

AA DISTRICT 09 SOLANO SOUTH

CENTRAL OFFICE NEWSLETTER

AASOLANOSOUTH.ORG SOSOEDITOR@GMAIL.COM

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



Central Office needs coverage:

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

“It is plain that a life which includes deep resentment leads only to futility and unhappiness. To the precise extent that we permit these, do we squander the hours worth while.”

~Alcoholics Anonymous, page 66



CALIFORNIA NORTHERN COASTAL AREA 06 (CNCA 06)
OF ALCOHOLICS ANONYMOUS PRESENTS

PRE-CONFERENCE ASSEMBLY 2023

“AA’s Three Legacies - Our Common Solution”

APRIL 1 & 2, 2023

Veterans Memorial Hall
968 23rd St. Richmond, CA 94804

Zoom ID: [632 553 607](https://us02zoom.us/j/632553607)

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Saturday, April 1

9:00 AM: Orientation
 9:15 AM: Area Business Meeting
 12:00 PM: Lunch
 1:00 PM: Remarks from the Delegate and Sharing on the Conference Theme
 1:15 PM: Group Consciences
Agenda
Corrections
Finance
Literature
Treatment and Accessibilities
Public Information
Intl. Conventions/Regional Forums
 5:00 PM: What’s on your Mind?

Sunday, April 2

9:00 AM: Group Consciences (continued)
Policy/Admissions
Report and Charter
Grapevine/La Viña
Cooperation w/Professional Community
Archives
Trustees
 12:30 PM: What’s on your Mind?
 PLEASE NOTE: If extra time is needed, we will break for lunch at 12:30 pm and return at 2:00 pm to continue hearing group consciences.

BRING YOUR FM RADIO FOR SIMULTANEOUS SPANISH-ENGLISH INTERPRETATION AND ASSISTED LISTENING

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**

**ZOOM MEETING BASED
OUT OF ITALY!!!!**

**Monday Mornings, 9:00AM (CA time)
(6:00PM Italian time)**

ZOOM ID: 876 5329 0702

Password: bwilson

CHECK IT OUT HUMANS!!

WE ARE NOT A GLUM LOT!

Me on my way to spread joy to the sick, depressed & hopeless newcomer at the meeting



I went line dancing last night!!!

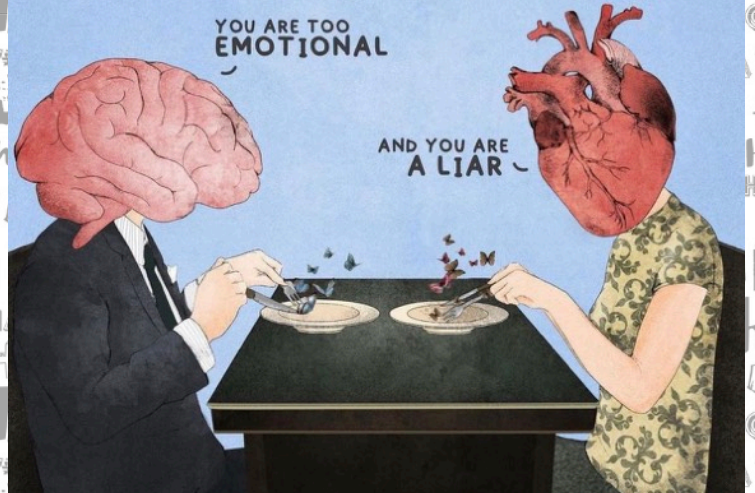
That was a roadside sobriety test, Karen!



I DON'T ALWAYS TAKE AN INVENTORY



BUT WHEN I DO, I TAKE YOURS FIRST



Don't half ass your recovery. No matter what, always use your whole ass.



QUESTION What is the significant difference between the hard drinker (a drunk) and the real alcoholic?

ANSWER *The drunk could quit drinking if he would. The alcoholic would quit if he could. A very significant difference.*

Dear No Name: It was last published in 1990, and I hope that it helps the someone who is very dear to you. It has a very powerful message:

"I drank for happiness and became unhappy.

"I drank for joy and became miserable.

"I drank for sociability and became argumentative.

"I drank for sophistication and became obnoxious.

"I drank for friendship and made enemies.

"I drank for sleep and woke up tired.

"I drank for strength and felt weak.

"I drank for relaxation and got the shakes.

"I drank for courage and became afraid.

"I drank for confidence and became doubtful.

"I drank to make conversation easier and slurred my speech.

"I drank to feel heavenly and ended up feeling like hell." — Author Unknown



APRIL Sobriety Birthdays



- Bill K. 04/01/1989 (34 Years!!)
- Taylor H. 04/02/2007 (16 Years!!)
- Kathleen S. 04/03/1985 (38 Years!!)
- Kris A. 04/03/2013 (10 Years!!)
- Charley D. 04/04/2013 (10 Years!!)
- Brian H. 04/04/2003 (20 Years!!)
- Sierra J. 04/05/2010 (13 Years!!)
- Matt C. 04/08/2019 (4 Years!!)
- Vicki B. 04/08/2011 (12 Years!!)
- Pete R. 04/09/2014 (9 Years!!)
- Andy M. 04/11/2013 (10 Years!!)
- Michele H. 04/12/2002 (21 Years!!)
- LorriMarie J 04/15/1989 (34 Years!!)
- Kim K. 04/16/1990 (33 Years!!)
- Mila M. 04/16/2012 (11 Years!!)
- Painter Jim 04/29/1996 (27 Years!!)

District 09 Southern Solano

Monthly Birthday Speaker Meeting

At the Clock Tower
1189 Washington Street Benicia

APRIL 14th at 8:00pm

MEGAN B.

From Martinez, CA



HOST GROUP:
ATTITUDE ADJUSTMENT

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

Zoom ID: 935 8983 2790

Password: 841785

APRIL 2023

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|--|---|--|--|
| 26 | 27 | 28 | 29 | 29 | 29 | 1 |
| 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 Get to the Point Discussion St. Paul's Episc. 1st & J St., Benicia 8:00-9:00 PM Every Monday | American Canyon Fellowship 11 Poco Way American Canyon 7-8:00 AM Every Tuesday | Vallejo Fellowship Early Birds 7-8:00am 942 Tennessee St, Vallejo Every Wednesday | Benicia Hill Top Discussion 1305 West 2nd St. Benicia Congressional Church 8:00-9:00pm No Smoking Every Thursday | Vallejo Fellowship 12:00 Noon to 1:00pm 942 Tennessee St, Vallejo Every Friday | Vallejo Fellowship Speaker Night starts at 6:45pm In Person 942 Tennessee St, Vallejo First Saturday of the Month |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| Go to Any Lengths Online 9:30am-10:30am Zoom: 857-669-5455 Every Sunday | American Canyon Fellowship 11 Poco Way American Canyon 7-8:00 PM Every Monday | Zoom Sober Online 7:00 am to 8:00 am Zoom ID# 208-975-0077 Passcode# 480-984 Every Tuesday | CENTRAL OFFICE Business Meeting is the first Wednesday of every month at 7:30pm on Zoom Zoom. ID: 935 8983 2790 PW: 841785 | Daily Reflections Southern Solano Alano Club 2046 Columbus Pkwy Noon-1pm Every Thursday | First Street Group Big Book Study Heritage Presbyterian Church 6:30pm 1400 E 2nd Street Benicia | 2 or More Big Book Study 9-10:00 am Reception Hall 101 Temple Way Vallejo Every Saturday |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| Vallejo Fellowship Early Birds 942 Tennessee St, Vallejo 7:00 AM | DISTRICT 09 GENERAL SERVICE Business Meeting the second Monday of every month at 7pm Zoom Id: 841 6742 5294 PW: yay sober! | 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 | District 09 Monthly Birthday Speaker Meeting 8:00pm Clock Tower | Serenity on Saturday Speaker/Discussion, Online Zoom 881 3928 1979 10:00-11:00am Every Saturday |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| Benicia Sunday Night Discussion St. Paul's Church 1st & J St., Benicia 8-9:00 PM Every Sunday Bday meeting 4th 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 | Woman's Solution Group Southern Solano Alano Club 2046 Columbus Pkwy, Benicia 10:30am to 11:30am | Came to Believe Candlelight Meeting Light House Church 1175 Church Street, Benicia 7:00-8:00pm Every Saturday |
| 23/30 | 24 | 25 | 26 | 27 | 28 | 29 |
| *denotes "closed" meetings. Only humans with a desire to stop drinking are encouraged to attend. | Vallejo Women's Group* Southern Solano Alano Club 2046 Columbus Pkwy 7:30-8:30pm Every Monday | Benicia First St. Group Heritage Pres. Ch. 1400 E 2nd 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 |

**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

District 09 Southern Solano AA:
aasolanosouth.org

NorCalAA: norcalaa.org

Birthday Speaker Meeting

Megan B. from Martinez, CA



Friday, April 14th, 2023

8 pm at the Clock Tower in Benicia

Hosted by Attitude Adjustment

**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.

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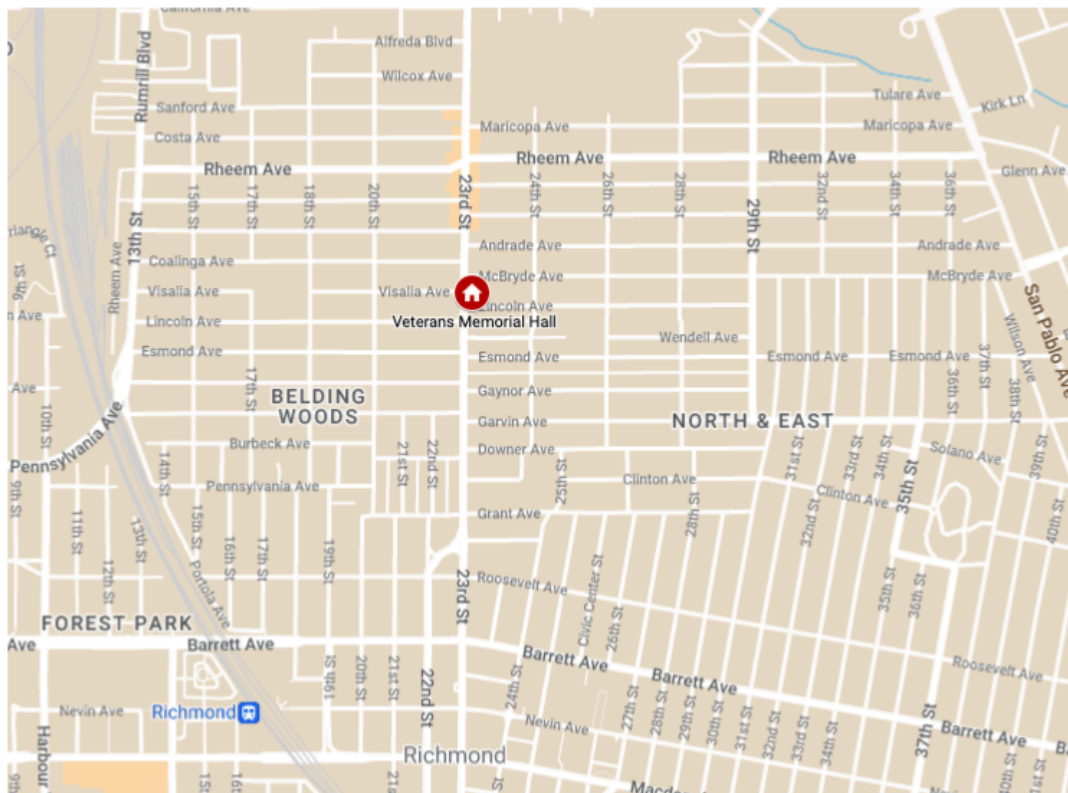
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DRIVING DIRECTIONS: <https://goo.gl/maps/HbShW8VUQEGuSz567>

PARKING: Limited parking on-site for 50 cars. Ample free parking on the street. Please consider car-pooling.

PUBLIC TRANSPORTATION: BART Richmond Station (1 mi. 15-20 min walk)



Lodging near Richmond, CA:

DoubleTree by Hilton Hotel

200 Marina Boulevard, Berkeley, CA 94710

[Click here for Website](#)

Front Desk: 510-548-7920

Reservations: 855-610-TREE

Nightly Rate: \$177 - \$200

Holiday Inn Express & Suites San Pablo - Richmond Area

2525 San Pablo Dam Rd, San Pablo, CA 94806

[Click here for Website](#)

Front Desk: 510-965-1900

Reservation: 888-Holiday

Nightly Rate: \$137 - \$153

SureStay Plus Hotel by Best Western Point Richmond

915 W Cutting Blvd, Richmond, CA 94804

[Click here for Website](#)

Front Desk: 510-237-3000

Reservations: 800-780-7234

Nightly Rate: \$73 - \$99

District 20 Hispanic and District 08 host a pre-conference dinner assembly with speakers:

Rod B. Salt Lake City Utah

Miguel H. Alternate delegate area 06 CNCA

When: Saturday April 1st, 7:00 pm

Doors open at 6:30 pm, Dinner 7:00 pm, Speakers 8:00 pm

Where: Veterans memorial hall

968 23rd St. Richmond, Ca 94804

Dinner:

Option #1

Salmon picatta

w/ mashed potatoes

And vegetables.

Option #2

Pot roast w/

potatoes and

Vegetables

Option #3 Vegetarian

Stuffed pepper w/

quinoa, vegetables,

jack cheese and

roasted tomato sauce.

All dishes served with mixed green salad and bread

Costo: \$30 dls per person \$25 for vegetarian

To make a reservation and pay:

Email: jose.gomez23@icloud.com

(925) 246-3349 Jose Gomez

Cash, check or zelle accepted



Visit
www.ddsm.org

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+

Join Us!
For the
Big Speaker
Meeting

**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

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