

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:**

Thursdays 9:00am-NOON

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.

Contact Nancy B.  
[nbennettmsrd@gmail.com](mailto:nbennettmsrd@gmail.com)

“In God’s economy, nothing is wasted. Through failure, we learn a lesson in humility which is probably needed, painful though it is.”  
  
 As Bill Sees It, pg. 31



## A word from your Central Office Chairperson

Everyone is welcome!! We encourage all of you to be sure your group is represented at the Central Office Business Meeting. As a Central Office Representative, you represent your AA group in planning and implementing Central Office programs and activities. This is a great way to get involved in voting and the decision making process of AA at our local level. It is important to have your group’s voice heard.

If you want to attend to learn more about how we work, you are more than welcome! Please join us on the **first Wednesday of the month** at 6:30pm at the Southern Solano Alano Club. For more information call me at 510-714-6192.

In Service, Jack Z.

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Meeting Notes



A DESIGN FOR LIVING  
BIG BOOK STUDY

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

**2046 Columbus Parkway, Benicia**

**Around Back**

**Benicia Young Peoples  
Meeting**

FRIDAYS at 6:00 PM at the  
Southern Solano  
Alano Club

COME OUT AND SUPPORT!!!

**Hole in the Doughnut  
Meeting**  
at the  
American Canyon Fellowship

**11 Poco Way**

OPEN DISCUSSION  
**SATURDAYS AT 10:00AM**

**Vallejo Fellowship  
12&12 Meeting**

THURSDAYS,  
7:00-8:00PM

12&12 BOOK STUDY



**SUNDAY NIGHT  
SAINT PAULS MEETING  
NEEDS SUPPORT!**

OLDEST MEETING IN BENICIA  
SPEAKER DISCUSSION MEETING  
8:00PM EVERY SUNDAY

On the corner of 1st & J St. in the Parish Hall



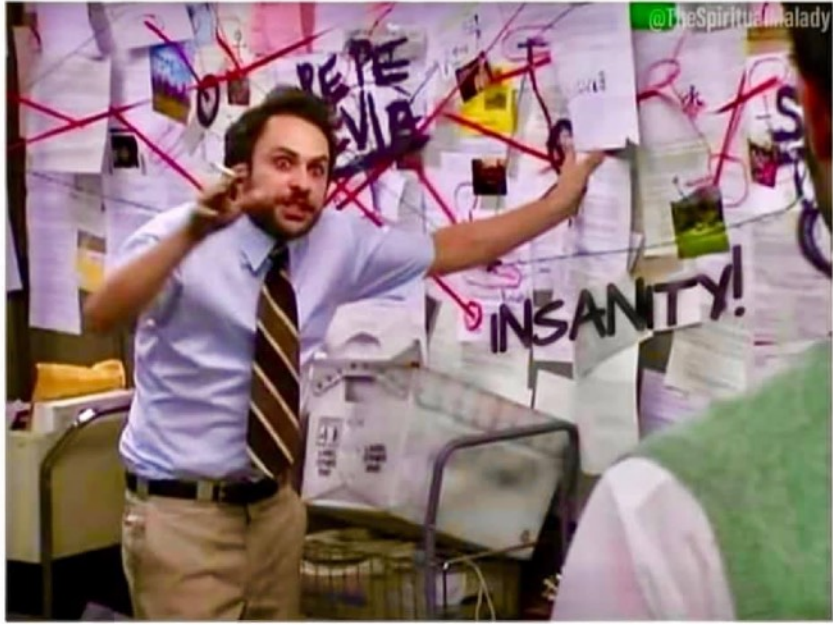
# WE ARE NOT A GLUM LOT!

TIP: SPICE UP YOUR PANIC ATTACK WITH A HARMONICA.



Me [to sponsee]: We follow exactly what the big book says, it contains clear and precise instructions

My notes in the margins:



her: I bet he's thinking about other girls

him: I wonder if the people that work at the liquor store think I died



I WONDER WHAT NORMAL PEOPLE THINK ABOUT.

*"You know how the game works: I give you a piece of good news about your life, and then you have thirty seconds to convince yourself that it is actually bad."*

# MR. E'S ACRONYMS

**S**on

**O**f a

**B**itch

**E**verything's

**R**eal

I wrote a lil song about my spiritual awakening...  
It goes, "AHHHHHHHHHHHHHHHHHHHHH!!!"



The Central Office Business meeting is the first Wednesday of every month at 6:30pm at the Southern Solano Alano Club. 2046 Columbus Pkwy around back



## FEBRUARY SOBRIETY BIRTHDAYS



- Kathleen D. 02/04/1985 (39 Years!!)
- Al G. 02/05/2008 (16 Years!!)
- Steve R. 02/07/2015 (9 Years!!)
- Bruce A. 02/08/2015 (9 Years!!)
- Cathi T. 02/12/2007 (17 Years!!)
- Steve C. 02/12/2012 (12 Years!!)
- Billie Jo 02/16/1992 (32 Years!!)
- Erica R. 02/18/2015 (9 Years!!)
- Dave 02/20/2003 (21 Years!!)
- Anna J. 02/21/2021 (3 Years!!)
- Bailey Ann 02/26/2020 (4 Years!!)
- Dan E. 02/26/2001 (23 Years!!)

### District 09 Southern Solano

#### Monthly Birthday Speaker Meeting

At the Clock Tower  
1189 Washington Street Benicia

February 9th at 8:00pm

Jen B.

From Dixon, CA

**HOST GROUP:**

**BENICIA YOUNG PEEPS**

50/50 raffle!



# February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
<p>This isn't the complete list of meetings in District. Check the website <a href="http://aasolanosouth.org">aasolanosouth.org</a> for the latest.</p>	<p>Attitude Adjustment Get to the Point Discussion St. Paul's Episc. 1st &amp; J St., Benicia 8:00-9:00 PM Every Monday</p>	<p>American Canyon Fellowship 11 Poco Way American Canyon 7-8:00 AM Every Tuesday</p>	<p>Vallejo Fellowship Early Birds 7-8:00am 942 Tennessee St, Vallejo Every Wednesday</p>	<p>Benicia Hill Top Discussion 1305 West 2nd St. Benicia Congressional Church 8:00-9:00pm No Smoking Every Thursday</p>	<p>Vallejo Fellowship 12:00 Noon to 1:00pm 942 Tennessee St, Vallejo Every Friday</p>	<p>Vallejo Fellowship Speaker Night starts at 6:45pm In Person 942 Tennessee St, Vallejo First Saturday of the Month</p>
4	5	6	7	8	9	10
<p>Go to Any Lengths Online 9:30am-10:30am Zoom: 857-669-5455 Every Sunday</p>	<p>American Canyon Fellowship 11 Poco Way American Canyon 7-8:00 PM Every Monday</p>	<p>Zoom Sober Online 7:00 am to 8:00 am Zoom ID# 208-975-0077 Passcode# 480-984 Every Tuesday</p>	<p><b>CENTRAL OFFICE</b> Business Meeting is the first Wednesday of every month at 6:30pm So. Solano Alano Club. 2046 Columbus Pkwy around back</p>	<p>Daily Reflections Southern Solano Alano Club 2046 Columbus Pkwy Noon-1pm Every Thursday</p>	<p>District 09 Monthly <b>BirthDay Speaker</b> Meeting 8:00pm Clock Tower Benicia</p>	<p>2 or More Big Book Study 9-10:00 am Reception Hall 101 Temple Way Vallejo Every Saturday</p>
11	12	13	14	15	16	17
<p>Vallejo Fellowship Early Birds 942 Tennessee St, Vallejo 7:00 AM</p>	<p><b>DISTRICT 09 GENERAL SERVICE Business Meeting</b> the second Monday of every month at 7pm Zoom Id: 841 6742 5294 PW: yaysober!</p>	<p>Benicia Straits Speaker Discussion Southern Solano Alano Club 2046 Columbus Pkwy, Benicia 7:30-8:45 Every Tuesday</p>	<p>Attitude Adjust St. Paul's Episc. 1st &amp; J St. Benicia 7-8:00 AM Tu-Sat</p>	<p>11th Step Meditation Meeting So. Solano Alano 2046 Columbus Pkwy, Benicia 6:30-7:30pm Every Thursday</p>	<p>First Street Group Big Book Study Heritage Presbyterian Church 6:30pm 1400 E 2nd Street Benicia</p>	<p>Serenity on Saturday Speaker/Discussion, Online Zoom 881 3928 1979 10:00-11:00am Every Saturday</p>
18	19	20	21	22	23	24
<p>Benicia Sunday Night Discussion St. Paul's Church 1st &amp; J St., Benicia 8-9:00 PM Every Sunday Bday meeting 4th Sunday</p>	<p>Attitude Adjust Online Zoom: 401 588 9043 PW: Attitude 7-8:00 AM Mon 6:30-7:30 AM Sun</p>	<p>Here &amp; Now Big Book Study Online Zoom: 865 7556 2290 Noon-1:00 Every Tuesday</p>	<p>Spring Hill Study Group '12 by 12' Online Zoom: 865 7556 2290 8-9 pm Every Wednesday</p>	<p>Vallejo Fellowship Early Birds 7:00-8:00AM 942 Tennessee St, Vallejo Every Thursday</p>	<p>Woman's Solution Group Southern Solano Alano Club 2046 Columbus Pkwy, Benicia 10:30am to 11:30am</p>	<p>Came to Believe Candlelight Meeting Light House Church 1175 Church Street, Benicia 7:00-8:00pm Every Saturday</p>
25	26	27	28	29		
<p>*denotes "closed" meetings. Only humans with a desire to stop drinking are encouraged to attend.</p>	<p>The Doyle Drivers Women's Group* Southern Solano Alano Club 2046 Columbus Pkwy 7:30-8:30pm Every Monday</p>	<p>Benicia First St. Group Heritage Pres. Ch. 1400 E 2nd St Benicia 6:30-7:30pm Every Tuesday</p>	<p>Men' 12by12 Study * Southern Solano Alano Club 2046 Columbus Pkwy, Benicia 7:30-8:30pm Every Wednesday</p>	<p>Benicia 1st St Grp Topic discussion Meeting Heritage Pres Ch. 1400 East 2nd St 6:30-7:30pm Every Thursday</p>	<p><b>Benicia Young Peoples Group Fridays 6-7pm Southern Solano Alano Club 2046 Columbus Parkway</b></p>	<p>A Vision for You Online Zoom: 719 577 3029 Noon to 1:00pm Every Saturday</p>

**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

**Jen B. from Dixon, CA**



**Friday, February 9th, 2023**

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

*Hosted by the Benicia Young Peoples 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 2024 is in San Francisco!

*Pacific Region A.A. Service Assembly*

## March 1-3, 2024

San Francisco Marriott Marquis, 780 Mission St., SF

For online registration, hotel reservations, volunteer opportunities & more:

### WWW.PRAASA.ORG

**Registration:** \$40 (plus optional meals) • **Hotel Rooms:** \$189/night + tax

All A. A.'s Welcome • Al-Anon Participation • Spanish & ASL Interpretation

**Join 1500+ A.A. members from all over the western U.S. and Canada,  
plus GSO and Grapevine Staff!**

**Three-day program features a speaker meeting Saturday night, lots of panels, and roundtable breakout sessions for:** GSRs, DCMs, Literature, Grapevine, La Vina, H&I/Corrections, Intergroup/Central Offices, Young People (YPAA), Bridging the Gap, Archives, Public Information (PI), Cooperation with the Professional Community (CPC), Accessibilities/Treatment, Remote Communities, Seniors/Cooperation with the Elder Community, Hispanic Women, Newsletters, Websites and Tech, Area Secretaries, Treasurers, Registrars, Chairs, Alternate Delegates, Delegates, and Past Delegates/Trustees.

#### **The purpose of PRAASA is to:**

- Develop greater unity among the members, groups, and areas of the Pacific Region.
- Encourage the exchange of ideas and experiences.
- Provide an opportunity for members to discuss pertinent aspects of Alcoholics Anonymous.

**The Assembly and the PRAASA Committee should always foster the Recovery, Unity and Service legacies of Alcoholics Anonymous.**





# PRAASA March 1-3, 2024

San Francisco Marriott Marquis  
780 Mission St., San Francisco, CA



Thursday 7-8:30 pm  
*Early Bird*  
*Open A.A. Meeting*

1-415-896-1600 or 1-877-622-3056

Rate: \$189/night + tax (double occupancy)

<https://book.passkey.com/e/50691279>

Friday NOON  
*PRAASA Orientation*  
Friday 1 pm  
*PRAASA Opening*

**ONSITE Registration Open: Thursday 4p – 9p Friday 8a – 8p Saturday 7a - 6p Sunday 7a – 9a**

**For ONLINE registration, hotel reservations, transportation, and general event information visit [WWW.PRAASA.ORG](http://WWW.PRAASA.ORG)**

NAME PRINTED ON BADGE:			<input type="checkbox"/> AA Member	<input type="checkbox"/> AI-Anon	<input type="checkbox"/> Other _____
First Name			<input type="checkbox"/> This is my first PRAASA!		
Last Name			Your A.A. Area Number: _____		
Street Address			Your Area Name: _____		
Apt or Unit #			<b>Service Position</b>		
City	State	Zip	<input type="checkbox"/> GSR	<input type="checkbox"/> Alt DCMC	<input type="checkbox"/> Area Officer
Email	Phone		<input type="checkbox"/> Alt GSR	<input type="checkbox"/> District Officer	<input type="checkbox"/> Area Committee
			<input type="checkbox"/> DCM	<input type="checkbox"/> Delegate	<input type="checkbox"/> Trustee
			<input type="checkbox"/> Alt DCM	<input type="checkbox"/> Alt Delegate	<input type="checkbox"/> Past Trustee
			<input type="checkbox"/> DCMC	<input type="checkbox"/> Past Delegate	<input type="checkbox"/> Other _____

**For HELP Contact Us at [www.PRAASA.org](http://www.PRAASA.org)  
CALL (707) 595-0174 for Registration Help**

PLEASE CHECK BOX(ES)		FEE
<input type="checkbox"/>	Registration ( <i>only one per form</i> )	\$40
<input type="checkbox"/>	Friday Pasta Buffet Dinner	\$49
<input type="checkbox"/>	AI-Anon Speaker Buffet Lunch (Saturday; <b>All are welcome</b> ) (circle one) <b>Chef's Choice</b> or <b>Vegan</b>	\$59
<input type="checkbox"/>	Saturday Banquet Dinner (circle one) <b>Chicken</b> or <b>Vegan</b>	\$69
<input type="checkbox"/>	Delegates <b>Only</b> Buffet Lunch (Saturday) (circle one) <b>Chef's Choice</b> or <b>Vegan</b>	\$59
<input type="checkbox"/>	Past Delegates/Trustees <b>Only</b> Buffet Lunch (Saturday) (circle one) <b>Chef's Choice</b> or <b>Vegan</b>	\$59
<b>TOTAL ENCLOSED:</b>		<b>\$</b>

**Make Checks Payable To: CNCA**

**And Mail to: PRAASA 2024  
77 Van Ness Ave, Suite 101  
PMB 2018  
San Francisco, CA 94102**

**Mail-in Registration Deadline: February 12, 2024**  
*Refund Policy is at [PRAASA.org/refund](http://PRAASA.org/refund)*

**INTERPRETATION NEEDS (submit by Feb. 1):**

Spanish  ASL  Other \_\_\_\_\_

**ACCESSIBILITIES NEEDS:**

Hearing  Wheelchair/Scooter  
 Other \_\_\_\_\_

Text (415) 570-7089 for accessibility help or email [access.praasa2024@gmail.com](mailto:access.praasa2024@gmail.com)

**VOLUNTEER OPPORTUNITIES:**

I am available for a 2-hour shift  
 I am available as an interpreter

(circle) Spanish Other \_\_\_\_\_

**PARKING** at the hotel is limited and very expensive. Both SFO and OAK airports are close to the hotel. Public transit is recommended. See detailed info at [PRAASA.org](http://PRAASA.org) for other parking and transportation options.



A decorative border surrounds the text, featuring a string of red hearts at the top and bottom, and two large red roses on the left and right sides. The background is a light green, textured paper.

# **EAST COUNTY SPEAKER MEETING**

*February 24, 2024*

**SPEAKER:**

**MIKE M. FROM MARIN  
COUNTY**

**ST JOHN'S LUTHERAN CHURCH  
1360 E. TREGALLAS RD  
ANTIOCH, CA 94509**

**COFFEE BAR OPENS AT  
7PM**

**MEETING BEGINS AT  
8PM**

**JOIN US FOR COFFEE, CAKE,  
BIRTHDAYS, RAFFLES, AND  
FELLOWSHIP!**



# THURSDAY NIGHTS OF ZEN

Solano Alano Club

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**11<sup>TH</sup> STEP MEDITATION      5:30PM**  
**RECOVERY YOGA              7PM**

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**No experience necessary!**

**Bring a mat, towel, blanket/beach towel and water.  
Limited supplies available so bring what you have.**

**Try something new or expand your  
existing practice**

**QUESTIONS/EARLY REGISTRATION**

**CALL OR TEXT**

**Kryss Cote 707-225-2199**