

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 Jack Z.  
510-714-6192

“Just how and when we tell the truth—  
or keep silent—can often reveal the  
difference between genuine integrity  
and none at all .”

*Grapevine, August 1961*



**A Message from the Editor**

Hey there alcoholic humans! I hope your summer was fun! I wanted to reach out to all who read this newsletter. First off, if you'd like your Sober Anniversary mentioned during the month you celebrate, please shoot me an email with your sober date at [sosoeditor@gmail.com](mailto:sosoeditor@gmail.com). Also I would like to start compiling a collection of short stories/jokes/stuff your sponsor says/inspirational stuff/experience, strength, hope/etc. to put in the Member's Corner on page 4 of the newsletter each month.

If you or anyone in your group or meeting has something they'd like to contribute, feel free to email me at the email above or text/call at 707-567-0362. Happy Fall!!

In Service, Alex H.

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## Meeting Notes

### Sunday Morning Attitude Adjustment Meeting

Sundays at 6:30AM  
at St. Paul's Episcopal Church  
120 E. J. St. Benicia

Literature Discussion Meeting  
any form of AA Literature

### Wednesday Night Men's 12&12 Step Study

7:30pm-8:30pm

Southern Solano Alano Club  
2046 Columbus Parkway  
Benicia

### American Canyon Underground Fellowship

Speaker Meeting  
FRIDAYS 6:30-7:30pm  
11 Poco Way

COME OUT AND SUPPORT!!!

**Go to Any Lengths Meeting**  
is back at Russ and Karen's  
house + hybrid

416 O'Farrel Dr. Benicia,  
street parking

Sundays at 9:30am-10:30am  
CHECK OUT THE FLYER!!  
on page 7

### Vallejo Fellowship Early Birds Meeting

Monday—Sunday

7:00am-8:00am

1115 Amador St,  
Vallejo



### THURSDAY NIGHT

### BENICIA HILLTOP "POPCORN" MEETING



8:00pm-9:00pm

Community Congregational Church  
1305 W. 2nd Street

**WE ARE NOT A GLUM LOT!**

**WHEN I'M IN A MEETING**



**AND THERE'S CROSSTALK**

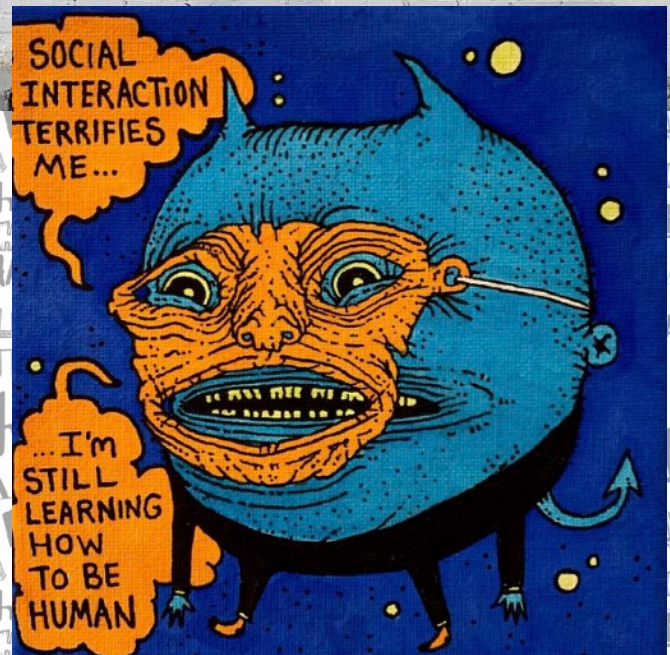


**Mushrooms  
Grow Through Shit**



**And You Can Too!**

**I WONDER WHAT  
NORMAL PEOPLE  
THINK ABOUT.**



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

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



# SEPTEMBER



## SOBRIETY BIRTHDAYS

- Maureen T. 09/06/2009 (15 Years!!)
- Tim W. 09/07/2014 (10 Years!!)
- Trina R. 09/08/2011 (13 Years!!)
- John K. 09/10/1998 (26 Years!!)
- Diane C. 09/13/1995 (29 Years!!)
- Honore M. 09/13/1987 (37 Years!!)
- Anneliese H. 09/18/2017 (7 Years!!)
- Mike D. 09/19/2022 (2 Years!!)
- Maureen B. 09/22/2012 (12 Years!!)
- Kindred A. 09/23/2006 (18 Years!!)
- Rick W. 09/23/2016 (8 Years!!)
- Stutter Dan 09/23/2006 (18 Years!!)
- Robyn C. 09/27/2002 (22 Years!!)
- Eddie B. 09/28/2005 (19 Years!!)

### District 09 Southern Solano

#### Monthly Birthday Speaker Meeting

At the Clock Tower

1189 Washington Street, Benicia

September 13th at 8:00pm

Rose F.

From San Ramon, CA

**HOST GROUP:**

**BENICIA CANDLELIGHT**

50/50 raffle!



# September 2024

September 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
<p style="text-align: center;">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 style="text-align: center;">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 style="text-align: center;">Zoom Sober Online 7:00 am to 8:00 am Zoom ID# 208-975-0077 Passcode# 480-984 Every Tuesday</p>	<p style="text-align: center;"><b>CENTRAL OFFICE Business Meeting</b> first Wednesday of every month at 6:30pm So. Solano Alano Club. 2046 Columbus Pkwy around back</p>	<p style="text-align: center;">Benicia Hill Top Discussion 1305 West 2nd St. Benicia Congressional Church 8:00-9:00pm No Smoking Every Thursday</p>	<p style="text-align: center;">Vallejo Fellowship 12:00 Noon to 1:00pm 1115 Amador St, Vallejo Every Friday</p>	<p style="text-align: center;">Vallejo Fellowship Speaker Night starts at 6:45pm 1115 Amador St, Vallejo First Saturday of the Month</p>
8	9	10	11	12	13	14
<p style="text-align: center;">Go to Any Lengths <b>hybrid in person and online</b> 9:30am-10:30am  416 O'Farrel Dr. Benicia  Zoom: 857-669-5455 Password: sundays</p>	<p style="text-align: center;"><b>DISTRICT 09 GENERAL SERVICE Business Meeting</b> the second Monday of every month at 7pm Zoom Id: 841 6742 5294 PW: yaysobor!</p>	<p style="text-align: center;"><b>Vallejo Fellowship Business Meeting</b> 2nd Tuesday of every month at 6:45 at the Vallejo Fellowship 1115 Amador St.</p>	<p style="text-align: center;">Vallejo Fellowship Early Birds 7-8:00am 1115 Amador St, Vallejo Every Wednesday</p>	<p style="text-align: center;">Daily Reflections Southern Solano Alano Club 2046 Columbus Pkwy Noon-1pm Every Thursday</p>	<p style="text-align: center;"><b>District 09 Monthly Birthday Speaker Meeting</b> 8:00pm Clock Tower Benicia</p>	<p style="text-align: center;">2 or More Big Book Study 9-10:00 am Reception Hall 101 Temple Way Vallejo Every Saturday</p>
15	16	17	18	19	20	21
<p style="text-align: center;">Women's Big Book Study Vallejo Fellowship 1115 Amador St, Vallejo 1:30pm-2:30pm</p>	<p style="text-align: center;">A Design For Living Big Book Study Southern Solano Alano Club 2046 Columbus Prky. 5:30pm-6:30pm</p>	<p style="text-align: center;">Benicia Straits Speaker Discussion Southern Solano Alano Club 2046 Columbus Pkwy, Benicia 7:30-8:45 Every Tuesday</p>	<p style="text-align: center;">Attitude Adjust St. Paul's Episc. 1st &amp; J St. Benicia 7-8:00 AM Tu-Sat</p>	<p style="text-align: center;">11th Step Meditation Meeting So. Solano Alano 2046 Columbus Pkwy, Benicia 6:30-7:30pm Every Thursday</p>	<p style="text-align: center;">First Street Group Big Book Study Heritage Presbyterian Church 6:30pm 1400 E 2nd Street Benicia</p>	<p style="text-align: center;">Serenity on Saturday Speaker/Discussion, Online Zoom 881 3928 1979 10:00-11:00am Every Saturday</p>
22	23	24	25	26	27	28
<p style="text-align: center;">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 style="text-align: center;">Attitude Adjust Online Zoom: 401 588 9043 PW: Attitude 7-8:00 AM Mon 6:30-7:30 AM Sun</p>	<p style="text-align: center;">Here &amp; Now Big Book Study Online Zoom: 865 7556 2290 Noon-1:00 Every Tuesday</p>	<p style="text-align: center;">American Canyon Fellowship Big Book Study 5:30pm-6:30pm 11 Poco Way Suite E American Canyon Every Wednesday</p>	<p style="text-align: center;">Vallejo Fellowship Early Birds 7:00-8:00AM 1115 Amador St, Vallejo Every Thursday</p>	<p style="text-align: center;">Woman's Solution Group Southern Solano Alano Club 2046 Columbus Pkwy, Benicia 10:30am to 11:30am</p>	<p style="text-align: center;">Came to Believe Candlelight Meeting Light House Church 1175 Church Street, Benicia 7:00-8:00pm Every Saturday</p>
29	30					
<p style="text-align: center;">*denotes "closed" meetings. Only humans with a desire to stop drinking are encouraged to attend.</p>	<p style="text-align: center;">The Doyle Drivers Women's Group* Southern Solano Alano Club 2046 Columbus Pkwy 7:30-8:30pm Every Monday</p>	<p style="text-align: center;">Benicia First St. Group Heritage Pres. Ch. 1400 E 2nd St Benicia 6:30-7:30pm Every Tuesday</p>	<p style="text-align: center;">Men's 12&amp;12 Study * Southern Solano Alano Club 2046 Columbus Pkwy, Benicia 7:30-8:30pm Every Wednesday</p>	<p style="text-align: center;">Benicia 1st St Grp Topic discussion Meeting Heritage Pres Ch. 1400 East 2nd St 6:30-7:30pm Every Thursday</p>	<p style="text-align: center;">Benicia Young Peoples Group Fridays 6-7pm Southern Solano Alano Club 2046 Columbus Parkway</p>	<p style="text-align: center;">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

**Rose F. from San Ramon, CA**



**Friday, September 13th, 2024**

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

*Hosted by Benicia Candlelight (Came to Believe)*

**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!**

*Well hello all you POST COVID AA's!!*

*We are Welcoming the AA Sunday Morning Go to Any Lengths meeting back into our Home*

**OPEN MEETING...**

***Starts: Sunday, August 11<sup>th</sup>, 2024***

***Location: 416 O'Farrell Drive, Benicia... residential area***

***When: 9:30 am to 10:30 am***

***Doors open at 9:00 for coffee. So we have coffee and a bathroom or two.***

***It is a hybrid meeting – so Zoom is still available***

History: this meeting started at the city park in Benicia. A group of young people in and around 1984 started a meeting and JJ. (James J.) was part of the group. Well it was fine in the summer, but it started raining so JJ. let them come into his house, where it stayed along with the Men's Stag group. His wife said one of the meetings needed to leave the house. So then it moved to John and Annie Lloyd's house, and then to our house @ 32 years ago. The meeting was closed at the physical location at the onset of Covid March 2020 after 28 years of being here, but Alana started it on Zoom, And NOW we sure would like you all who can make it to return to our home in person.. We sure miss everyone!

*Rules: If you're sick, stay home. If you have been exposed, please wear a mask. We have open space in the back for sitting outside*

*And when parking please be very careful to not park in neighbor's driveways. Street parking is fine. However, the meeting has been very large in the past, so if that occurs, parking is at the Middle School on Southampton Rd.*

*For more information please contact Karen Fernandez 707-315-5694*

# Northern California Hospital and Institution Committee

*Carrying the message of A.A. to the alcoholic in Corrections and Treatment facilities serving alcoholics in Northern CA*

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## **South Solano County H&I needs meeting volunteers!**

Meeting Volunteers are the people who are responsible for bringing meetings into the many hospitals, recovery centers, detoxes and jails. They usually go into a facility to conduct a one hour meeting once a month on a given day of the week.



### **Crestwood Behavioral Health in Vallejo**

Facilitate an AA meeting twice a month on Tuesday night, 6pm or 6:30pm (Tuesday is preferred but it's negotiable any night M-Th)

### **National Vallejo**

Facilitate an AA meeting at this 8 bed short term dual diagnosis facility on Mondays at 1pm (Monday is preferred but there is flexibility on day)

### **Vallejo Detox**

Meeting volunteers needed for Thursday and Friday nights at 6pm

### **Napa State Hospital**

Meeting volunteers needed the first Wednesday of the month at 6pm

**Please contact H&I rep Nan for full details 925-330-7813  
nathibs@icloud.com**



## STRIVING TOWARD ACCESS FOR EVERY ALCOHOLIC IN CNIA-07 California Northern Interior Area

- Do you have an accessibility challenge in Alcoholics Anonymous?
- Are you interested in serving to address accessibility challenges for members in our area?
- We would love for you to join us!

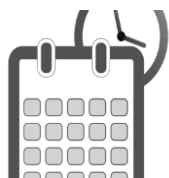


The California Northern Interior Area (CNIA-07) has been discussing the topic of accessibilities over the past year, and some members formed an Accessibilities Interest Group (AIG) to address questions that came out of the Accessibilities Panel discussion at the 2024 Post Conference Assembly.

We meet monthly on the last Sunday of the month, and we welcome your interest and participation.



**WHO?** GSRs, DCMs, Other Interested AA's in Area - 07



### WHEN?

Last Sunday of the Month  
4:00 p.m. – 5:30 p.m.

Spanish translation is available



### WHERE?

Online | Zoom

Meeting ID: **830 3187 6507**

[Join Zoom Meeting](#)

## WHY ?

*"I am responsible. . .  
When anyone, anywhere, reaches out for help, I  
want the hand of AA always to be there.  
And for that: I am responsible."*

### HOW?



# Together

## Esforzandonos por lograr el acceso de todos los alcoholicos en AINC-07 la Area Interior del Norte de California

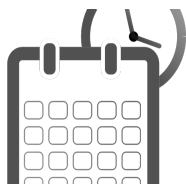
- ¿Tienes un desafio de accesibilidad en alcoholicos Anonimos?
- ¿Estas interesado en servir para abordar los desafios de accesibilidad para los miembros de nuestra area ?
- !Nos encantaria que te unieras a nosotros!

El area interior del Norte de california (CNIA-07) ha estado discutiendo el tema de la accesibilidad durante el ultimo ano,y algunos miembros formaron un grupo de Interes de accesibilidad (AIG) para abordar las preguntas que salieron de la discusion del panel de Accesibilidad en la asamblea posterior a la conferencia de 2424.

Nos reunimos mensualmente el ultimo domingo del mes, y agradecemos su interes y participacion.



**¿Quien?**  
RSG,MCD,Otros AA  
interesados en el area-07



**¿Cuando?**  
Ultimo domingo del mes  
4:00 p.m. – 5:30 p.m.  
*Está disponible en Español*



En linea | Zoom  
ID de la reunion : **830 3187 6507**  
[Unete a la reunion de zoom](#)

**¿Porque?**

*“Yo soy responsable”  
Cuando alguien, en cualquier lugar, pide ayuda, quiero que la mano de AA siempre este ahi y por eso yo soy responsable.*



**¿Cómo?**

# Juntos



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



# THURSDAY NIGHTS OF ZEN

## 11<sup>TH</sup> STEP MEDITATION MEETING

### RECOVERY YOGA CLASS

Every Thursday night starting w 11<sup>th</sup> Step Meditation  
at 5:30 followed by Yoga at 7  
Solano Alano Club 2046 Columbus Prkwy Benicia  
(behind building via the carwash)

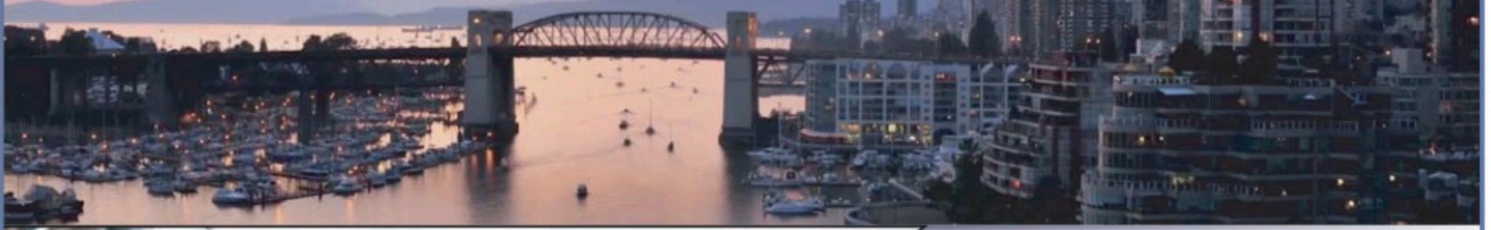
Join us for an evening of bliss with meditation, gentle beginner yoga, crystal  
singing bowls, Reiki and crystal healing.  
Bring a water and any yoga supplies you may have.

As Recovery Yoga is a class we are asking a \$10 love offering.

To secure your spot or if you have any questions, please contact Kryss Cote,  
200hr Yoga Instructor & Reiki Master, at 707-225-2199

# 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!**