or volunteer! Or just come to the Central Office Business meeting as a visitor if you want. There is a lot of info and developments taking place during this once-a-month Meeting. 1st Wednesday of each month at 7:30pm on Zoom:

Meeting ID: 594 146 1966
No password

Hope to see you there humans!!

In service,
Alex H





Step 5

“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”

CNCA 06

California Northern Coastal Area of AA

The Area website, www.cnca06.org is frequently updated and has up-to-date information on all events.

Chair Preview: April 2021

We experienced our first Pre-Conference Assembly of Panel 71, we got to see, hear and feel the love, unity and deep thoughts of our Area. Having our Delegate listening to what you had to share from your groups, having my heart and mind deeply fortunate for being able to be a physical part of the General Service Conference process. Also we got a lot of practice voting, heard our first minority opinion of the new panel and passing our first Assembly Business referring to a requests for a pamphlet entitled "Experience, Strength and Hope: AA for the Transgender Alcoholic" be produced. Big thanks to District 08 and all the volunteers helping conducting the assembly.

On other topic, at the Area Committee Meeting we 've spent several months discussing a number of motions including the motion related to incorporating CNCA as a California Non-Profit Public Benefit Corporation having a presentation by the ad-hoc committee chair Justin H. from last panel to help understanding the origin and the intention of the motion. We also approved a bid for the 2021 Summer Assembly proposed by District 70, which will be held virtually in August.

Reminding us that we still have work to do with several Old business items; 1.- That CNCA requires affirmation of auto liability coverage for any member or contractor that CNCA reimburses for mileage & 2.- Increase the reimbursement amount for qualified hotel stays from \$100 to \$150 per night. It is very likely that additional motions will be introduced in the coming months, giving us much more to discuss as we strive to make AA the inclusive, welcoming place it can be.

Thank you for my Service

Miguel H. CNCA Chair Panel 71

Constructive Criticism

As you continue in service, I encourage you to read Bill's essay on leadership from time to time. This month, a particular passage spoke to me directly:

There are always the constructive critics; our friends indeed... Then there are those whom we like to call our "destructive" critics. They power-drive, they are "politickers," they make accusations. Maybe they are violent, malicious. They pitch gobs of rumors, gossip, and general scuttle-butt to gain their ends — all for the good of A.A., of course! But in A.A., we have at last learned that these folks, who may be a trifle sicker than the rest of us, need not be really destructive at all, depending very much on how we relate ourselves to them.... There are few better means of self-survey and of developing genuine patience, than the work- outs these usually well-meaning but erratic brother members afford us.

I'm not perfect yet, so when I find myself in an uncomfortable spotlight, my first reactions are far from the state of humility—that perpetual quietness of heart—that I would love to possess at all times. But then I can do a spot-check inventory. I can look to the spiritual principles in our steps, traditions and concepts. I can reach out for support from trusted fellow members, including my sponsor and service sponsor, and be open to the lessons.

And in a very recent instance, I was able to have a wonderful discussion with other affected members with whom it is my pleasure to serve. Some of the most difficult conversations can be the most beautiful in A.A., when we bring our best selves to the table in the spirit of mutual respect and love.

I do not always need to reach out directly to another member and try to "correct" them. And I need not carry resentment. I can be grateful for the constructive workouts I receive. And if I ever find myself in their shoes, which I could at any time, I will try to ask myself before I speak, "Is what I am saying true? Is it helpful? Is it kind?"

Striving to be a good example,
Jennifer B., Panel 71 Delegate

POST-CONFERENCE ASSEMBLY 2021

"2021 – A.A. in a Time of Change"

A chance to hear our Area 06 Delegate speak on the General Service Conference in April

SATURDAY May 15 @ 8:30 am - 5:00 pm

Zoom Meeting ID: 632 553 607- Password 1935





District News

You can make your contributions to Central Office electronically through: **venmo**

Please visit Venmo.com on your computer or the Venmo app on your phone and search for our Treasurer, @Michael-LaPlante-8. You will be able to make a contribution there.



Thank you!

OPEN SERVICE POSITIONS

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

**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.

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



Southern Solano Alano Club

We're baaaaack!!

As you likely have already heard, we are moving. Although our lease was not renewed, as in most things in the recovery community, we have turned a negative into a positive.

The real, live Southern Solano Alano Club is coming back - bigger and better able to accommodate social distancing.

We will be moving to 2046 Columbus Parkway, Benicia. We hope to be ready to move in 4/24/21 – depending on help to move out and clean up. We anticipate this being a temporary landing spot due to the cost factor while we continue to look for properties that can accommodate us for a semi-permanent home.

Pamphlet Highlight

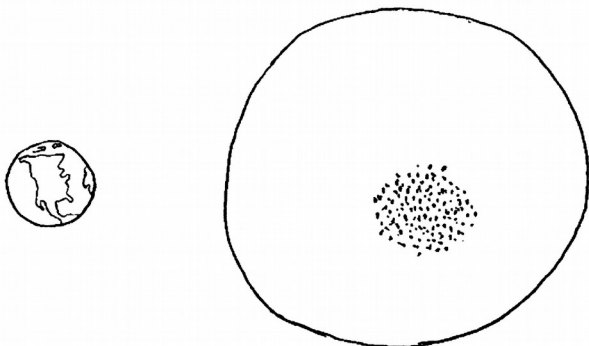
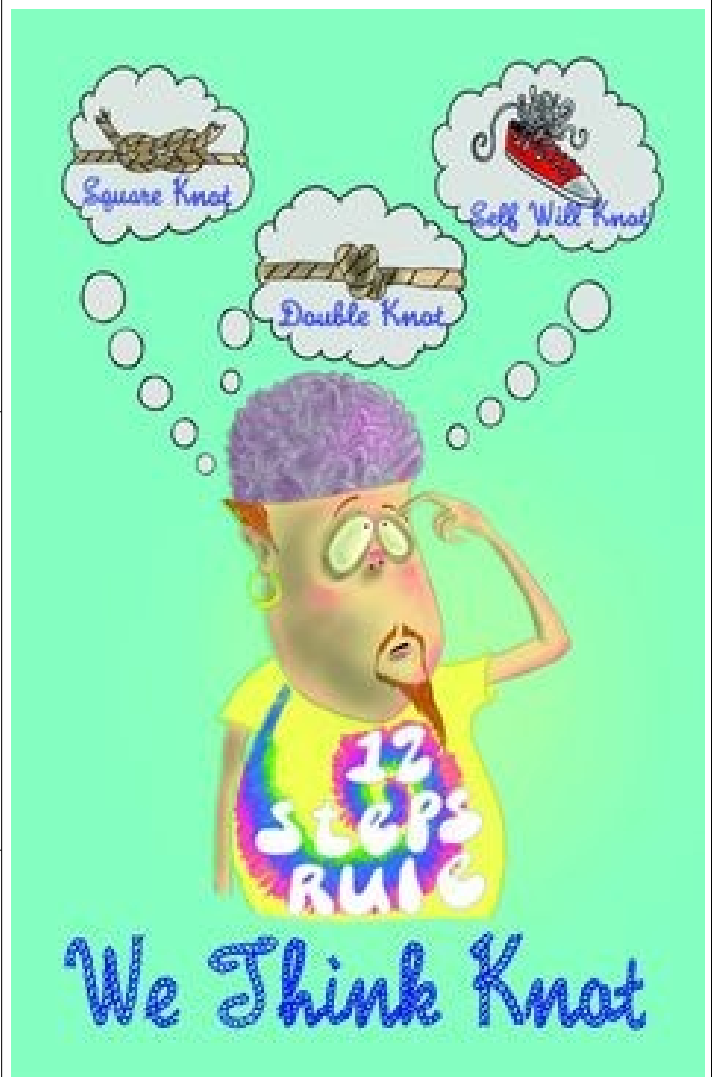
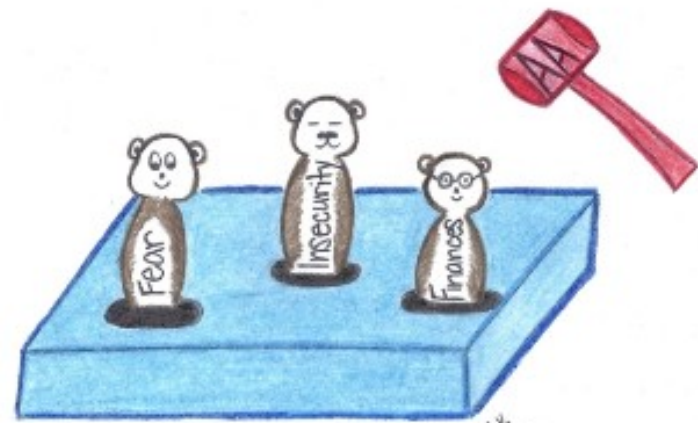
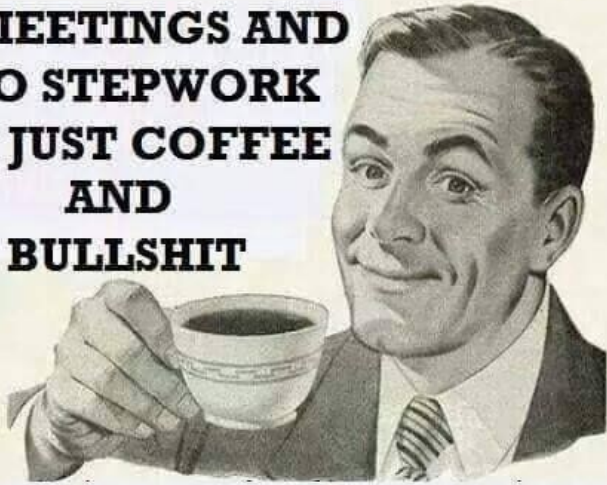
I want to highlight a pamphlet that was released in 2018 – *A.A. for Alcoholics with Mental Health Issues – and their sponsors*. I was in a meeting the other day and the issue of alcoholism and mental health came up. I remembered this pamphlet from a GSO announcement and so downloaded it from the website. Its a great read.

The pamphlet (p-87) contains 12 stores from A.A. members, all who have mental health issues. It also has 5 stores from sponsors, who sponsor members with mental health issues. The stories are insightful and moving. It closes with an “Afterword, based on solid A.A. and medical experience, aimed at helping A.A. members find the right balance regarding prescribed medication and minimizing the risk of relapse.”

I've had sponsees who've struggled with mental health issues and understand how serious these can be. This pamphlet is a new tool to help all of us better understand and encourage recovery in the face of crippling mental health issues.



MEETINGS AND
NO STEPWORK
IS JUST COFFEE
AND
BULLSHIT



'Okay, then it's decided. We'll call this the Moon Group.'

SEND YOUR
SUBMISSIONS TO
SOSOEDITOR@GMAIL.COM

VALLEJO FELLOWSHIP'S Virtual Speaker Meeting!

First Saturday of
the Month at 7pm



May 1st – Liz H.

from Keys to The Kingdom Group NC

zoom

MEETING I.D. 238-929-5018

Pass Code: 926465

In-person Meeting List Moving Back to Website

More and more meetings are starting to open up (most with Covid Protocols – mask, social distancing, and sanitizer). This is a great sign! The need for a special listing of in-person meetings in the newsletter doesn't make sense as our website has the capability to list both in-person and online meetings. The website also ties to the Meeting app, the one with the chair icon. If your meeting is moving to in-person just contact Michael B., our web master using the contact info on the website and he will change the website. john m., newsletter editor

List of In Person Meetings

**All Covid Protocols Required
(Masks & Social Distancing)**

**Sunday-Saturday Every Day 7:00A.M.Vallejo
Fellowship 942 Tennessee, Vallejo**

**Sunday 10:30A.M.-11:30 Women's Solution Group
Southampton Swim Clubhouse, 10 Chelsea Hills Drive,
Benicia, CA**

**Sunday-Saturday Every Day 5:30P.M. Vallejo
Fellowship 942 Tennessee, Vallejo**

**Wednesday 10:30A.M.-11:30 Women's Solution
Group Southampton Swim Clubhouse, 10 Chelsea Hills
Drive, Benicia, CA**

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

**Friday 10:30 AM-11:30 Women's Solution Group
Southampton Swim Clubhouse 10 Chelsea Hills Drive,
Benicia**

**Saturday 9:00 AM, 2 or More Big Book Study (Closed
Meeting), Please bring your own Big Book. Reception
Hall, 101 Temple Way, Vallejo, CA.**

**Saturday 10:A.M. Daily Reflections
On the green across from Sailor Jack's, 1st Street,
Benicia, CA. Bring your own Chair**

**Saturday 7:00 P.M. – 8 P.M. Came to Believe
Candlelight Overlook Park 252-268 Seaview
Bring your own Chair. Dress Warm**

The Central Office Corner

Sobriety Birthdays In the month of



May



Barbi R. 5/20/14 (7 Years!!)

Jason H. 5/5/1986 (35 Years!!)

Michal L 5/17/1995 (26 Years!!)

Michael H. 5/1/2011 (10 Years!!)

Cathy L. 5/12/2007 (14 Years!!)

Greg H. 5/06/2010 (11 Years!!)

Tom T. 5/18/2013 (8 Years!!)

Lloyd L. 5/04/1992 (29 Years!!)

Nina G. 5/20/2013 (8 Years!!)

Sylvie H. 5/4/2017 (4 Years!!)

THANK YOU!

LISA AND ROCKE

for keeping the speaker
meeting going!

**THANK AND
YOU!**

ALYSSA AND BAILEY

for stepping up to take this
position! Let's support them

District 09 Solano South

**ONLINE MONTHLY BIRTHDAY
SPEAKER MEETING!**

TBD  **MYSTERY SPEAKER...**

May 14th

8:00pm

zoom ID:

594-146-1966

Password: 1935



**A Special
Workshop**

ALCOHOLICS ANONYMOUS

BRIDGING

THE

GAP

TEMPORARY CONTACTS

Saturday May 15th 2021

Bridging the Gap is the Temporary Contact Program between a treatment and/or a correctional facility and A.A. It is designed to help the alcoholic in the facility make that transition from inside to AA on the outside.

altcoordinator@btgww.org

ALL TIMES EASTERN

- 12:00PM ABOUT BRIDGING THE GAP
- 12:45PM BRIDGING THE GAP IN CORRECTIONAL FACILITIES
- 1:30PM BRIDGING THE GAP IN TREATMENT FACILITIES
- 2:15PM WORKING WITH PROFESSIONALS
- 3:00PM HOW IT WORKS
- 3:45PM TECHNOLOGY TOOLS
- 4:30PM IN PERSON IN SEPTEMBER

ZOOM ID 724 5403 8475

Passcode BTGWW

☺ **SAVE THE DATE!** ☺

You are most warmly invited!

Access Sonoma County Workshop

“Keeping Our Emotional Sobriety in the Midst of Disaster”

Saturday, June 5, 2021

1PM to 3PM



SCHEDULE

- A Panel of Four Speakers will share their experience, strength & hope about these times we are all walking in
- Breakout Rooms for Attendees to be able to share experience, strength & hope with each other
- We'll come back together at the end of the Workshop for a “What's on Your Mind”

[ZOOM Meeting ID: 932 8221 5991](#)

Passcode: 321123

Dial in +1 669 900 9128

Alcoholics Anonymous ~ District 12, in Area-06 CNCA