

AA District 09 Solano South

# CENTRAL OFFICE NEWSLETTER



[www.aasolanosouth.org](http://www.aasolanosouth.org) [SOSOEDITOR@GMAIL.COM](mailto: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!**

"Had I not been blessed with wise and loving advisers, I might have cracked up long ago."

*Bill W., August 1961, "This Matter of Honesty", Best of Bill*



Alcoholics Anonymous® | [www.aa.org](http://www.aa.org)

Dear A.A. friends,

We in A.A. – here at G.S.O., along with the rest of the world – continue to experience an unprecedented situation. Without question, due to the COVID-19 pandemic, our Fellowship, including our organized service structure, is facing enormous challenges, locally and globally. For many of us, the most prominent example is that, for the first time in the 85-year history of our Fellowship, we are navigating the lack of face-to-face meetings. While we have found creative ways to allow for the vital interaction between one alcoholic and another, and welcoming newcomers daily, it is clear that the health crisis has other far-reaching consequences.

As we all adapt to the present reality of digital meetings, the question now is, "How do we responsibly practice self-support, our Seventh Tradition?" As we can no longer pass a physical basket, we are working to find ways to support the Fellowship at all levels, from our groups to Intergroups and Central Offices, from our Districts and Areas to the General Service Office itself.

The reality is that even though meetings, Twelfth Step services and operations have shifted to a virtual environment, expenses continue to accumulate during this crisis, which underscores the importance of practicing the Seventh Tradition. Through this crisis, however, we have witnessed the many ways in which the entire A.A. Fellowship has come together to provide ongoing support...

...In an effort to keep the membership informed during this challenging time we would like to share a brief three-minute video update from Leslie Backus, the Class A (nonalcoholic) treasurer of our General Service Board.

<https://vimeo.com/430834698>

Please feel free to pass this information along to members and groups in your Area to watch on their own time or to play before their online meetings.

We are so grateful for your time and attention, your dedicated service and – always – your generous support.

Yours sincerely, in fellowship,

G. Gregory Tobin, General Manager



**Inside this issue:**

General Service Info	<b>2</b>
Links/Resources	<b>3</b>
WE ARE NOT A GLUM LOT	<b>4</b>
CO Sobriety B-days	<b>5</b>
Meeting Guide App Info/ Audio Links	<b>5</b>
Fliers/Announcements	<b>6+</b>



## Step 8

*“Made a list of all persons we had harmed, and became willing to make amends to them all.”*

### CNCA 06 California Northern Coastal Area of AA

The Area website, [www.cnca06.org](http://www.cnca06.org) is frequently updated and has up-to-date information on all events.

#### Chair's Preview

The June Area Committee meeting might be the moment in which our Area finally and fully became a virtual Area. We passed four housekeeping motions, discussed two items of business, and voted – again – to continue discussing a motion regarding the Area's possible incorporation at the Area Committee meeting.

Our comfort using virtual platforms to discuss (and vote on) business will serve us well; we will be doing the same at our Summer Assembly, which will be held August 8. At that assembly (flyers are included in this newsletter and are available on the Area website, [www.cnca06.org](http://www.cnca06.org)) the morning business meeting will include discussion (and possible votes) on motions to request a pamphlet for the transgender alcoholic and the possible formation of an Area technology committee).

In the afternoon, workshops on a variety of topics of interest to AA members will be held; this will be a major test of our virtual capabilities, with simultaneous interpretation across three concurrently-operating virtual rooms. The workshop topics themselves, which were suggested by members of the Area, will be facilitated by six members of the Area, who will make presentations and then facilitate discussion on these big themes of importance to all of AA. The workshop topics are:

- AA in the Digital Age: Moving Ahead Without Leaving People Behind
- AA – Our Financial Future and Our Options
- Our Tenth Tradition – When “Outside Issues” Affect Our Primary Purpose
- Passing it on in General Service – Variations on the 12th Step
- I Am Responsible – Inclusion and Diversity
- Sustaining AA and Our Legacy for the Future

I am looking forward to the thought-provoking discussions that we will have, and for the exciting new ideas that may one day contribute to the sobriety of alcoholics we have not yet reached.

In gratitude,  
Eric L.  
CNCA Chair Panel 69

## SUMMER ASSEMBLY 2020

SATURDAY AUGUST 8, 2020

Zoom Room Opens	8:30 – 9:00 am
Zoom Orientation	9:00 – 9:10 am
Business Meeting	9:10 – 12:00 pm
Lunch Break	12:00 – 12:30 pm

**MEETING I.D. 915 1109 1230**  
**DIAL-IN BY TELEPHONE (408) 638-0968**



#### **Workshop Session I: 1:00 – 2:15 p.m.**

1. AA in the Digital Age: Moving Ahead Without Leaving People Behind
2. AA – Our Financial Future and Our Options
3. Our Tenth Tradition – When “Outside Issues” Affect Our Primary Purpose

#### **Workshop Session II: 2:30 – 3:45 p.m.**

1. Passing it on in General Service – Variations on the 12 th Step
2. I Am Responsible – Inclusion and Diversity
3. Sustaining AA and Our Legacy for the Future



# 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](#)

Thank you human

# 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](http://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**

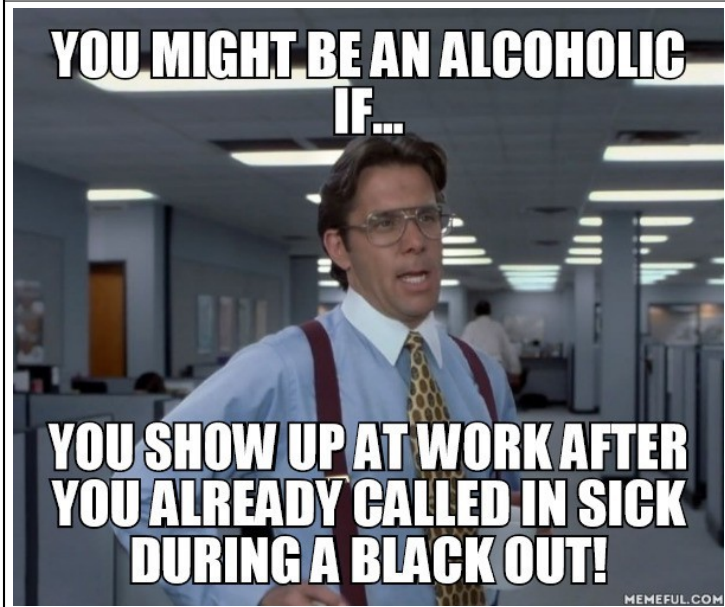
<https://www.gotomeeting.com/>





### Well, My Sponsor Says...

"Resentments are like late-night doughnut binges, what possible difference would another dozen make?"



**SEND YOUR SUBMISSIONS TO**  
**SOSOEDITOR@GMAIL.COM**

## Digital AA



A.A. in the digital age has certainly taken on a new meaning in these challenging times. Alcoholics Anonymous is not a

place or an event; it exists in the hearts, minds and help freely offered by its members.

Most recently, Coronavirus (COVID-19) has affected many A.A. groups that normally would meet in-person. The General Service Office (G.S.O.) of Alcoholics Anonymous U.S./Canada, which functions as a repository for A.A. members and groups who are looking for shared experience from the A.A. Fellowship, has some general experience to share regarding this issue.

Some A.A. members have shared that meeting online has been an adjustment and has at times had its challenges. Adhering to state/provincial and federal guidelines, many A.A. members have switched from "in-person" meetings to digital meetings, on platforms such as Zoom, Google Hangouts, Conference Calls, GoToMeeting and What's App, allowing the group to continue to focus on A.A.'s primary purpose: to carry its message of recovery to the alcoholic who still suffers.

In a sense, however, this current experience is not necessarily new for A.A. From its earliest beginnings, the A.A. founders recognized the need to reach beyond the face-to-face transmission of the A.A. message, giving rise to the development of A.A.'s basic text, the book Alcoholics Anonymous. This book and other A.A. materials which are widely available on multiple platforms – digital, audio and video – has literally circled the globe and opened the door to recovery for thousands of alcoholics looking for help. Even prior to this pandemic many A.A. members around the world – whether homebound, living in remote areas, or service members stationed in far-flung places – have counted on participating in A.A. remotely through A.A. literature, phone calls with other members, correspondence by letter or email and meetings online.

While many A.A. members are for the first time reporting the shift from in-person meetings to digital platforms, for many alcoholics around the world, remote connections and digital platforms are how they initially encountered and maintain their recovery in A.A. even prior to the pandemic.

Many A.A. groups have shared with G.S.O. that they are now finding great connection in digital meetings and want to offer that same experience to anyone who has yet to attend their first meeting.

There are a number of other A.A. resources as well and those seeking help with a drinking problem can get local A.A. information through G.S.O.'s website:

[https://www.aa.org/pages/en\\_US/find-aa-resources](https://www.aa.org/pages/en_US/find-aa-resources)

or download G.S.O.'s free of charge A.A.W.S. Meeting Guide App:

[Meeting Guide App](#)

## The Central Office Corner

# Sobriety Birthdays In the month of August



**Victor R. 8/13/2000 (20 Years!!)**

**Dawn M. 8/30/16 (4 Years!!)**

**Will M. 8/31/1999 (21 Years!!)**

**Terri S. 8/02/2012 (8 Years!!)**

**Robert R. 8/10/2013 (7 Years!!)**

**Debbie C. 8/11/1995 (25 Years!!)**

**Janeen T. 8/22/1992 (28 Years!!)**

**Philippa H. 8/08/2009 (11 Years!!)**

**Willie J. 8/22/1988 (32 Years!!)**

**Michael L. 8/22/2008 (12 Years!!)**

**Jim W. 8/17/2015 (5 Years!!)**

**Doug Mc. 8/30/2016 (4 Years!!)**

**Robert F. 8/17/1991 (29 Years!!)**

**Honore M. 9/13/1987 (33 Years!!)**

**In memory:** 

**Susan M. 8/15/2013 (7 Years!!)**

## AUDIO FILES:

...on the road, and want to listen to a speaker check these out:



**Our own Central Office Site:**

[AA Solano South Speaker Meeting Recordings](#)

**Contra Costa Intergroup Audio Library Catalog:**

[CCIAA Audio Library](#)

**Harbor Area Central Office**

(LA Area near Anaheim and Long Beach)

[HACOAA Speakers](#)

**One on the other side of the earth – Melbourne!**

[AA Melbourne Speakers](#)



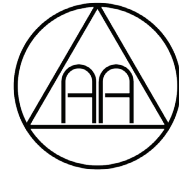


# Danville - Diablo Speaker Meeting

## 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:

**ddsms.org**

General meeting inquiries or questions - danvillediablosm@gmail.com

Business Meeting - Sunday 4pm, Zoom 753 013 9282 password ddsms5320 - All are welcome to attend





Virtual

# 5th Annual Unity & Service Conference

"Applying our 12 Traditions & 12 Concepts to Real Life"

**September 5-6, 2020 (PDT)**  
**Labor Day Weekend**  
**Concord, CA, USA**



**Pacific  
Daylight  
Time Zone**

**Saturday, September 5**

**Sunday, September 6**

**Welcome!**

**Serenity Prayer & Kickoff**

**8:45 am**

**9:00 am**

**Memoirs of a Judge that Nudged**

*Rogelio Flores, Santa Barbara, CA  
Retired Judge & Past Class A Trustee*

**Contempt Prior to Investigation?**

**The 12 Concepts -  
"A Spiritual Experience"**

*Jennifer D., Wilmington, NC*

10-Minute Tradition or Concept Vignette Before Each Main Speaker

**10:30 am**

**Service Panels**

Panel 1 - **Young People**  
Panel 2 - **Bridging the Gap**  
Panel 3 - **Corrections (H & I)**  
**Q&A**

**Service Panels**

Panel 1 - **Public Info & Cooperation with  
Professionals**  
Panel 2 - **Intergroup/Hotline**  
Panel 3 - **General Service**  
Panel 4 - **Sponsorship**  
**Q&A**

**12:00 pm**

**Break**

**12:30 pm**

**Finance & Romance  
in AA's Digital Age**

*Jennifer D., Wilmington, NC*

10-Minute Tradition or Concept Vignette Before Each Main Speaker

**Anonymity and Outside Issues:  
Right vs. Responsibilities**

*Roger W., Vine Grove, KY*

**2:00 pm**

**The Three Legacies and Relationships**

*Chuck & Beth H., Cary, NC*

10-Minute Tradition or Concept Vignette  
from an Al-Anon Speaker

\*This 2 Hour and 15-Minute Session Includes  
a 15-Minute Break at 3 pm Before Concluding at 4:15 pm\*

**Ask It Basket with Speakers**

*Rogelio, Jennifer, Don, Roger,  
Chuck & Beth*

**3:00 pm**

**Break**

**Close with Responsibility Statement**

**4:30 pm**

**Unity vs. Conformity  
in the Home Group**

*Don L., Bellingham, WA*

10-Minute Tradition or Concept Vignette to Open

**6:00 pm**

**Close with Responsibility Statement**

**Online-Only Event!**

**Space is Limited.....**

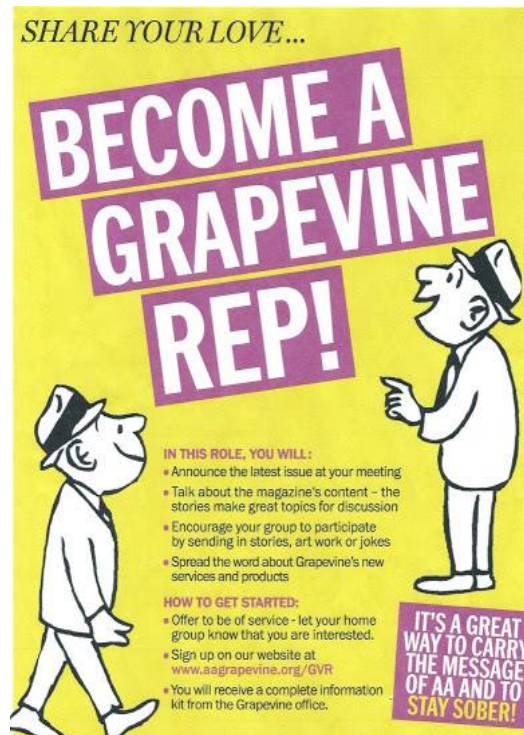
**Pre-Registration Encouraged!**



**Registration Link & Contact Info: [Unityandserviceconference.org](http://Unityandserviceconference.org)**

**925.222.5639**

# Grapevine – Share the Love



## Grapevine Perspective

Hosted by El Sobrante Fellowship

Speakers and sharing – 1 hour

**Saturday, August 15, 2020 2 PM** Pacific Daylight Time

Angela - Grapevine share the love

Sheila – The Grapevine Rep

Raymundo – Grapevine in 12<sup>th</sup> Step work

Meeting ID: 258-738-422

Password: 112695

Note meeting size is limited to 100 participants



# CALIFORNIA NORTHERN COASTAL AREA 06 OF ALCOHOLICS ANONYMOUS

## **SUMMER ASSEMBLY 2020**

“2020 – A Clear Vision for You”

**SATURDAY AUGUST 8, 2020**

[CLICK HERE FOR ZOOM JOIN LINK](#)

**MEETING I.D. 915 1109 1230  
JOIN BY PHONE: 408 638 0968**

Zoom Room Opens	8:30 – 9:00 a.m.
Zoom Orientation	9:00 – 9:10 a.m.
Business Meeting	9:10 – 12:00 p.m.
Lunch Break	12:00 – 1:00 p.m.

### **Workshop Session I: 1:00 – 2:15 p.m.**

1. AA in the Digital Age: Moving Ahead Without Leaving People Behind
2. AA – Our Financial Future and Our Options
3. Our Tenth Tradition – When “Outside Issues” Affect Our Primary Purpose

### **Workshop Session II: 2:30 – 3:45 p.m.**

1. Passing it on in General Service – Variations on the 12<sup>th</sup> Step
2. I Am Responsible – Inclusion and Diversity
3. Sustaining AA and Our Legacy for the Future

Questions & Answers	4:00 – 4:30 p.m.
What’s on Your Mind?	4:30 – 5:00 p.m.

**SPANISH-ENGLISH INTERPRETATION IS PROVIDED DURING ENTIRE MEETING,  
INCLUDING ALL WORKSHOP SESSIONS**