

AA DISTRICT 09 SOLANO SOUTH

**CENTRAL OFFICE NEWSLETTER**

[AASOLANOSOUTH.ORG](http://AASOLANOSOUTH.ORG) [SOSOEDITOR@GMAIL.COM](mailto:SOSOEDITOR@GMAIL.COM)

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



**Central Office needs coverage these times:**

**Tuesday and Thursday mornings, 9am-Noon**

**Monday and Tuesday afternoons, Noon-3pm**

We are always in need of Relief Volunteers. A Relief Volunteer will step in and cover a shift if the regular volunteer can't make it. It is on an as needed basis.

**Contract Trish at 925-238-1425**

*“Most of us sense that real tolerance of other people’s shortcomings and viewpoints and a respect for their opinions are attitudes which make us more useful to others”*

*~Alcoholics Anonymous, pages 19-20*



**A NOTE FROM THE EDITOR**

Howdy fellow alcoholics! I have added a new section called **Member’s Corner** to the newsletter. This is a section where you can submit a story or poem or joke or a personal experience you’ve had in sobriety that you’d like to share with other members. One of our members submitted something this month. Check it out on page 4! ALSO, if any of the meetings you attend need support or if there are any changes in location or time, please let me know and I can add it to the “Meeting Notes” section on page 2.

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**Listen to Grapevine’s New Weekly PODCAST!**

AA Grapevine’s half-hour variety podcast features...

- powerful interviews with AA members on getting sober, meetings, service, Steps, sponsorship and more!
- current information about AA and AA Grapevine
- jokes, fun AA banter and surprise guests!

Each week, longtime AA members Don and Sam will interview sober alcoholics, writers of current Grapevine stories, general service reps and more about their experience, strength and hope in a casual “meeting after the meeting” manner. A new episode will be available in English each Monday at 9:00 a.m. EST.

To listen to new or past episodes, visit: [www.aagrapevine.org/podcast](http://www.aagrapevine.org/podcast) (or wherever you get your podcasts)

**Follow us on Instagram! @alcoholicsanonymous\_gv**

- See the new magazine issues on release
- Learn about new and existing Grapevine books
- See clips from our YouTube Channel
- Get inspiration from our cofounders and more!

To order this item or any other product from our collection, visit us at [www.aagrapevine.org](http://www.aagrapevine.org) and click on store or call (800) 631-6025 US/Canada (847) 559-7237 International or fax us at (847) 564-9453.

## Meeting Notes

### Online Meetings Need Support

Some people are still unable to get out to live meetings because of health reasons. Your presence could be of service to them.

**TUESDAY HERE AND NOW BOOK STUDY**  
12noon-1pm

**Zoom Meeting ID: 865 7556 2290**

**SUNDAY MORNING ATTITUDE ADJUSTMENT**  
6:30-7:30am

**Zoom ID: 401 588 9045**

**Password: Attitude**

### A DESIGN FOR LIVING BIG BOOK STUDY

**Monday Nights**  
6:00pm-7:00pm

**2046 Columbus Parkway, Benicia**

**Around Back**

**One of Benicia's favorites needs support!** (Still going online)

GO TO ANY LENGTHS MEETING

*SUNDAYS AT 9:30AM ON ZOOM*

*ZOOM ID: 857-669-5455*

*PASSWORD: sundays*

### Monday Night Women's Meeting

#### NEW LOCATION

Now at the Southern Solano Alano  
Club

2046 Columbus Parkway, Benicia  
around back  
7:30-8:30pm

**ATTITUDE  
ADJUSTMENT  
MORNING  
MEETINGS**  
**are in full swing!**



**COME DRINK SOME COFFEE!** Located at St. Pauls Church (corner of 1st and J street in Benicia)

All of the morning meetings of Attitude Adjustment need support- Tuesday, Wednesday, Thursday, Friday and Saturday from 7-8am

### Benicia Straits Meeting

Tuesday Nights, 7:30-8:45pm

#### NEEDS SUPPORT

Located at the Southern Solano Alano Club 2046 Columbus Parkway, around back.

# WE ARE NOT A GLUM LOT!

I love you so much, I don't know how I could ever live without you.

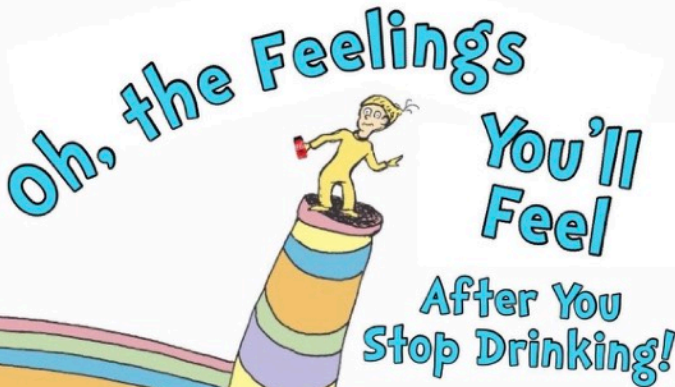
Is that you or the liquor talking?  
It's me, talking to the liquor.



me at any wine tasting



i'm detecting hints of a blackout



ME GIVING MY FRIEND SOME MENTAL HEALTH ADVICE WHEN I SHOULD BE IN AN ASYLUM MYSELF...



THAT LOOK WHEN YOU SEE YOUR OLD DEALER



IS THE ONE CHAIRING THE MEETING

A short story from a member.....

Recovery Ghetto

On the mean streets of Benicia and Vallejo I restarted my recovery journey! 30 years ago I had 8 years of white knuckle sobriety with no happiness or serenity. But now today I'm at the bottom of the barrel living in a sober living home. I am finally enjoying my recovery because I am seeing the joy and love in other people's lives!!! We are united in overcoming our desire for our NOSTALGIC MISERY! Our sick love for our sad and lonely pain! Which connected us to a miserable understanding of how we used our addictions to hide from the pain we had gone through! The ability to find a way to feel better hidden in a bottle! There's no joy hiding in the bottle but it's a temporary relief! For me I am so grateful that the Lord has given me another chance to be the best man I can be! When I see the glow in my comrades eyes and the happiness that they share with everyone!!! We keep fighting here in the Recovery Ghetto overcoming our nostalgic misery to finally enjoy the happiness and freedom of loving ourselves and others!!!

~DOMINIC O.

The Central Office Business meeting is the first Wednesday of every month at 7:30pm on Zoom

Zoom ID: 935 8983 2790

Password: 841785



**MARCH**  
Sobriety Birthdays



Gary Q. 03/04/2001 (22 Years!!)

Tony G. 03/11/2013 (10 Years!!)

Mark R. 03/15/1999 (24 Years!!)

Dale D. 03/17/2009 (14 Years!!)

Michael H. 03/18/2008 (15 Years!!)

Alan Y. 03/27/2014 (9 Years!!)

Laura W. 03/28/1992 (31 Years!!)

**District 09 Southern Solano**

**Monthly Birthday Speaker Meeting**

At the Clock Tower  
1189 Washington Street Benicia

**MARCH 10th at 8:00pm**

**RUSSEL C.**

From Pleasant Hill, CA

**HOST GROUP:  
VALLEJO WOMEN'S  
GROUP**



# MARCH 2023

| Sunday   | Monday  | Tuesday   | Wednesday  | Thursday  | Friday  | Saturday   |
|--|---|---|--|---|---|--|
| 26   | 27  | 28  | 1  | 2   | 3   | 4  |
| This isn't the complete list of meetings in District and meetings are changing weekly regarding COVID. Check the website for the latest. | Attitude Adjustment<br>Get to the Point Discussion<br>St. Paul's Episc.<br>1st & J St., Benicia<br>8:00-9:00 PM<br>Every Monday | American Canyon Fellowship<br>11 Poco Way<br>American Canyon<br>7-8:00 AM<br>Every Tuesday                                    | <b>CENTRAL OFFICE</b><br>Business Meeting is the first Wednesday of every month at 7:30pm on Zoom Zoom.<br>ID: 935 8983 2790<br>PW: 841785 | Benicia Hill Top Discussion<br>1305 West 2nd St.<br>Benicia Congressional Church<br>8:00-9:00pm<br>No Smoking<br>Every Thursday | Vallejo Fellowship<br>12:00 Noon to 1:00pm<br>942 Tennessee St, Vallejo<br>Every Friday                     | Vallejo Fellowship Speaker Night starts at 6:45pm<br>In Person<br>942 Tennessee St, Vallejo<br>First Saturday of the Month |
| 5  | 6   | 7   | 8  | 9   | 10  | 11   |
| Go to Any Lengths Online<br>9:30am-10:30am<br>Zoom: 857-669-5455<br>Every Sunday   | American Canyon Fellowship<br>11 Poco Way<br>American Canyon<br>7-8:00 PM<br>Every Monday                                       | Zoom Sober Online<br>7:00 am to 8:00 am<br>Zoom ID# 208-975-0077<br>Passcode# 480-984<br>Every Tuesday                        | Vallejo Fellowship Early Birds<br>7-8:00am<br>942 Tennessee St, Vallejo<br>Every Wednesday   | Daily Reflections<br>Southern Solano Alano Club<br>2046 Columbus Pkwy<br>Noon-1pm<br>Every Thursday                             | <b>District 09 Monthly Birthday Speaker</b><br>Meeting<br>8:00pm<br>Clock Tower                             | 2 or More Big Book Study<br>9-10:00 am<br>Reception Hall<br>101 Temple Way<br>Vallejo<br>Every Saturday                    |
| 12   | 13  | 14  | 15   | 16  | 17  | 18   |
| Vallejo Fellowship Early Birds<br>942 Tennessee St, Vallejo<br>7:00 AM   | DISTRICT 09 GENERAL SERVICE<br>Business Meeting the second Monday of every month at 7pm<br>Zoom Id: 895 6759 4853               | Benicia Straits Speaker Discussion<br>Southern Solano Alano Club<br>2046 Columbus Pkwy, Benicia<br>7:30-8:45<br>Every Tuesday | Attitude Adjust<br>St. Paul's Episc.<br>1st & J St. Benicia<br>7-8:00 AM<br>Tu-Sat   | 11th Step Meditation Meeting<br>So. Solano Alano<br>2046 Columbus Pkwy, Benicia<br>6:30-7:30pm<br>Every Thursday                | First Street Group Big Book Study<br>Heritage Presbyterian Church<br>6:30pm<br>1400 E 2nd Street<br>Benicia | Serenity on Saturday Speaker/Discussion, Online<br>Zoom 881 3928 1979<br>10:00-11:00am<br>Every Saturday                   |
| 19   | 20  | 21  | 22   | 23  | 24  | 25   |
| Benicia Sunday Night Discussion<br>St. Paul's Church<br>1st & J St., Benicia<br>8-9:00 PM<br>Every Sunday<br>Bday meeting 4th Sunday     | Attitude Adjust Online<br>Zoom: 401 588 9043<br>PW: Attitude<br>7-8:00 AM Mon<br>6:30-7:30 AM Sun                               | Here & Now Big Book Study Online<br>Zoom: 865 7556 2290<br>Noon-1:00<br>Every Tuesday   | Spring Hill Study Group<br>'12 by 12'<br>Online<br>Zoom: 865 7556 2290<br>8-9 pm<br>Every Wednesday  | Vallejo Fellowship Early Birds<br>7:00-8:00AM<br>942 Tennessee St, Vallejo<br>Every Thursday                                    | Woman's Solution Group<br>Southern Solano Alano Club<br>2046 Columbus Pkwy, Benicia<br>10:30am to 11:30am   | Came to Believe Candlelight Meeting<br>Light House Church<br>1175 Church Street, Benicia<br>7:00-8:00pm<br>Every Saturday  |
| 26   | 27  | 28  | 29   | 30  | 31  | 1  |
| *denotes "closed" meetings. Only humans with a desire to stop drinking are encouraged to attend.   | Vallejo Women's Group*<br>Southern Solano Alano Club<br>2046 Columbus Pkwy<br>7:30-8:30pm<br>Every Monday                       | Benicia First St. Group<br>Heritage Pres. Ch.<br>1400 E 2nd St Benicia<br>6:30-7:30pm<br>Every Tuesday                        | Men' 12by12 Study *<br>Southern Solano Alano Club<br>2046 Columbus Pkwy, Benicia<br>7:30-8:30pm<br>Every Wednesday                         | Benicia 1st St Grp Topic discussion Meeting<br>Heritage Pres Ch.<br>1400 East 2nd St<br>6:30-7:30pm<br>Every Thursday           | TGIF Living Sober Book Study<br>Southern Solano Alano Club<br>2046 Columbus Pkwy, Benicia<br>Noon-1:00pm    | A Vision for You Online<br>Zoom: 719 577 3029<br>Noon to 1:00pm<br>Every Saturday  |

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

## A.A. ON THE WEB

Alcoholics Anonymous: [aa.org](http://aa.org)

District 09 Southern Solano AA:  
[aasolanosouth.org](http://aasolanosouth.org)

NorCalAA: [norcalaa.org](http://norcalaa.org)

# Birthday Speaker Meeting

**Russel C. from Pleasant Hill, CA**



**Friday, March 10th, 2023**

**8 pm at the Clock Tower in Benicia**

*Hosted by the Vallejo Women's Group*

**DIRECTIONS TO THE CLOCK TOWER  
1189 WASHINGTON STREET, BENICIA:**

**Concord:** Take HWY 780 to 5th Street Exit.  
Turn left onto 5th Street at the bottom of ramp.

**Vallejo:** Take HWY 780 to 5th Street Exit.  
Turn right onto 5th Street at the 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-hand side with a gate that says "Johansen Square/Commandant's Lane". This is the Clock Tower entrance.



**PRAASA’S PURPOSE**

The purpose of PRASSA is to develop greater unity among the members, groups, and Areas of the Pacific Region, to encourage the exchange of ideas and experiences, and provide an opportunity for members to discuss pertinent aspects of A.A. The Pacific Region Alcoholics Anonymous Service Assembly is a mix of panel presentations, roundtable discussions, open mic sharing, and speakers.

Topics for the presentations and sharing are focused on general service. Come join over 1000 excited A.A. members from all over the Pacific Region. Anyone can attend! This year, the conference is being held in Los Angeles and hosted by Southern California Area 05.

**EVENT ADDRESS:**

Los Angeles Airport Marriott  
 5855 West Century Blvd  
 Los Angeles, CA 90045  
 (310) 641-5700  
 For more info,  
 visit [praasa.org](http://praasa.org)

**Early Bird Open A.A. Meeting:**

Thursday, March 2, 2023 - 7:00 to 8:30pm

**PRAASA Orientation:**

Friday, March 3, 2023 - 11:45am

**PRAASA Opening:**

Friday, March 3, 2023 - 1:00pm

**PRAASA Closing**

Sunday, March 5, 2023 - 12:30pm



# Danville – Diablo Speaker Meeting

Alcoholics Anonymous

1st Saturday of the Month  
8:00 PM - Doors Open at 7:30pm



*Celebrate Your Birthday!*

30, 60, 90 day, 1 year+



COMMUNITY  
PRESBYTERIAN  
CHURCH

222 W. El Pintado  
Danville, CA

2023

- Feb 4 – Korey K, Miami Beach, FL
- Mar 4 – Danny D, El Segundo, CA
- April 1 – Pat Y, Seal Beach, CA
- May 6 – Duffy N, Placentia, CA

Watch via ZOOM  
Zoom ID 885-8083-9460  
Password 146975

NO DRINKS INCLUDING WATER  
allowed in the Sanctuary  
ABSOLUTELY NO SMOKING  
on the church grounds

Join us for Dinner  
with the Speaker

- 5:30pm before the meeting –  
Platti Restaurant, Danville RSVP by noon  
Friday to [danvillediablosm@gmail.com](mailto:danvillediablosm@gmail.com)

General meeting inquiries or questions - [danvillediablosm@gmail.com](mailto:danvillediablosm@gmail.com)  
Business Meeting - United Methodist 902 Danville Blvd Alamo, CA 94507 Upstairs @ 6:40pm





**SAVE THE DATE**  
**22nd ANNUAL TRADITIONS**  
**BREAKFAST**

Saturday, April 8, 2023

Shadelands Art Center

111 N. Wigit Lane, Walnut Creek

9am – Noon

Join us for talks on the 12 Traditions by

AA Members from our area

Breakfast, Raffle and More

