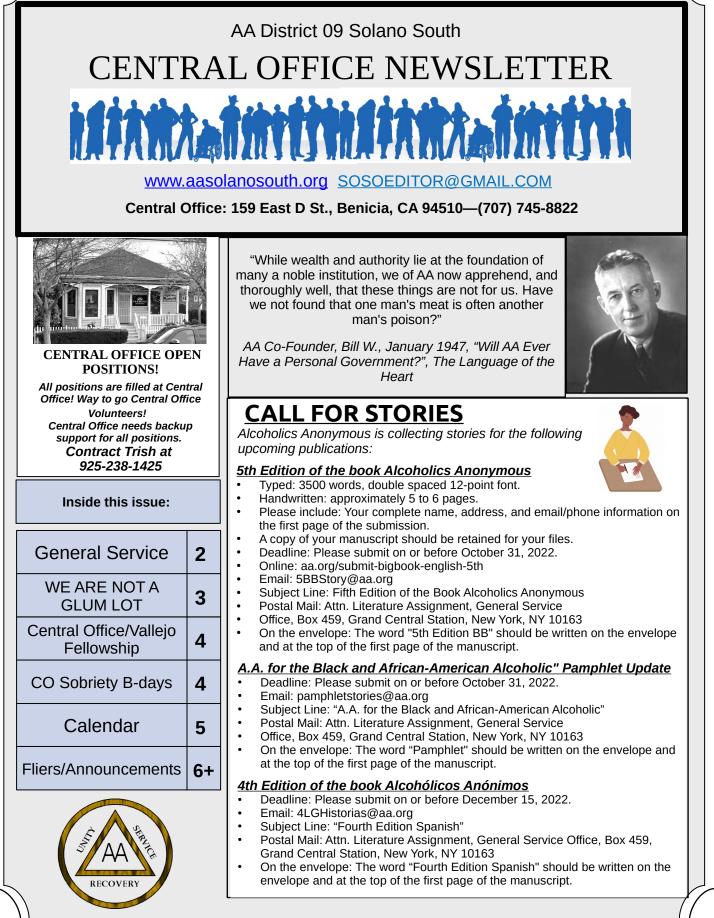
Volume 22, Issue 6

June 2022

1







"Were entirely ready to have God remove all these defects of character."



One of Benicia's Favorites Needs Support!

Still going on line! <u>Go To Any Length Meeting</u>

Sunday @ 9:30am Zoom 594-271-5047 Password 293125

Attitude Adjustment Morning Meetings Are in full Swing!

all of the other morning meetings of Attitude Adjustment need support too! – Tues, Wed, Thur, Fri, Sat 7am-8am



CNCA 06

California Northern Coastal Area of AA

Chair's Preview

It's been a busy couple of months and perhaps by the time we get this version of the Comments it's quite possible that the Post-Conference Assembly will already have happened.

In our last area committee meeting we managed to vote on a couple of motions, and touch on a couple of discussion topics that were lagging behind on the agenda, the feeling was almost like we were doing business before the Pandemic, we read the preamble of Alcoholics Anonymous, the fourth Tradition and the Concept IV, after we were able to introduce ourselves both members in person and members attending through the hybrid alternative, during the business meeting we voted to contribute \$8,000 to the General Service Board for the total cost anticipated by each member who attends the General Service Conference, a vote was also taken so that the members of the Hybrid ad-hoc committee members are eligible for reimbursement of expenses from the beginning of admission to the Petaluma Community Center performing committee work and also it was approved.

Our Hybrid Ad-Hoc Committee gave their last report on ACM Hybrid Meetings, Its very possible that our tech committee will take over the hybrid commitment. We are expecting the recommendations to continue and the experience to increase as we move forward at every ACM and every Assembly.

In April we continue with our Area Officers Job Descriptions at the beginning of the DCMs Sharing session in preparation for our Area Elections for Panel 73, we invite you to join every month, you can find the Recording Secretary position given by Amy M.

Thank for the opportunity to serve you.

Miguel H, Panel 71 CNCA Chair

Online Meetings Need Support

Several members can't do in-person meetings for health reasons. These meetings need continued support (all use same Meeting ID: 865 7556 2290):



Tuesday Here and Now Book Study 12noon-1pm Tuesday Mare Island Rotating Format 7:30pm-8:30pm Friday Night Lights Daily Reflections 8pm-9pm

Just a little reminder:

Closed 11th Step Discussion Meeting

10am @ Alano Club Sunday

10 minute mediation then readings and shares. Great meeting. Come join Us!!!

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

Delegate's Corner

By the time you receive this printed copy of the CNCA Comments, you will likely have already attended – either virtually or in person – the Post-Conference Assembly in Newark, CA. The results of this year's General Service Conference will have been shared by our Delegate, and you may now be wondering – what happens next?

It's something I wondered as a new GSR 11 years ago, coming back from my first Post-Conference Assembly in a car with my service sponsor. I don't remember much of what was in that Delegate report. I didn't understand a lot of the terms, and I didn't really care where people ate dinner or what pins people got.

But I do remember how that report made me feel. Alcoholism isolated me from the world around me and robbed me of my ability to feel connected to others or to comfortably share how I truly felt. The report that day was a moving spiritual experience for me; I heard a Delegate describe what had happened, how he had felt, and how, even if things didn't turn out the way I wanted them to, I felt secure in the knowledge that every decision had been made with thorough discussion and consideration for suffering alcoholics.

I've always enjoyed General Service because we do service work that saves the lives of people we will likely never meet. It is challenging to connect what happens at the Conference with how it helps an alcoholic stumbling alone in the darkness. But the Conference report is the start of that connection, and you continue that connection by sharing with your groups what happened at the Conference – and how you felt hearing the story of the work that was done and the love behind it. We are trying to find solutions against alcoholism, bit by bit, growing in love and understanding as we trudge this road together.

Eric L, Alternate Delegate, Panel 71

We Are Not A Glum Lot



"Mom, Dad...did you ever hear the words, 'We will not regret the past nor wish to shut the door on it'?" We will comprehend the word NO PEAS "I'm reading the Big Book on my monitor to improve my spiritual condition too."

> SEND YOUR SUBMISSIONS TO SOSOEDITOR@GMAIL.COM

The Central Office Corner **VALLEJO FELLOWSHIP'S In-person Speaker Meeting! Sobriety Birthdays First Saturday of the Month** In the month of Event starts at 6:45pm June 4th – Leah M. July 2nd – Elmer June At: Vallejo Fellowship Hall, 942 Tennesse St., Vallejo, CA Barbara C. 6/19/2010 (12 Years!!) **OPEN JERVICE POJITIONJ** Donna F. 6/23/13 (9 Years!!) **Central Office:** Jim a 6/26/2014 (8 Years!!) Alternate Chairperson - fills in for the Chairperson in his Andy Miner 6/03/2001 (21 Years!!) absence, takes over the Chair position next year Stanley R. 6/18/1995 (27 Years!!) General Service Liaison - attends district General Service and Central Office meetings and reports on Jimmy B. 6/13/2007 (15 Years!!) activities for both Anneliese H. 6/24/2017 (5 Years!!) Central Office meeting is the first Wednesday of every month at 7:30pm on Zoom Ken Mc. 6/10/2012 (10 Years!!) Zoom Id: 889 2369 2100 Holiday Party is Returning in 2022! **District General Service:** 🖞 🎽 Central Office is looking for someone to WE REALLY NEED JOMEONE TO JTEP UP!!! take the lead on this year's Holiday Party. District Treasurer - attend the monthly District meeting If you are interested in doing this please process group contributions, and issue checks for contact Becky C. (beckycranetaylor@yahoo.com), operating expenses, any other reimbursements. the Central Office Chair, or attend the monthly District Registrar - Attend the monthly District meeting, Central Office Meeting. maintain and update Group information, advising the Area Registrar of all changes **District 09 Solano South** District Committee Member (DCM) – DCMs are needed in two of the three sub-districts, regularly attends all District MONTHLY BIRTHDAY meetings, the monthly area meeting and area assemblies, SPEAKER MEETING! assist GSRs in becoming acquainted with The AA Service Manual and other service material. Jag J. From Fairfield District Cooperation with the Professional June 10th 8:00pm Community/Public Information Chair - attends the monthly District meeting, reach out to the Professional Community in District, attend monthly Area CPC meetings. Host group: District Literature/Grapevine Chair - attend the monthly **First Street Group** District meeting, attend groups and talk about AA literature and the Grapevine, attend monthly Area At Benicia Literature/Grapevine meetings. **Clock Tower** Bridging the Gap Chair - attend the monthly District meeting, act as liaison with the Area BTG Committee -**11189 WASHINGTON** attending the monthly Area BTG meeting, create and STREET, BENICIA maintain a list of volunteers who act as the contact people. Make Sure your home group has a General Service Reminder: Representative (GSR) so your group's voice can be Please bring your old AA chips to heard. (Maybe the "Most Important Position in AA") turn in when getting your new chip at the Solano South Monthly Birthday District General Service meeting is the second Speaker Meeting Monday of every month at 7pm on Zoom You can turn them in to Mike at the front table Zoom Id: 895 6759 4853

A.A. District 09 June 2022 Southern Solano County

| Sun | Mon | Tue | Wed | Thu | | Fri | Sat |
|---|--|--|---|--|--|---|---|
| 29 This isn't the complete list of meetings in District and meetings are changing weekly regarding COVID. Check the website for the latest. | 30 Attitude Adjustment Get to the Point Discussion St. Paul's Episc. 1st & J St., Benicia 8:00-9:00 PM Every Monday | 31 American Canyon Fellowship 11 Poco Way American Canyon 7-8:00 AM Every Tuesday | 1 CENTRAL OFFICE Business Meeting the first Wednesday of every month at 7:30pm on Zoom Zoom Id: New Zoom Number Coming | 2 Benicia Hill Top Discussion 1305 West 2nd St. Benicia Congressional Chr. 8:00-9:00pm No Smoking Every Thursday | | 3 Vallejo Fellowship 12:00 Noon to 1:00pm 942 Tennessee St, Vallejo Every Friday | 4 Vallejo Fellowship Speaker Night starts at 6:45pm In Person 942 Tennessee St, Vallejo First Saturday of the Month |
| 5 | 6 | 7 | 8 | 9 | | 10 | 11 |
| Go to Any Lengths Online 9:30am-10:30am Zoom: 834 3950 6139 Every Sunday | American Canyon Fellowship 11 Poco Way American Canyon 7-8:00 PM Every Monday | Mare Island Grp Online Rotating Format 730pm—830pm Zoom:865 7556 2290 Every Tuesday | Vallejo Fellowship Early Birds 7-8:00am 942 Tennessee St, Vallejo Every Wednesday | Benicia First Street Group 6:30-7:30pm Heritage Pres. Ch 1400 E 2nd St, Benicia Every Thursday | | District 09 Monthly Birthday Speaker Meeting 8:00pm Benicia Senior Center | 2 or More Book Study 9-10:00 am Reception Hall 101 Temple Way Vallejo Every Saturday |
| 12 | 13 | 14 | 15 | 16 | | 17 | 18 |
| * denotes "closed" meetings. Only humans with a desire to stop drinking are encouraged to attend | DISTRICT 09 GENERAL SERVICE Business Meeting the second Monday of every month at 7pm on Zoom Zoom Id: 895 6759 4853 | Benicia Straits Speaker Discussion Southern Solano Alano Club 2046 Columbus Pkwy, Benicia 7:30-8:45 Every Tuesday | Attitude Adjust St. Paul's Episc. 1st & J St. Benicia 7-8:00 AM Tu-Sat | 11th Step Meditation Meeting So. Solano Alano 2046 Columbus Pkwy, Benicia 6:30-7:30pm Every Thursday | | First Street Group Big Book Study Heritage Presbyterian Church 6:30pm 1400 E 2 nd Street Benicia | Serenity on Saturday Speaker/Discussion, Online Zoom 881 3928 1979 10:00-11:00am Every Saturday |
| 19 | 20 | 21 | 22 | 23 | | 24 | 25 |
| Benicia Sunday Night Discussion St. Paul's Episc. 1st & J St., Benicia 8-9:00 PM Every Sunday Bday meeting 4 rd Sunday | Attitude Adjust Online Zoom: 401 588 9043 PW: Attitude 7-8:00 AM Mon 6:30-7:30 AM Sun | Here & Now Big Book Study Online Zoom: 865 7556 2290 Noon-1:00 Every Tuesday | Spring Hill Study Group '12 by 12' Online Zoom: 865 7556 2290 8-9 pm Every Wednesday | Vallejo Fellowship Early Birds 7:00-8:00AM 942 Tennessee St, Vallejo Every Thursday | | Friday Night Lights Daily Reflections Online Zoom: 865 7556 2290 8-9 pm Every Friday | Came to Believe Overlook Park Light House Church 1175 Church Street, Benicia 7:00-8:00pm Every Saturday |
| 26 | 27 | 28 | 29 | 30 | | 1 | 2 |
| Vallejo Fellowship Early Birds 942 Tennessee St, Vallejo 7:00 AM 7 days/WK | Vallejo Women's Group* The First Christian Church 1035 Indiana St. Vallejo, Ca. 94590 | Benicia First St. Group Heritage Pres. Ch. 1400 E 2 nd St Benicia 6:30-7:30pm Every Tuesday | Men' 12by12 Study * Southern Solano Alano Club 2046 Columbus Pkwy, Benicia 7:30-8:30pm Every Wednesday | Benicia 1st St Grp Topic discussion Meeting Heritage Pres Ch. 1400 East 2nd St 6:30-7:30pm Every Thursday | | TGIF Living Sober Book Study Southern Solano Alano Club 2046 Columbus Pkwy, Benicia noon-1:00pm. | A Vision for You Online Zoom: 719 577 3029 Noon to 1:00pm Every Saturday |
| 3 First Street Group 12 and 12 Meeting Heritage Presbyterian Church 1400 East 2nd St Benicia 5-6:00 PM Every Sun | 4 Vallejo Fellowship Early Birds 7am 942 Tennessee St. Vallejo | Alcoholics An <u>http:</u> District 09 s <u>http://www</u> | n the Web onymous Official Si //www.aa.org/ Southern Solano A4 .aasolanosouth.org/ //norcalaa.org/index | | You can make your contributions to Central Office electronically through: Venmo | | |
| | 942 Tenness | lowship is loc ee St, Vallejo n Telephone i | , CA | | compu your p Treasi | e visit Venmo.co uter or the Venm hone and searc urer, @Michael-l | m on your to app on h for our LaPlante-8. |

942 Tennessee St, Vallejo, CA Vallejo Fellowship Telephone number is 707-557-6318

Thank you!

You will be able to make a

contribution there.

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:

Jag J. from Fairfield



Friday, June 10th, 2022

8 pm at the Clock Tower in Benicia Host Group: First Street Group

DIRECTIONS TO THE CLOCK TOWER @ 1189 WASHINGTON STREET, BENICIA: Concord: Take HWY 780 to Fifth Street Exit. Turn left onto Fifth Street at bottom of ramp. Vallejo: Take HWY 780 to Fifth Street Exit. Turn right onto Fifth Street at bottom of ramp

Proceed to the light and turn left onto Military East. Proceed about half of a mile, bear left at the fork when the street splits. As you near the end of the street, look for an uphill driveway on the left side with a gate that says "Johansen Square/Commandant's Lane". This is the Clock Tower entrance.

El Sobrante Fellowship

Of Alcoholics Anonymous

Cook Off!

Chili

Presents our

Just A Few of

the Prizes!

35th Anniversary Picnic! Saturday, July 16th

Jar of Money,

Traeger Grill!

Join Us for Food, Fun & Fellowship! Speaker, Fernando S. From Concord Fernandez Mansion 100 Tennent Ave, Pinole 10:30 – 5:00 BBQ by Mike Z, Chili Cook Off!

and so much

more!

Certificates

Basket,

Gift

Garden

Live Band, Raffle & More! Rhonda S. at 510-860-6917 for more info Text Debbie O. at 510-388-9284 to Donate Raffle Prizes or Cash!

hosted by:

Area 69

IN PERSON !

WWW.2022AAPACIFICREGFORUM.COM



Sept. 16 - 18, 2022



Mariott Downtown @ City Creek 75 W Temple St., Salt Lake City, Utah

RECOVERY ELEVATED

