

AA District 09 Solano South

CENTRAL OFFICE NEWSLETTER



www.aasolanosouth.org SOSOEDITOR@GMAIL.COM

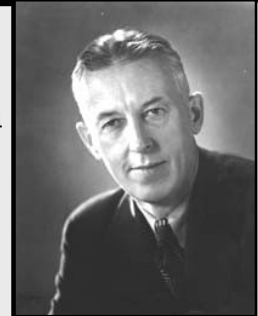
Central Office: 159 East D St., Benicia, CA 94510—(707) 745-8822



Central Office is open most mornings if you need anything. Please call before you come to make sure someone is there. When visiting wear a mask!

"Last summer I visited the Akron cemetery where Bob and Anne lie. Their simple stone says never a word about Alcoholics Anonymous. This made me so glad I cried."

Bill W., January 1955, "Why Alcoholics Anonymous Is Anonymous", Best of the Grapevine, Volume 1



Dear friends,

As most of you are aware, in the spring the decision was made to cancel the 2020 International Convention due to the COVID-19 pandemic. While this was a difficult decision, and a disappointing outcome for those planning to attend, we are confident it was the most appropriate action to ensure the health and safety of our members. There is good news, however, as we now have an opportunity to bring together many of the special components that make International Conventions memorable — by utilizing a virtual platform. For this purpose, we are planning a 2020 International Convention digital site. Throughout the month of July, the 2020 International Convention will come alive online to provide a new experience that includes A.A. speakers; a digital "Carrying the Message Pavilion"; sharing from nonalcoholic friends of A.A. and special guests linked to our history; a presentation of the 40 millionth Big Book; a new Archives video on the history of A.A.; an AA Grapevine video created for the Convention, and more.

The virtual experience will also help us reaffirm the International Convention's goals, which include rededicating ourselves to the primary purpose of A.A.; sharing the success and growth of the A.A. program around the globe; and letting the world know that A.A. is alive, flourishing and available as a community resource internationally.

We will be up and running on aa.org by July 1, 2020, to coincide as closely as possible with the original Convention date, and the site will be available throughout the entire month of July. Please stay tuned for updates on aa.org.

In fellowship,
Julio E., 2020 IC Coordinator.



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Step
7

“Humbly asked Him to remove our shortcomings.”



THE START OF A SLOW(?) SUMMER

Summer is here my friends, we are sober! This month's newsletter is a little light as I don't have confirmation on many potential events. Also, the regulator stuff, conventions and speaker meetings, are just not happening.

I attended the virtual Post-conference Assembly that was held on June 6th. Teddy B. W., our Area Delegate, gave an excellent presentation on the first-ever Virtual Conference. He covered many interesting topics including “Plain Language Big Book” and “Lord's Prayer at the International Conference.” Check with your group's GSR for more details on these topics and other topics of interest.

I got some information from Robert F. on the Danville big speaker meeting that many of us have attended in the past. They are going to a virtual meeting starting in July. I've attached the flier with the information for the July 4th meeting – Zoom info, time, etc. Thank you Robert F. for this information!

I found a flier on a Speaker/Talent Fun-raiser for the Santa Cruz Intergroup. I've attended one of these before – usually a really good speaker and a lot of interesting “talent”, who would expect less from Santa Cruz. This one is going to be on Zoom so you can enjoy it from your couch.

The CNCA 06 Summer Assembly will be coming in August, their website says on the 8th, but I could not find a flier for this event. The Summer Assembly is called the “fun assembly” covering a variety of topics with some great presentations. I will send out what updated information I can get on this in the next newsletter.

I'm also attaching to the newsletter a “tool kit” from the New York Intergroup on how to handle unwanted meeting disruptions. Now you can handle you meetings like a New Yorker!

If you have any new information on upcoming events please do not hesitate to send it to me for the newsletter (email below the signature). If you update information on a online meeting in our District please forward the information to Mike B, our webmaster (sosowebeditor@gmail.com).

John M.
Newsletter Editor
sosoeditor@gmail.com

The Central Office Corner

Sobriety Birthdays In the month of *July*



Mark R. 7/17/2001 (19 Years!!)

Joe E. 7/05/1983 (37 Years!!)

Cathy S. 7/23/82 (38 Years!!)

Guy A. 7/10/96 (24 Years!!)

Problem Steve 7/15/96 (24 Years!!)

Fred B. 7/13/1995 (25 Years!!)

Patricia S. 7/07/1985 (35 Years!!)

Roger D. 7/16/2006 (14 Years!!)

Louie Y. 7/18/2007 (13 Years!!)

Ben P. 7/17/2005 (15 Years!!)

Jodie C. 7/15/1996 (24 Years!!)

A Trip to Bob and Anne's House



For those who are missing the International Convention in Detroit and were hoping for a visit to Bob and Anne's house, do an online visit at: [Dr Bob and Anne's House](#)





Web Links for AA

Click on the text to go to the web page:

AA Solano South Central Office

Southern Solano Alano Club

Northern Solano Intergroup

Napa Valley Intergroup

Love & Service AA Group
in Pleasant Hill

SF and Marin Intergroup

Online Intergroup AA

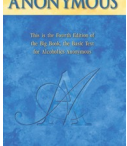
Continental European Region:

AA Online Meetings

CER's AA Online Meeting Listing service lists English language AA online meetings in the Central European Time (CET) and Central European Summer Time (CEST) zone on our website.

Resources

ALCOHOLICS ANONYMOUS



[Big Book Online](#)

[Big Book Audio Online](#)



[12 and 12 Online](#)

[12 and 12 Audio Online](#)



[Daily Reflections](#)

CLICK FOR ACCESS TO AA LITERATURE



A FEW MORE NEW LINKS TO GIVE A TRY?

[Mother List of Meetings](#)

[International List](#) PST time

[Victoria Australia](#) (17 hours ahead)

[SF/Marin](#)

[Rocklin Fellowship](#)

[San Luis Obispo Area](#)

[Rochester NY area](#)

[Sonoma County](#)

AAGRAPEVINE

The International Journal of Alcoholics Anonymous

Grapevine and La Viña [free access](#) to all! Also, a Youtube channel with some original audio stories. Visit:

www.aagrapevine.org/we-are-here-to-help

SOMETHING DIFFERENT?



"The Road Back", Alcoholics Anonymous of Ireland's magazine (in pdf): [click here](#)

Not familiar with using online meeting apps, go to the websites for training:



zoom

<https://support.zoom.us/>



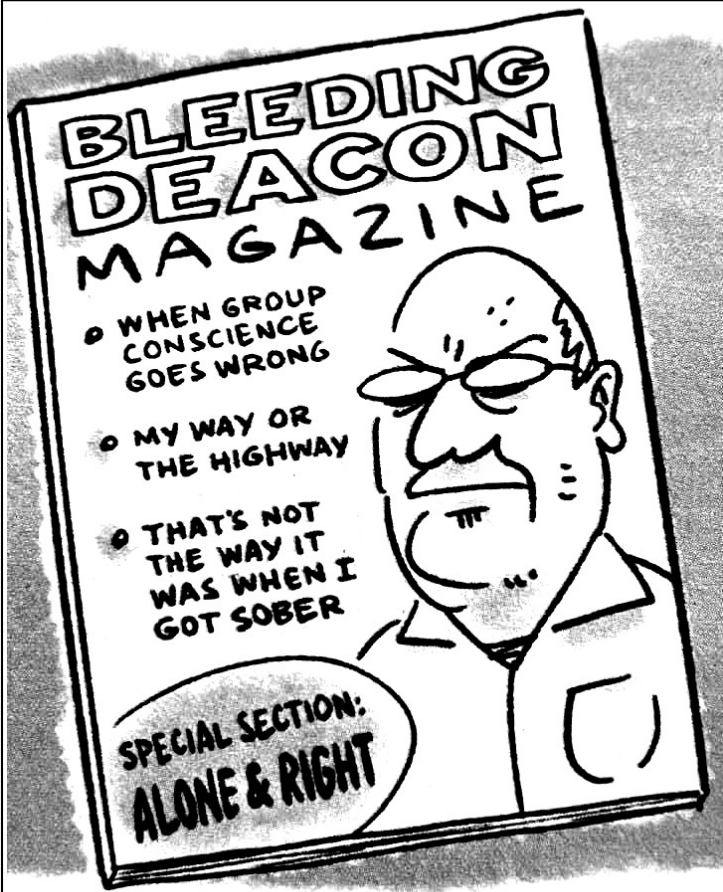
Google Hangouts

<https://hangouts.google.com/>



GoToMeeting

<https://www.gotomeeting.com/>



THE FIRST ZOOM FIFTH STEP WAS LONG.



I'm GOING ON A V-HIKE WITH MY SPONSOR.

Please grant me coffee to change the things I can.



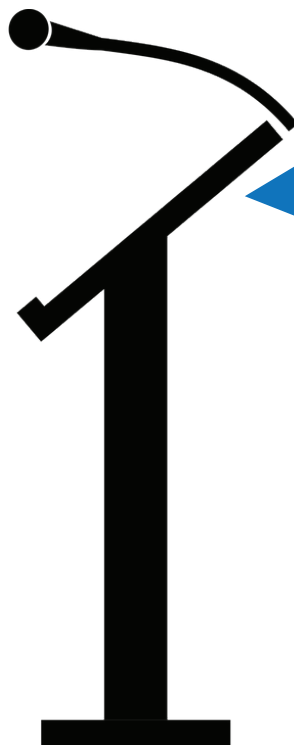
And yoga to accept the things I cannot.

Thank you human 



"Your heart rate is a little elevated. Is this your first General Service Conference?"

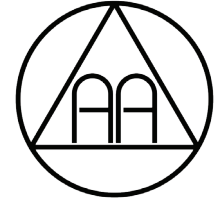
SEND YOUR SUBMISSIONS TO SOSOEDITOR@GMAIL.COM



Danville - Diablo Speaker Meeting

Alcoholics Anonymous

1st Saturday of the Month
8:00 PM - Zoom Opens at 7:30pm



Celebrate Your Birthday!
30, 60, 90 day, 1 year+

**ZOOM ZOOM ZOOM
ONLINE FORMAT
STARTING
JULY 4, 2020***

Zoom ID 948 2720 6866
Password 146975

*Until further notice

7th Tradition

online donations by Zelle.

Zelle account for electronic deposit is

ddsmtreas@gmail.com

2020

July 4 - Charlie H, Las Vegas, NV

Aug 1 - Danny B, Spring, TX

Sept 5 - Dawn M, Laguna Hills, CA

Oct 10 - Frank H, Concord, CA
NOTE: SECOND SATURDAY

Nov 7 - Bob D, Las Vegas, NV

For Zoom link and
7th Tradition details
visit web site:

ddsm.org

General meeting inquiries or questions - danvillediablosm@gmail.com
Business Meeting - Sunday 4pm, Zoom 753 013 9282 password ddsms5320 - All are welcome to attend



Santa Cruz County
INTERGROUP INC

Presents:
The 2020 Speaker/Talent
FUNraiser
July 11th 2020 at 7:00pm.

(Zoom ID: 884 1346 8878)

Password: 654 419

Call in: 669-900-9128

Speaker

Jimmy Speed with 20 years (30 minutes)

Talent

(Singing, Dancing, Poetry, Comedy)

Hosted by Activities Committee and
Early Risers Zoom Quaranteam
(Tamra, Anand, and Ali)

Emcee: Joseph C.

Contact 831-247-0549 Erik B.
831-535-3539 Grey

NYIG Toolkit for Handling Unwanted Meeting Disruptions

Note: When you open Zoom, it may prompt you to update the App. **Be sure to [download the latest version of the Zoom client](#) for the latest security features.**

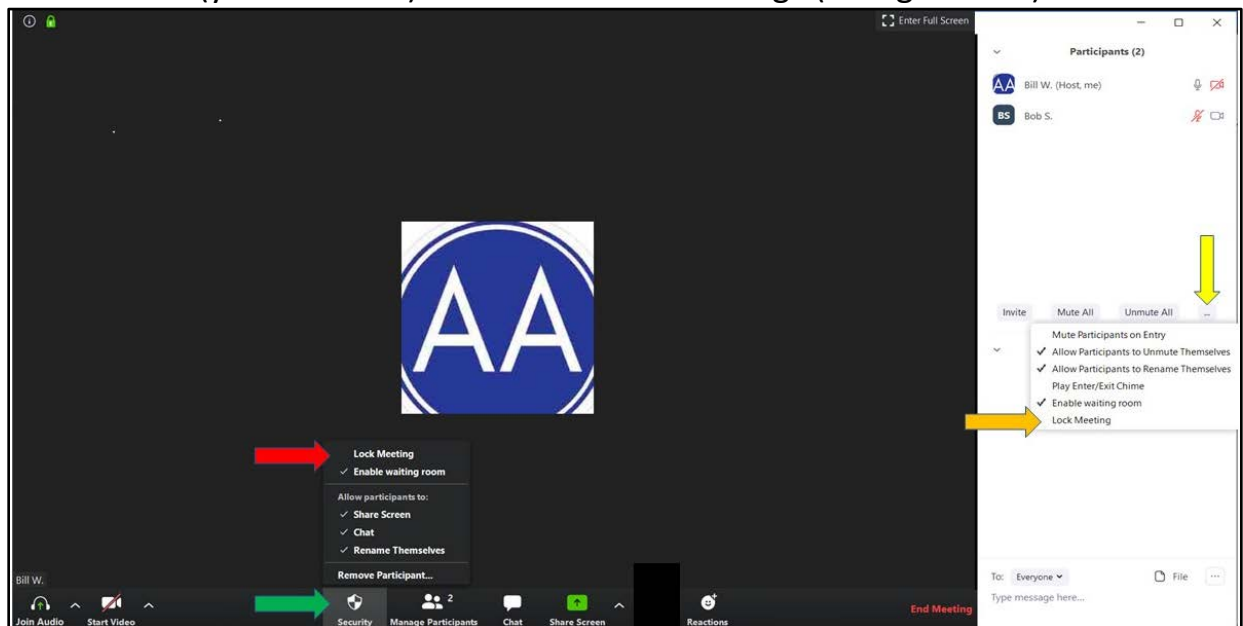
Pro-Tip: All groups are encouraged to have both a Zoom “Host” and at least one “Co-Host” in every meeting as service positions. One host acts as the traditional chair while the other manages muting and hand raising, and can handle meeting intrusions. [Click here for details on assigning a Co-Host when your meeting has begun \(No special setup needed, NYIG accounts already allow for Co-Hosting!\)](#) [Additional Chairing tips here!](#)

What should you do if your meeting is disrupted?

- [Lock the Meeting](#)
- [Use Features of the Security Icon](#)
- [Mute All Participants and Disable Self-Unmuting](#)
- [Turn off a Participant’s Video and Remove Participant](#)
- [Prevent “Zoom Group Chat” Abuse](#)

1. Locking the Meeting ← *Do this first, you can always unlock later*

- a. Click the “Security” icon (green arrow below), then “Lock Meeting” (red arrow). You may also click the three dots in the Participants box (yellow arrow) and then “Lock Meeting” (orange arrow)



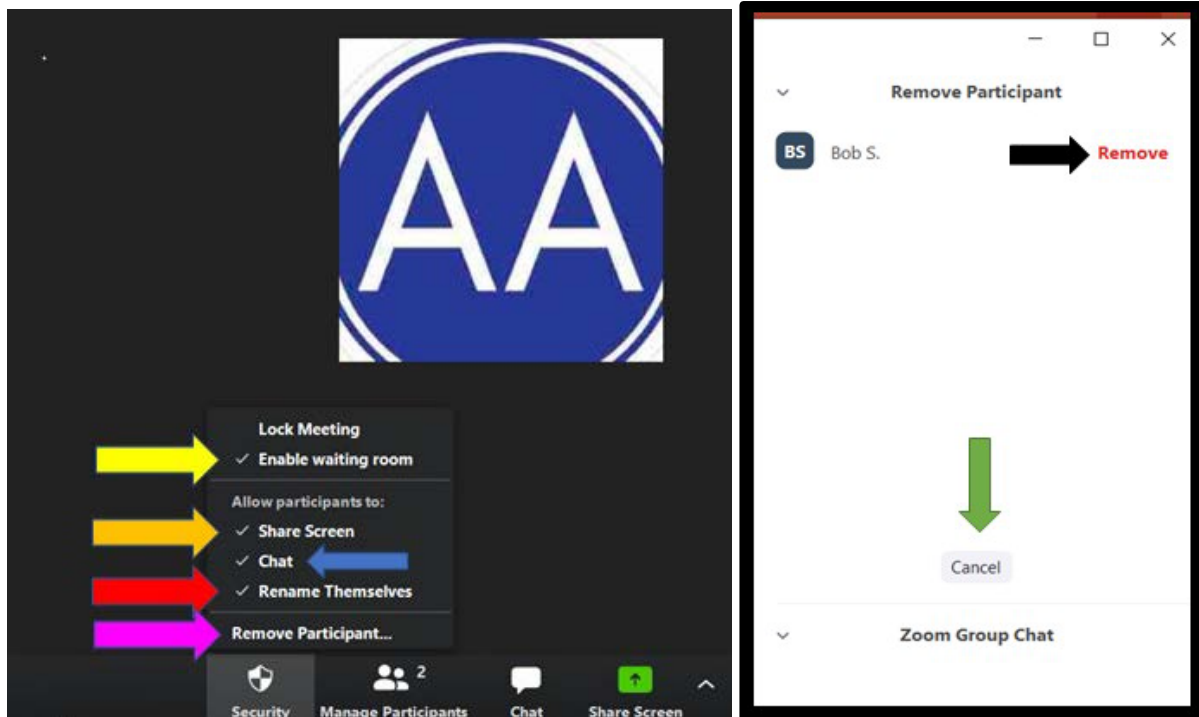
- b. Please note after the meeting is locked, **no one will be able to join the meeting** until you unlock it.
- c. Doing this quickly at the first sign of a disruption can stop other bad actors from entering your meeting.
- d. If you don't see the Participants list on the right, click the "Manage Participants" icon at the bottom of the screen. Click the "Chat" icon to make the Chat box visible on the right.

2. Utilize Features of the Security Icon

Zoom's new "Security" icon allows the Host to more quickly:

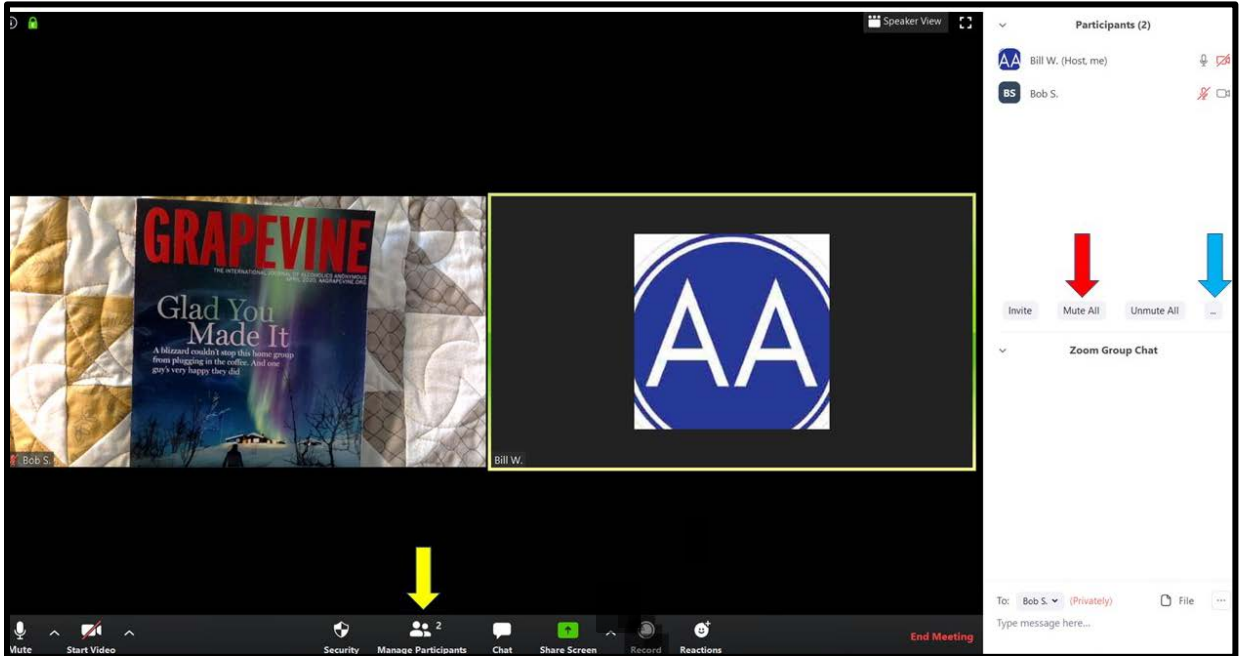
- a. Enable a waiting room (yellow arrow)
- b. Disable Participants from sharing screens (orange arrow)
- c. Chat (blue arrow)
- d. Rename themselves (red arrow)
- e. **Note:** Unchecking the ability for Participants to "Rename" themselves will stop disruptors from evading you by repeatedly changing their display name.

You may remove a Participant by clicking "Remove Participant" (purple arrow) and then "Remove" in the Participants box (black arrow). If you accidentally click "Remove Participant," you may cancel (green arrow).

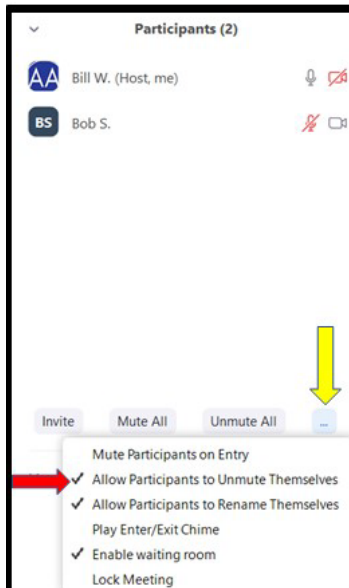


3. Mute All Participants and Disable Self-Unmuting

- a. Click the “Manage Participants” icon (yellow arrow below) if you haven’t already.
- b. Click “Mute All” (red arrow) and uncheck ““Allow Participants to Unmute Themselves” in the dialog box that follows.
- c. You may also click “More” (blue arrow) and



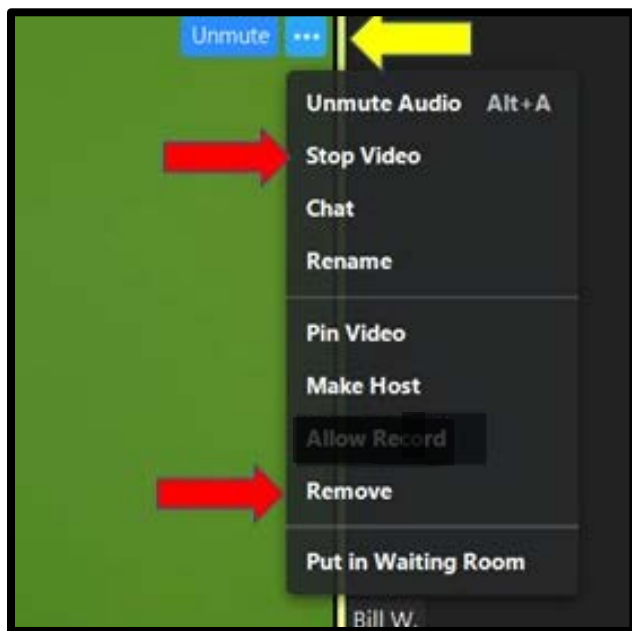
- d. **Uncheck** “Allow Participants to Unmute Themselves” (red arrow)
- e. **Uncheck** “Allow Participants to Rename Themselves” (if you haven’t already through the “Security” icon)



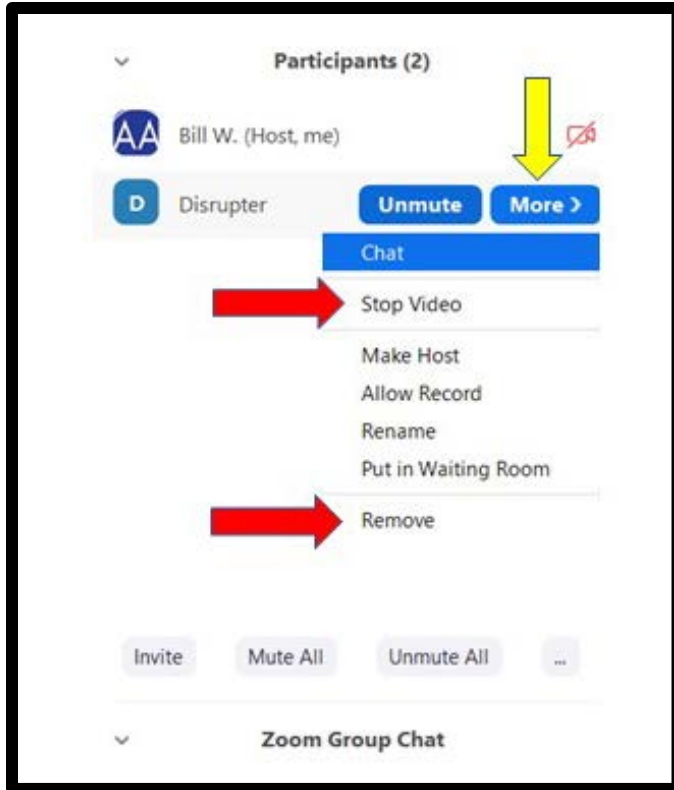
Note: Hosts will then have to unmute Participants anytime that they wish to speak.

4. Turn Off a Participant's Video and Remove Participant

- a. Identify the disruptive participant(s) and hover your mouse over the right corner of that person's video.
- b. Click the blue square with three white dots (Yellow arrow) and a list of options appears.
- c. You may stop the video of the participant and/or remove the person from the meeting (Red arrows).



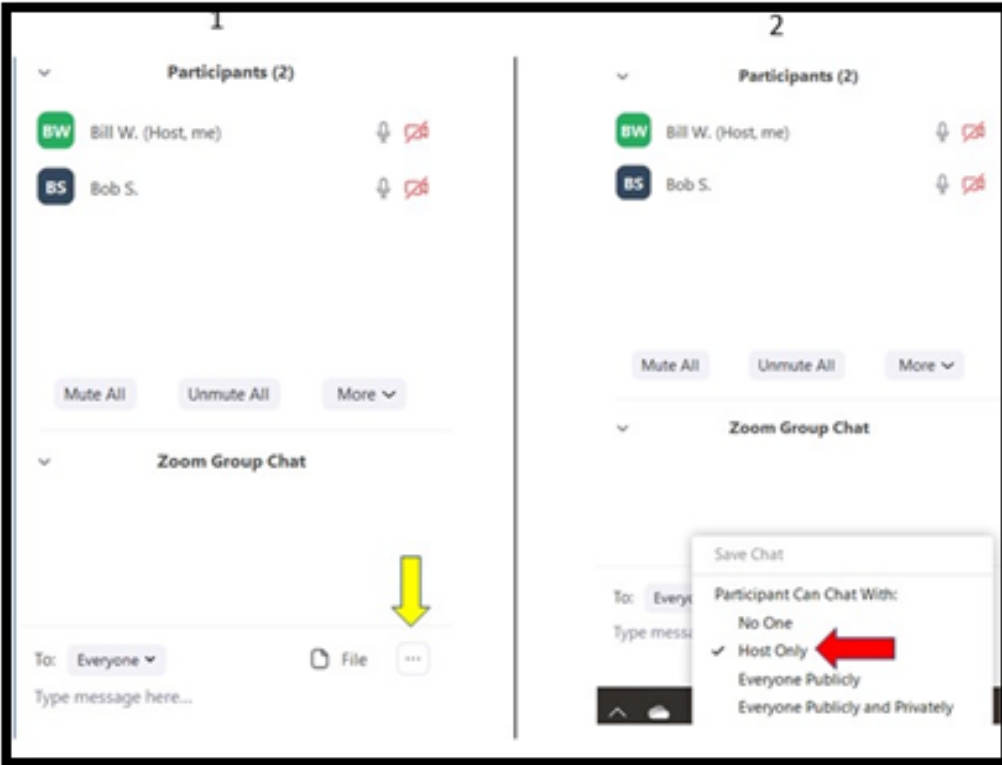
- d. You will also find the "Stop Video" option and "Remove" option (red arrows below) by hovering your mouse over the names in the Participants list on the right side of your screen and clicking "More" (yellow arrow).



- Note: Remember that if you haven't unclicked the option for Participants to "rename" themselves (see No. 2, "Use Features of the Security Icon," above), disrupters may rename themselves and re-enter the meeting.

5. Preventing "Zoom Group Chat" Abuse

- Many groups have elected to change the settings on the Chat box to enable Participants to send messages only to the Host
- To restrict Chat, click the three dots at the bottom of the chat box (Column 1 below, yellow arrow) and select "Host Only" (Column 2, red arrow):



Remember: These tools are all designed to help your group protect yourselves from intrusions, but there is no one-size-fits-all solution. Please arm your Chairs and Hosts with this information, and discuss in your groups what will work best for your needs. We will continue to update guidance for the community as new information becomes available.

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