

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:

ALL SHIFTS ARE FILLED!!
BUT.....

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

“First of all, we had to quit playing God. It didn't work.”

Alcoholics Anonymous, pg. 62



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Attention Alcoholics!

The Vallejo Fellowship has moved!!

The new address is: 1115 Amador St. Vallejo

The first meeting at the new location will be
on February 29th

SPREAD THE WORD!!

STEP
3

“Made a decision to turn our will and our lives over to the care of God as we understood Him.”

Meeting Notes

New Women’s Meeting

A Woman’s Way through the 12 Steps
By Stephanie Covington, PH.D.

Using the Big Book in conjunction with
A Woman’s Way Book and Workbook
(Both Book and Workbook needed)

Starts Wednesday, April 3rd on Zoom
Zoom ID: 847 8955 3020
Password: Way-Of-Life11

2 or More Big Book Study

at the
Springbrook Masonic Temple

101 Temple Way, Vallejo
Every Saturday from 9-10am

BRING YOUR BOOK
(if you want to take notes)

*Sunday Morning
11th Step Meeting*

10:00am-11:00am

**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!!!

**Vallejo Fellowship
Early Birds Meeting**

Monday—Sunday

7:00am-8:00am

1115 Amador St,
Vallejo



**TUESDAY NIGHT
BENICIA STRAITS
MEETING**

**Speaker Discussion
7:30pm-8:45pm**

**2046 Columbus Parkway
Around Back**

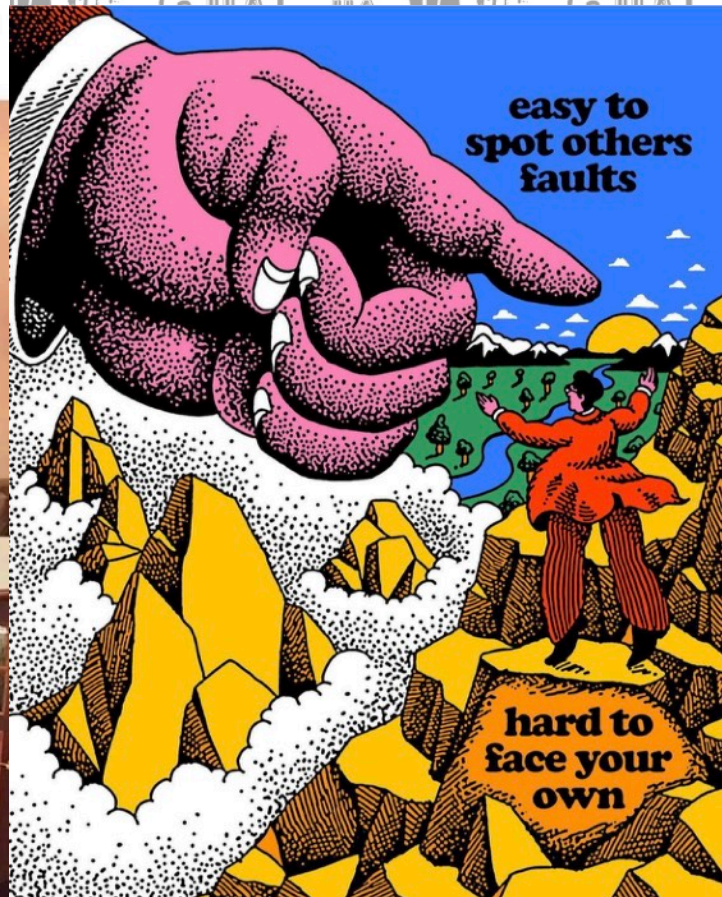
WE ARE NOT A GLUM LOT!



When you wake up after a long night of drinking and you're fine because it was water



Me sober for the first time in my adult life on Friday night wondering what to do with all this free time



MR. E'S ACRONYMS

Quit

Taking

It

Personal



Sobriety

Loses

It's

Priority

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



MARCH SOBRIETY BIRTHDAYS



Gary Q. 03/04/2001 (23 Years!!)

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

Mark R. 03/15/1999 (25 Years!!)

Dale D. 03/17/2009 (15 Years!!)

Alan Y. 03/27/2014 (10 Years!!)

Laura W. 03/28/1992 (32 Years!!)

District 09 Southern Solano

Monthly Birthday Speaker Meeting

At the Senior Center
1201 East 2nd Street Benicia

February 9th at 8:00pm

Kellie C.

From Concord, CA

HOST GROUP:

MENS 12&12 GROUP

50/50 raffle!



March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
<p>This isn't the complete list of meetings in District. Check the website aasolanosouth.org for the latest.</p>	<p>Attitude Adjustment Get to the Point Discussion St. Paul's Episc. 1st & 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 1115 Amador 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 1115 Amador St, Vallejo Every Friday</p>	<p>Vallejo Fellowship Speaker Night starts at 6:45pm In Person 1115 Amador St, Vallejo First Saturday of the Month</p>
3	4	5	6	7	8	9
<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>CENTRAL OFFICE 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 BirthDay Speaker 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>
10	11	12	13	14	15	16
<p>Vallejo Fellowship Early Birds 1115 Amador St, Vallejo 7:00 AM</p>	<p>DISTRICT 09 GENERAL SERVICE Business Meeting 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 & 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>
17	18	19	20	21	22	23
<p>Benicia Sunday Night Discussion St. Paul's Church 1st & 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 & 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 1115 Amador 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>
24/31	25	26	27	28	29	30
<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>Benicia Young Peoples Group Fridays 6-7pm Southern Solano Alano Club 2046 Columbus Parkway</p>	<p>A Vision for You Online Zoom: 719 577 3029 Noon to 1:00pm Every Saturday</p>

**The Vallejo Fellowship is located at:
1115 Amador 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

Kellie C. from Concord, CA



Friday, March 8th, 2023

8:00 pm at the SENIOR CENTER in Benicia

Hosted by Benicia Mens 12&12 Group

**DIRECTIONS TO THE SENIOR CENTER
1201 EAST 2ND STREET, BENICIA:**

Concord: Take HWY 780 to East 2nd St./Central Benicia Exit.
Turn left onto East 2nd St. at the bottom of ramp.

Vallejo: Take HWY 780 to East 2nd St./Central Benicia Exit.
Turn left onto East 2nd St. at the bottom of ramp.

Proceed to Military East. At the light go STRAIGHT.
SENIOR CENTER WILL BE ON YOUR RIGHT

50/50 Raffle!



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

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 #			Service Position		
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
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; All are welcome) (circle one) Chef's Choice or Vegan	\$59
<input type="checkbox"/> Saturday Banquet Dinner (circle one) Chicken or Vegan	\$69
<input type="checkbox"/> Delegates Only Buffet Lunch (Saturday) (circle one) Chef's Choice or Vegan	\$59
<input type="checkbox"/> Past Delegates/Trustees Only Buffet Lunch (Saturday) (circle one) Chef's Choice or Vegan	\$59
TOTAL ENCLOSED:	\$

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

VOLUNTEER OPPORTUNITIES:

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

(circle) Spanish Other _____

Make Checks Payable To: CNCA
And Mail to: PRAASA 2024
77 Van Ness Ave, Suite 101
PMB 2018
San Francisco, CA 94102

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 for other parking and transportation options.

Mail-in Registration Deadline: February 12, 2024
 Refund Policy is at PRAASA.org/refund

Central Office 2024 Holiday Party Planning Committee



Please join us to help plan for the next Holiday Party!

- We are meeting at 6:45 pm on the 3rd Tuesday of every month at the Vallejo Fellowship.
- Next meeting will be on Tuesday, March 19th.

Questions? Contact Mike H. 707-655-8930

THURSDAY NIGHTS OF ZEN

Solano Alano Club

11TH STEP MEDITATION 5:30PM
RECOVERY YOGA 7PM

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

SOUTHERN SOLANO ALANO CLUB



EVERYONE
IS INVITED
TO JOIN

FELLOWSHIP & GAME NIGHT

Snacks and donations are welcome!

2nd Saturdays
07:00 pm



Games to Play

**BOARD GAMES, CARD
GAMES, DOMINOS,
CRIBBIAGE, SCRABBLE**

2046 Columbus Pkwy, Benicia. Park behind the carwash

Questions: Terry-707.718.7769 OR Nina-707.430.8576



Mark Your Calendars and Make Plans to Attend the 2025 A.A. International Convention

Vancouver, British Columbia, Canada

July 3-6, 2025

Vancouver will welcome A.A. members from around the world for the 2025 International Convention. This will mark the 90th anniversary of the beginning of our Fellowship's founding.

Please check the convention webpage at www.aa.org/international-convention for more information, the latest news, and FAQs. As the Convention approaches, the page will be updated with registration information.

Taking place once every five years, the A.A. International Convention marks the anniversary of Bill W.'s first meeting with Dr Bob and the birth of Alcoholics Anonymous in 1935. At the Convention, members and their families and friends from around the world attend meetings, workshops, dances, and events. A highlight is the traditional flag ceremony to celebrate sobriety worldwide.

**Let's celebrate sobriety together in
Vancouver in 2025!**