

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:

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](mailto:nbennettmsrd@gmail.com)

“When the spiritual malady is overcome, we straighten out mentally and physically.”

Alcoholics Anonymous, pg. 64



## Attention Alcoholics!

I hope your April brings you whatever you need for your spiritual growth!

If you would like to be recognized during your Sobriety Birthday month, please email: [sosoeditor@gmail.com](mailto:sosoeditor@gmail.com)

and let me know your sober bday!

Spread the word to your groups as well. Thank You!!

### INSIDE THIS ISSUE

Meeting Notes	2
We are not A GLUM LOT	3
Member's Corner	4
CO Sobriety B-days	4
Calendar	5
FLYERS	6+



## 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 at NOON  
on Zoom

Zoom ID: 847 8955 3020

Password: Way-Of-Life11

## Sunday Evening Newcomers Meeting

**6:30pm-7:30pm**

**Heritage Presbyterian Church**  
**1400 East 2nd St.**  
**Benicia**

### Benicia Young Peoples Meeting

FRIDAYS at 6:00 PM at the  
Southern Solano

Alano Club

COME OUT AND SUPPORT!!!

## A Design for Living Big Book Study

at the  
Southern Solano Alano Club

**2046 Columbus Parkway**  
**(around back)**

Mondays at 5:30pm - 6:30pm

**CHECK IT OUT!!**

## Vallejo Fellowship Early Birds Meeting

Monday—Sunday

7:00am-8:00am

1115 Amador St,  
Vallejo

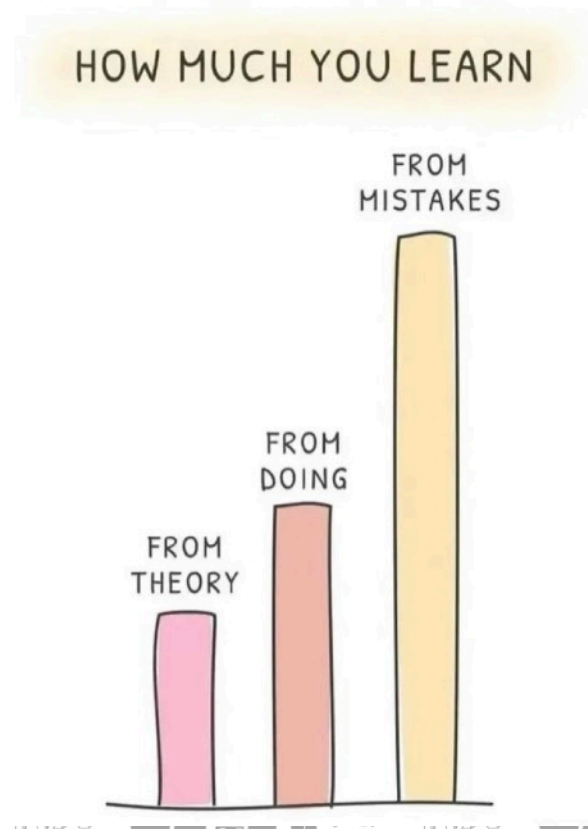
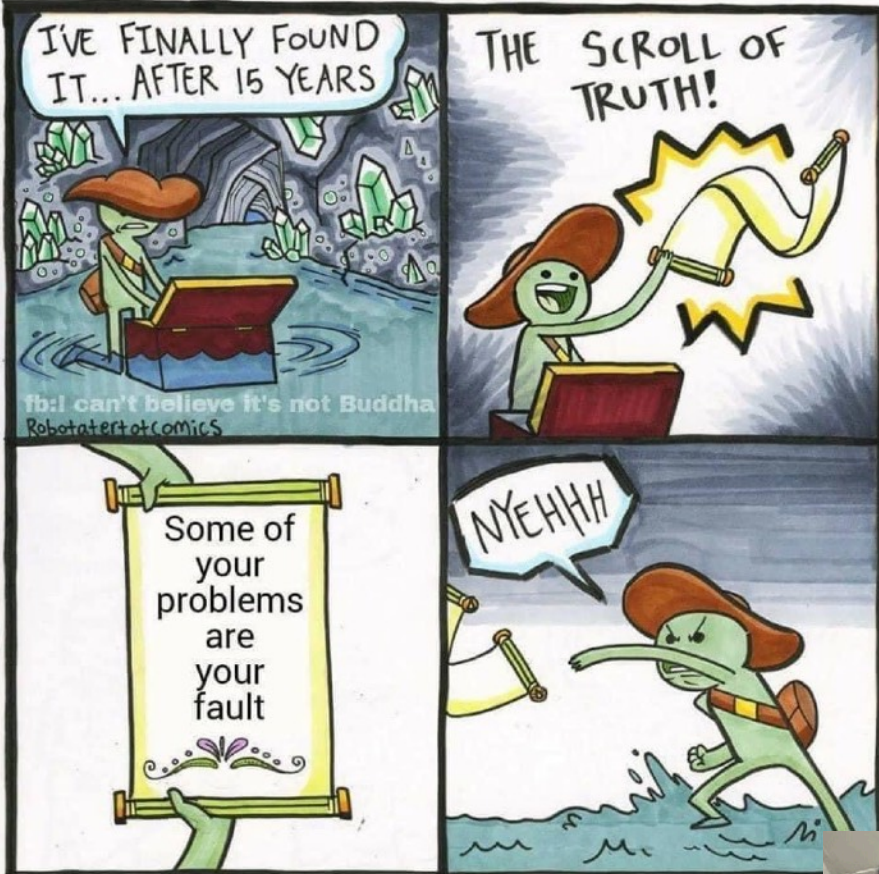


## THURSDAY NIGHT HILLTOP POPCORN MEETING

**Speaker Discussion**  
**8:00pm - 9:00pm**

**Congregational Church**  
**1305 West 2nd St.**  
**Benicia**

# WE ARE NOT A GLUM LOT!



# MR. E'S ACRONYMS

**W**hy

**A**m

**I**

**T**alking



**F**irst

**A**ttempt

**I**n

**L**earning

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



## APRIL SOBRIETY BIRTHDAYS



- Bill K. 04/01/1989 (35 Years!!)
- Taylor H. 04/02/2007 (17 Years!!)
- Kathleen S. 04/03/1985 (39 Years!!)
- Kris A. 04/03/2013 (11 Years!!)
- Brian H. 04/04/2003 (21 Years!!)
- Charley D. 04/04/2013 (11 Years!!)
- Jag J. 04/05/2011 (13 Years!!)
- Sierra J. 04/05/2010 (14 Years!!)
- Matt C. 04/08/2019 (5 Years!!)
- Pete R. 04/09/2014 (10 Years!!)
- Andy M. 04/11/2013 (11 Years!!)
- Michele H. 04/12/2002 (22 Years!!)
- LorriMarie 04/15/1989 (35 Years!!)
- Kim K. 04/16/1990 (34 Years!!)
- Mila M. 04/16/2012 (12 Years!!)
- Pat O. 04/19/2009 (15 Years!!)
- Dale V. 04/23/1993 (31 Years!!)
- Painter Jim 04/29/1996 (28 Years!!)

### District 09 Southern Solano

#### Monthly Birthday Speaker Meeting

At the Clock Tower

1189 Washington Street, Benicia

April 12th at 8:00pm

Tom W.

From Oakland, CA

**HOST GROUP:**  
**WOMEN'S SOLUTION GRP.**  
50/50 raffle!



# April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
<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>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>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>
7	8	9	10	11	12	13
<p>Go to Any Lengths Online 9:30am-10:30am Zoom: 857-669-5455 Every Sunday</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>Vallejo Fellowship Business Meeting 2nd Tuesday of every month at 6:45 at the Vallejo Fellowship 1115 Amador St.</p>	<p>Vallejo Fellowship Early Birds 7-8:00am 1115 Amador St, Vallejo Every Wednesday</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>
14	15	16	17	18	19	20
<p>Women's Big Book Study Vallejo Fellowship 1115 Amador St, Vallejo 1:30pm-2:30pm</p>	<p>A Design For Living Big Book Study Southern Solano Alano Club 2046 Columbus Prky. 5:30pm-6:30pm</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>
21	22	23	24	25	26	27
<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>American Canyon Fellowship Big Book Study 5:30pm-6:30pm 11 Poco Way Suite E American Canyon 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>
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's 12&amp;12 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:  
1115 Amador 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

**Tom W. from Oakland, CA**



**Friday, April 12th, 2024**

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

*Hosted by the Women's Solution 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.

**50/50 Raffle!**

# Central Office 2024 Holiday Party Planning Committee



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

- We meet at 6:45pm on the 3rd Tuesday of every month at the Vallejo Fellowship  
\*333 Amador Street\*
- Next meeting will be on Tuesday, April 16th.

Questions? Contact Mike H. 707-655-8930

## FIRST ANNUAL CENTRAL OFFICE HOLIDAY PARTY FUNDRAISER

### TICKETS ARE \$15

Spaghetti Dinner

Potluck Desserts

50/50 Raffle

Entertainment

**Saturday, June 22<sup>nd</sup> doors open at 5:00PM**



**Florence Douglas Senior Center 333 Amador Street, Vallejo CA**

**Tickets are available from your Central Office Representative or call**

**Linda 707-297-2369**

**Volunteers are needed call**

**Mike 707-655-8930**



# THURSDAY NIGHTS OF ZEN

Solano Alano Club

---

**11<sup>TH</sup> 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](http://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!**