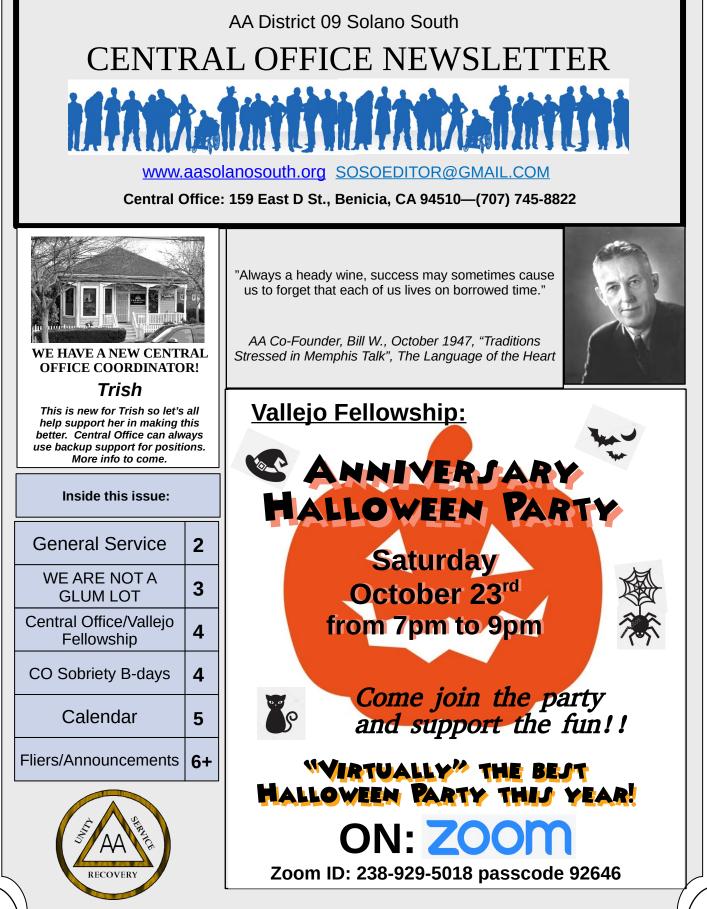
Volume 21, Issue 10

October 2021

1







#### "Continued to take personal inventory and when we were wrong promptly admitted it."

#### MEETING NOTEJ:

The Vallejo Monday Night Women's Meeting has relocated:

Every Monday, we are now meeting at:

The First Christian Church 1035 Indiana St. (corner of Indiana and Colusa St.) Vallejo, Ca. 94590 Please enter from the Colusa St. doors. Meeting on 2nd Floor (no elevator) 7:00 - 8:00 pm In-Person Meeting / Masks Required

#### Benicia Sat. Came to Believe/ Candlelight Mtg.

[has moved] as of Saturday Sept. 18 7-8 PM We look forward to seeing you soon in our forever new home! Light House Church 1175 Church Street, Benicia, CA.

#### Masks Doors will be open Please bring a Jacket

Take the Military West exit. Turn right on 13th Street. Make a left on to Church Street. Go a little ways and it is on the left with a banner saying Welcome!

Mike C. 707 205 0642 Jason W.925 330 9947 Maggie K 707 235 4182

#### CNCA 06

#### **California Northern Coastal Area of AA**

#### **Delegates Corner**

My first year as a GSR, the concept of a group or service committee inventory was completely new to me. I enlisted the help of my subdistrict DCM to help with my home group inventory and we went through a rigorous five-week process of discussing all the questions in The AA Group pamphlet. But that was after I had attended my district inventory and the Area inventory assembly.

I was a fascinated, if clueless, observer at that inventory assembly. The questions baffled me, but hearing the answers helped me start to piece together how our area functions. Sort of, LOL. But it didn't matter that I didn't get it—what I did understand was that members cared about what we were doing here, what seemed to be working, and what needed improvement. I was also inspired by our guest, a nonalcoholic trustee, who shared why he was motivated to be of service to A.A. And the host district served the best carrot cake I have ever tasted. I don't even like carrot cake that much, but I'm still talking about it 12 years later.

The following panel, my main takeaway about Area inventory was our then alternate delegate suggesting a few months later that DCMs could be exploring any action items in our monthly sharing session. That's how I learned what now seems obvious: a key part of group inventory is some sort of follow-up. The process itself is amazing, but if we don't take any action on what we have learned, we haven't finished it. While the officers certainly look through the notes for action items, we are all responsible as members of the Area.

# Water-bottle Earl needs support for his online meetings



Several members can't do in-person meetings for health reasons. Earl is currently the secretary for three online meetings (all use same Meeting ID: 865 7556 2290):

#### Monday Literature Study 7:30pm-8:30pm Wednesday Spring Hill Step Study 8pm-9pm Friday Night Lights Daily Reflections 8pm-9pm

These meetings could use support, and Earl could use assistance in secretarying the meetings



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

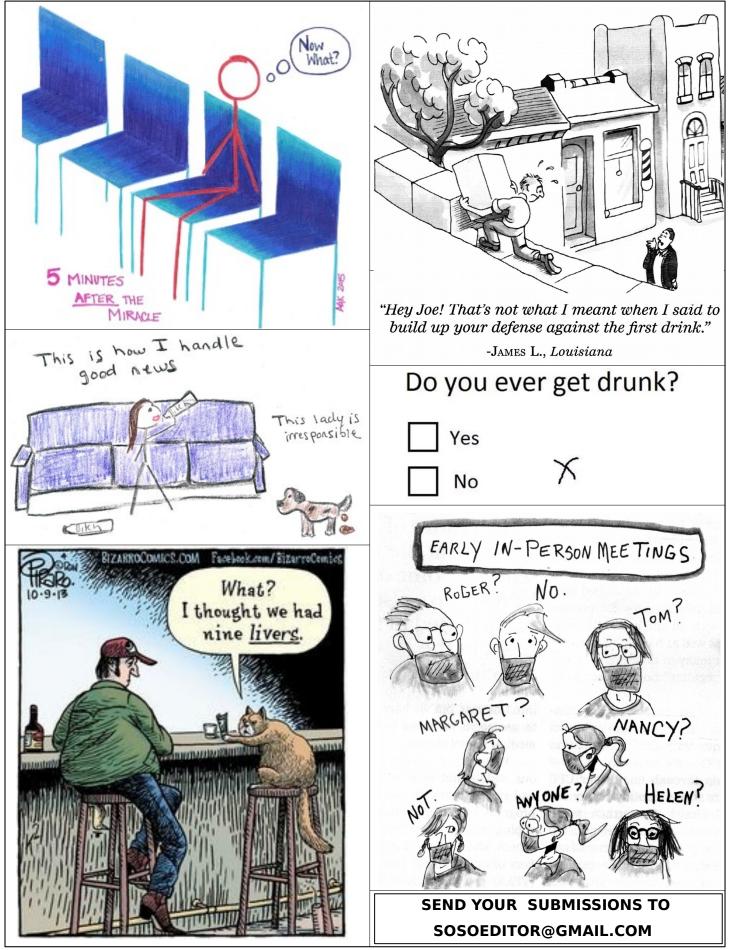
And then, two years later, I was submitting all sorts of questions for the inventory. I didn't have answers, but I saw things that needed discussion. And two years after that, regardless of which questions we ended up with, I was the DCMC overcoming my fear of the microphone, trying to gently but pointedly bring attention to areas where I thought we needed to improve. I went from knowing nothing, to thinking I knew everything! But seriously, I had some concerns, I voiced them, and I felt better for it. So, I encourage you all to speak up if you have something to say.

In 2017, when I was Area chair, our inventory assembly was hosted by my local district less than a month after I lost my home in the devastating Tubbs wildfire. The main memory I have of that year was suiting up, showing up, and being embraced by the love and support of the fellowship. For one day, I could simply focus on chairing our assembly and what was working in my own liferecovery, unity and service. In 2019, our inventory assembly was rescheduled due to another wildfire, and ended up being the last assembly we held in person before the pandemic took us virtual. And now, here we are again! We take our inventory as an Area in the first year of the panel so we have that second year to improve and grow. What should we be focusing on with our questions? What are we doing well? What could we do better? I look forward to hearing from you.

In service and gratitude,

Jennifer B., Panel 71 Delegate

## We Are Not A Glum Lot



# VALLEJO FELLOWSHIP'S Virtual Speaker Meeting!

First Saturday of the Month at 7pm



October 2<sup>th</sup> –

from Martinez

November 6<sup>th</sup> – Adina B.

from Tucson AZ

### zoom

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

Linda G.

The Vallejo Fellowship's Business meeting is now inperson. The meeting is held the  $2^{nd}$  Tuesday of each month at 6:45pm at the Fellowship Hall: 942 Tennessee Street

# OPEN JERVICE POJITIONJ

#### Central Office:

<u>Recording Secretary</u> - takes notes of what goes on at the Central Office Monthly Business Meeting

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

<u>General Service Liaison</u> - 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: 889 2369 2100

#### **District General Service:**

<u>District Committee Member (DCM)</u> – 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.

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

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

<u>Bridging the Gap Chair</u> - 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

## The Central Office Corner

# Sobriety Birthdays In the month of





Terry H. 10/10/2014 (7 Years!!) Audrey C. 10/03/2008 (13 Years!!) Debbie O. 10/2/2000 (21 Years!!) Burt M. 10/12/2012 (9 Years!!) Michael B. 10/19/1992 (29 Years!!) Elizabeth B. 10/20/1988 (33 Years!!) Matt P. 10/21/2013 (8 Years!!) Gary G. 10/01/2014 (7 Years!!) Peter V. 10/4/1983 (38 Years!!) Liz E. 10/13/1986 (35 Years!!) Jimmy S, 10/19/1999 (22 Years!!) Jason W. 10/10/2010 (11 Years!!)

**District 09 Solano South** 

MONTHLY BIRTHDAY JPEAKER MEETING!

Joe O. From Pinole October 8th

8:00pm



At Benicia Senior Center 1201 East 2nd Street, BENICIA



Please bring your old AA chips to turn in when getting your new chip at the Solano South Monthly Birthday Speaker Meeting You can turn them in to Mike at the front table



## A.A. District 09 October 2021 Southern Solano County

Sun	Mon	Tue	Wed	Thu		Fri	Sat
26 This isn't the complete list of meetings in District and meetings are changing weekly regarding COVID. Check the website for the latest.	27 Attitude Adjustment Get to the Point Discussion St. Paul's Episc. 1st & J St., Benicia 8:00-9:00 PM Every Monday	28 American Canyon Fellowship 11 Poco Way American Canyon 7-8:00 AM Every Tuesday	29 Vallejo Fellowship <i>Early Birds</i> 7-8:00am 942 Tennessee St, Vallejo Every Wednesday	30 Benicia Hill Top Discussion 1305 West 2nd St. Benicia Congressional Chr. 8:00-9:00pm No Smoking Every Thursday		1 Vallejo Fellowship 12:00 Noon to 1:00pm 942 Tennessee St, Vallejo Every Friday	2 Vallejo Fellowship Speaker Night 9:00pm Zoom. 238-929-5018 Pass Code: 926465 First Saturday of the Month
3 Go to Any Lengths Online 9:30am-10:30am Zoom: 834 3950 6139 Every Sunday	4 American Canyon Fellowship 11 Poco Way American Canyon 7-8:00 PM Every Monday	5 Mare Island Grp Online Rotating Format 730pm—830pm Zoom:865 7556 2290 Every Tuesday	6 CENTRAL OFFICE Business Meeting the first Wednesday of every month at 7:30pm on Zoom Zoom Id: 594 146 1966	7 Benicia First Street Group 6:30-7:30pm Heritage Pres. Ch 1400 E 2nd St, Benicia Every Thursday		8 District 09 Monthly Birthday Speaker Meeting 8:00pm Senior Centor Southwest Forum On Zoom	9 2 or More Book Study 9-10:00 am Reception Hall 101 Temple Way Southwest Forum On Zoom
10 * denotes "closed" meetings. Only humans with a desire to stop drinking are encouraged to attend Southwest Forum On Zoom	11 DISTRICT 09 GENERAL SERVICE Business Meeting the second Monday of every month at 7pm on Zoom Zoom Id: 895 6759 4853	142 Benicia Straits Speaker Discussion Southern Solano Alano Club 2046 Columbus Pkwy, Benicia 7:30-8:45 Every Tuesday	13 Attitude Adjust St. Paul's Episc. 1st & J St. Benicia 7-8:00 AM Tu-Sat	14 11 <sup>th</sup> Step Meditation Meeting So. Solano Alano 2046 Columbus Pkwy, Benicia 6:30-7:30pm Every Thursday		15 The Grapevine Speaks Grapevine/Discussion Online Zoom: 312-029-395 6-7pm Every Friday	16 Serenity on Saturday Speaker/Discussion, Online Zoom 881 3928 1979 10:00-11:00am Every Saturday
17 Benicia Sunday Night Discussion St. Paul's Episc. 1st & J St., Benicia 8-9:00 PM Every Sunday Bday meeting 4 <sup>rd</sup> Sunday	18 Attitude Adjust Online Zoom: 401 588 9043 PW: Attitude 7-8:00 AM Mon 6:30-7:30 AM Sun	19 Here & Now Big Book Study Online Zoom: 865 7556 2290 Noon-1:00 Every Tuesday	20 Spring Hill Study Group '12 by 12' Online Zoom: 865 7556 2290 8-9 pm Every Wednesday	21 Vallejo Fellowship <i>Early Birds</i> 7:00-8:00AM 942 Tennessee St, Vallejo Every Thursday		22 Friday Night Lights Daily Reflections Online Zoom: 865 7556 2290 8-9 pm Every Friday	23 Came to Believe Overlook Park Light House Church 1175 Church Street, Benicia 7:00-8:00pm Every Saturday
24 Vallejo Fellowship Early Birds 942 Tennessee St, Vallejo 7:00 AM 7 days/WK	25 Vallejo Women's Group* The First Christian Church 1035 Indiana St. Vallejo, Ca. 94590	26 Benicia First St. Group Heritage Pres. Ch. 1400 E 2 <sup>nd</sup> St Benicia 6:30-7:30pm Every Tuesday	27 Men' 12by12 Study * Southern Solano Alano Club 2046 Columbus Pkwy, Benicia 7:30-8:30pm Every Wednesday	28 Benicia 1st St Grp Topic discussion Meeting Heritage Pres Ch. 1400 East 2nd St 6:30-7:30pm Every Thursday		29 TGIF Living Sober Book Study Southern Solano Alano Club 2046 Columbus Pkwy, Benicia noon-1:00pm.	30 A Vision for You Online Zoom: 719 577 3029 Noon to 1:00pm Every Saturday
31 First Street Group 12 and 12 Meeting Heritage Presbyterian Church						can make contributio entral Office	

Solano AA: <u>http://www.aasolanonortn.org/</u> Our Neighbors in Contra Costa: http://www.contracostaaa.org/ NorCalAA http://norcalaa.org/index.html

The Vallejo Fellowship is located at: 942 Tennessee St, Vallejo, CA Vallejo Fellowship Telephone number is 707-557-6318

1400 East 2nd St

Benicia 5-6:00 PM

Every Sun

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!

## South Solano County Central Office All Prices include 8.625% Sales Tax

CODE	Book Description	Price	
B-0	Anniversary 75 Edition of Alocholics Anonymous	\$13.50	
B1	Alcoholics Anonymous 4th Edition(Hard Cover)	\$11.00	
B30	Alcoholics Anonymous 4th Edition (Soft cover)	\$10.00	
B16	Alcoholics Anonymous 4th Edition (Large Print))	\$12.00	
B35	Alcoholics Anonymous 4th Edition (Abr. Pocket Version)	\$5.75	
B2	12 Steps and 12 Traditions	\$11.00	
B15	12 Steps and 12 Traditions (Soft Cover)	\$9.50	
B14	12 Steps and 12 Traditions (Large Print)	\$10.00	
B17	12 Steps and 12 Traditions (Pocket Soft Cover)	\$7.50	
B12	Daily Reflections	\$12.00	
B19	Daily Reflections (Large Print)	\$13.00	
B7	Living Sober	\$6.50	
B25	Living Sober (Large Print)	\$7.00	
B5	As Bill Sees It (Hard and Pocket Version)	\$10.00	
B27	As Bill Sees It (Large Print)	\$10.50	
B6	Came To Believe	\$6.50	
B26	Came To Believe (Large Print)	\$7.00	
B3	AA Comes of Age	\$12.00	
B8	Dr. Bob and the Good Old Timers	\$12.00	
B9	Pass It On	\$12.00	
B13	AA In Prisons: Inmate to Inmate	\$4.00	
B20	Experience, Strength, and Hope	\$7.00	
GV-06	The Language of the Heart	\$15.75	
GV-11	The Language of the Heart (Soft Cover)	\$14.50	
GV-15	The Home Group- Heart Beat of AA	\$15.00	
GV-17	Emotional Sobriety/ GV- 26 Emotional Sobriety II	\$15.00	
GV-13	Thank You for Sharing /GV- 34 Forming True Partnerships	\$15.00	
GV-31	No Matter What / GV- 29 Happy, Joyous & Free	\$15.00	
BM31	The AA Service Manual and 12 Concepts For World Service	\$5.00	
BM32	12 Concepts For World Service	\$4.75	
BB-06	The Best of Bill (Soft Cover)	\$6.25	
BB-07	The Best of Bill ( Large Print )	\$7.25	
NP-01	Newcomer Packets	\$1.00	
All	Pamphlets and folding Wallet Cards	\$0.25	
	L SPANISH BOOKS ARE THE SAME PRICE AS THE ENGLISH VERSIO		

ALL SPANISH BOOKS ARE THE SAME PRICE AS THE ENGLISH VERSION

# Southern Solano Central Office Monthly Birthday Speaker Meeting

Speaker:

# Joe O. from Pinole



# Friday, October 8<sup>th</sup>, 2021



# 8 pm at the Benicia Senior Center in Benicia

# Hosted by the: Attitude Adjustment group

DIRECTIONS TO THE BENICIA SENIOR CENTER @ 1201 East 2nd Street, BENICIA:

Concord: Take HWY 780 to Second Street Exit. Vallejo: Take HWY 780 to Fifth Second Street Exit. FIFTY-FIFTH ANNUAL

CALLER OF RATIO

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# SAVE THE DATE MARCH 4-6, 2022

AASA 20

**WHAT IS PRAASA?** It is 3 day program which includes panel presentations on the General Service Conference theme and agenda items, roundtable discussions for members to network with others who share their service position, open mic sharing, questions and Al-Anon participation.

**WHAT IS PRAASA'S PURPOSE?** 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.

**AN EXPERIENCE YOU MUST NOT MISS!** Come join over 1,500 excited AA members from all over the Pacific Region and be part of this unforgettable event. ASL and Spanish translation available.

 $\supset$ 



- To recharge your enthusiasm for service
- Panel of Past and Present Trustees
- Ask It Basket
- It's in Oregon first time since 2007

ALL AAs WELCOMED REGISTRATION IN THE FALL OF 2021 www.PRAASA.org

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Alaska

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# San Francisco **Unity Day 2021**

BRIDGING

THE GAP

GENEBAL

SERVICE

NTERGROUP

GRAPEWNE

481

VPAA

Saturday, October 9 10:00 AM - 3:30 PM (PST)

Zoom I.D.: 856 7970 4357 Password: 1935

"RECOVERY, UNITY & SERVICE IN A TIME OF CHANGE"

- 10 AM **THREE LEGACIES PANEL\*** Siobhan O. (San Francisco, CA) Donna B. (Philadelphia, PA) Kristee O. (San Francisco, CA) Nikki T. (San Francisco, CA) Teddy B-W. (Oakland, CA)
- **ROUNDTABLES & ORIENTATIONS 11 AM INTERGROUP COMMITTEES** Accessibilities, Archives, Fellowship, The Point, Public Relations, Sunshine Club, Technology, HelpChat & Teleservice
- 1PM **ROUNDTABLES & ORIENTATIONS HOSPITAL & INSTITUTION BRIDGING THE GAP** GGYPAA A.A. GRAPEVINE/LAVIÑA
- **SAFETY IN A.A. WORKSHOP\*** 2 PM Madeleine P. (Happy Valley, OR) Vera F. (Bend, OR)

Hosted by General Service District 06. For info, email events@sfgeneralservice.org \*English-Spanish interpretation provided.



NEWS FROM YOUR MARIN GENERAL SERVICE **ACCESSIBILITIES COMMITTEE ...** 

> Are you missing anyone from your meetings?

The new Marin Accessibilities Committee's current activity has been to obtain donations of used tech equipment for members unable to otherwise attend Zoom meetings.

> Please help us look for members who might need this equipment !?

**District 10 Accessibilities Committee Mission Statement:** To develop and offer resources to make the Alcoholics Anonymous message, and participation in our program of recovery, available to the needs of A.A. groups and meetings.

Please contact Jennifer K. 415-898-9589 h or 415-271-1465 c (2/15/21)

## AA Group Inventory for the COVID-19 Era

Many groups periodically hold a "group inventory meeting" to evaluate how well they are fulfilling their primary purpose to help alcoholics recover through A.A.'s suggested Twelve Steps of recovery.

In the COVID-19 era, many groups quickly transitioned to virtual (online) meetings, and may now wish to step back and evaluate how they're doing. With the rapidly changing landscape of our fellowship, groups may need an inventory to reflect our new circumstances.

Here we offer you a set of group inventory questions adapted to the COVID-19 era. (Based in part on questions in "The AA Group" pamphlet.)

Here are some suggested questions that your group could ask itself:

- 1. What is the basic purpose of our group?
- 2. How well is our group carrying the message to the still suffering alcoholic?
- 3. How well is our group serving members who were present before the pandemic? Who has been "left behind"?
- 4. Have we reached out to help members who are not "tech-savvy" get connected? Is a phone and email contact list available to members?
- 5. Is our group attracting alcoholics from different backgrounds? Are we seeing a good cross-section of our community, including those with accessibility issues? What kind of alcoholics are we not seeing at our meeting?
- 6. Are we getting many visitors from outside our area? How are we welcoming them to our group?
- 7. Do we effectively emphasize and facilitate sponsorship in the virtual environment? How can we do it better?
- 8. Since going virtual, how have our group chores/responsibilities changed? Have we let any important functions go unfulfilled?
- 9. Do we need to modify our group's format to better suit meeting virtually? Why or why not?
- 10. How are we conducting our virtual elections for service positions? Despite being virtual, are we still practicing the spirit of rotation?
- 11. What measures are we taking to ensure safety in our meetings, both against trolls/bombers and with respect to existing members?
- 12. Are we recording our meeting? Why or why not? If so, what precautions are we taking to ensure anonymity?
- 13. Is our group continuing to do its fair share toward participating in our Three Legacies Recovery, Unity, and Service?
- 14. How is our group fulfilling its responsibility to the Seventh Tradition? Are we meeting our expenses and maintaining a prudent reserve? Are we providing both digital and non-digital ways to contribute? Why or why not?

If your group is considering reopening in-person meetings, here are some additional questions you may wish to ask. But first, a few words to consider:

Fortunately, newcomers have been getting sober in Zoom meetings. What this pandemic has taught us is that there are many ways to connect—not just locally, but internationally—and there are lots of ways to carry the message. While we all miss meeting safely in person, we have more tools available to us to stay sober. We can attend meetings anywhere in the world; we can invite speakers from afar to chair our meetings; we can attend workshops, round-ups, and other events from the comfort of our homes. Phone and online meetings do not replace the need for in-person meetings, but they've added to all the ways that we can carry the message of hope and recovery to still suffering alcoholics and old-timers, alike. So, our decisions to reopen should be made carefully and deliberately. A higher power guides us through this process if we ask for help.

- 1. Do we have members who would be comfortable with resuming in-person meetings right now?
- 2. Do we have members who are not going to want to return to in-person meetings until there is a vaccine?
- 3. Are there members who will never be able to attend in-person meetings?
- 4. How do our members want to decide whether to resume in-person meetings again? Majority vote?
- 5. What kind of alcoholics would we not see at in-person meetings? Will people we are serving now be left out of our meetings? Is that important?
- 6. Do we want to continue to serve the people who cannot attend in-person meetings? Which path do we want to take:
  - Have hybrid in-person/virtual meetings, or
  - Have separate virtual and in-person meetings, or
  - Have only in-person meetings, and direct people who cannot attend them to other fellowships?
- 7. If we do not resume some form of in-person meetings as soon as they are allowed, are we concerned that we will lose access to our previous meeting facility? Will our group be able to afford rent with the lower attendance implied by social distancing requirements? Are there other options for meeting places?
- 8. At in-person meetings, are we willing to adhere to public health regulations for social distancing, maximum meeting capacity, wearing masks, and providing contact information for contact tracing, in order to protect our members' health and uphold the law? If yes, how will we handle it if, for example, too many people arrive for a meeting, or if someone refuses to wear a mask or provide contact information?
- 9. Do we anticipate having sufficient 7th Tradition contributions to cover the additional expenses for cleaning/sanitizing supplies and personal protective equipment (e.g., gloves, extra masks) for in-person meetings?

10. If we want to have hybrid in-person/virtual meetings, do we anticipate having sufficient 7th Tradition contributions to cover possible acquisition of equipment such as a microphone, camera, loudspeaker, and laptop/monitor, as well as possible monthly internet/wifi expenses? Do we have adequate and secure storage for hybrid meeting equipment?