

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)

“The deception of others is nearly always rooted in the deception of ourselves.”

Grapevine, August 1961



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## VALLEJO FELLOWSHIP



### 21<sup>st</sup> ANNUAL BBQ/PICNIC

Location: Big Slide Park-540 Rose Dr. Benicia, Ca

Date: June 8, 2024

Time: 10am – 4pm

AA Meeting at Noon

50/50 & Other Raffle items after Meeting

Raffle tickets sold at event



POTLUCK  
GAMES  
PRIZES



Come and join us for a day of FUN!!

Bring a chair



## 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)

Wednesday's 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**

### **11TH STEP MEDITATION MEETING**

**5:30-6:30pm**

**Southern Solano Alano Club**  
**2046 Columbus Parkway**  
**around back**



# WE ARE NOT A GLUM LOT!

Newcomer:

How long do I have to work the program?



Sponsor:

...until you die from something else.

## RECOVERY



What society thinks I do



What my family thinks I do



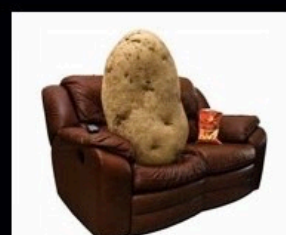
What my friends think I do



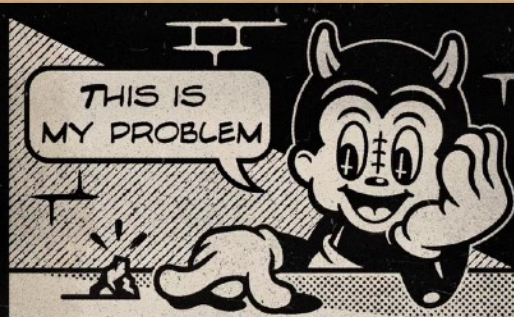
What my spouses think I do



What my sponsor thinks I do

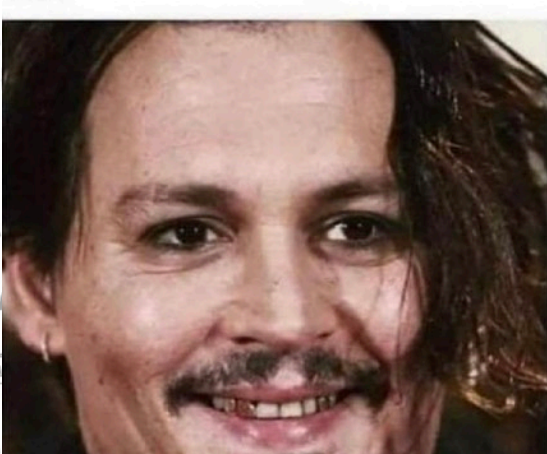


What I actually do



When things change inside you, things change around you.

Bouncer: when did you start drinking?  
Me: 8pm  
Bouncer: it's 7pm  
Me:



AN 18 MONTH SOBRIETY REFLECTION

A year and a half ago, I stepped into rehab at Serenity Knolls and stayed in the room where Jerry Garcia died. I was going through withdrawals, had no job, isolated, broken relationships, poor health, money low, riddled with anxiety, dishonesty at an all time high. I was spiritually, emotionally and physically damaged; powerless and unmanageable.

Then I surrendered, and the gifts of sobriety have been in my life ever since. As long as I don't put that first drink to my mouth, work with a sponsor, go to my meetings, be in service, fellowship, and practice these principles in all my affairs, I got a real shot at being happy, joyous and free.

—Eric N.  
Benicia CA



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



**MAY SOBRIETY BIRTHDAYS**



- Michael H. 05/01/2011 (13 Years!!)
- Lloyd L. 05/04/1992 (32 Years!!)
- Sylvie H. 05/04/2017 (7 Years!!)
- Elwin H. 05/05/1986 (38 Years!!)
- Greg H. 05/06/2010 (14 Years!!)
- Cathy L. (05/12/2007 (16 Years!!)
- Michal L. 05/17/1995 (29 Years!!)
- Molly A. 05/18/2014 (10 Years!!)
- Tom T. 05/18/2013 (11 Years!!)
- Nina G. 05/20/2013 (11 Years!!)
- Rocke K. 05/29/2011 (13 Years!!)

**District 09 Southern Solano**

**Monthly Birthday Speaker Meeting**

At the Clock Tower

1189 Washington Street, Benicia

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

Amy L.

From Vacaville, CA

**HOST GROUP:**

**GO TO ANY LENGTHS**

**50/50 raffle!**





# May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
<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>
5	6	7	8	9	10	11
<p>Go to Any Lengths Online 9:30am-10:30am Zoom: 857-669-5455 Every Sunday</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>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 <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>
12	13	14	15	16	17	18
<p>Women's Big Book Study Vallejo Fellowship 1115 Amador St, Vallejo 1:30pm-2:30pm</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>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>
19	20	21	22	23	24	25
<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>
26	27	28	29	30	31	
<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

**Amy L. from Vacaville, CA**



**Friday, May 10th, 2024**

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

*Hosted by the Go To Any Lengths 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  
\*1115 Amador Street\*
- Next meeting will be on Tuesday, May 21st

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**



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**

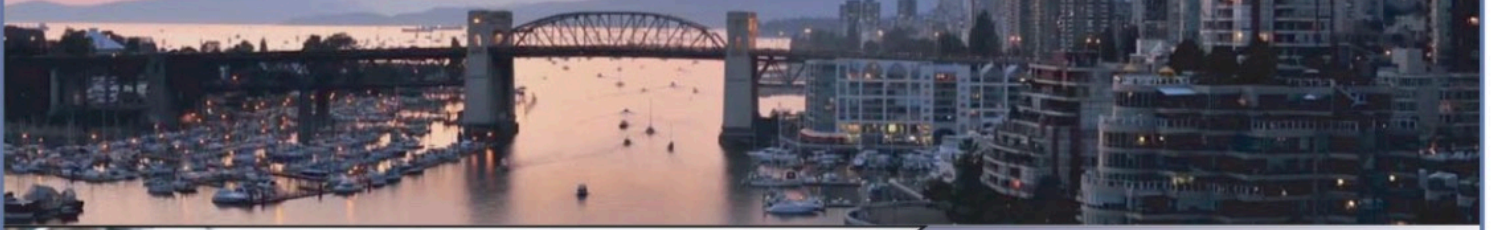
2046 Columbus Pkwy, Benicia. Park behind the carwash

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!**