



## Fellowship of the Lake

### AA BIRTHDAYS

#### APRIL

Jim W 4-9-08  
Susan T 4-16-93  
Jeanne S 4-29-77  
Randy T 4-27-97

#### MAY

Bonnie C 5-8-86  
Dennis S 5-30-92  
Debbie Z 5-21-07

#### JUNE

Beth Anne W. 6-26-05  
Victor P. 6-19-05

**Next issue Deadline  
is June 20th**

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## PRAASA is ENTHUSIASM and GRATITUDE in ACTION

*Tanya S, GSR, Fireside Group, Middletown*

First time to PRAASA  
The Pacific Region's AA Service Assembly is a yearly event. This year it was as close as it gets - Oakland. The past GSR of my group thought it was such a valuable experience that our group passes a PRAASA can around one meeting a month to help send our GSR to the assembly.

I am new to General Service and did not have a clue what to expect. I tend to hide out in the country, so going to any city is always BIG. Rosa

M. and I could not even find the way up to our room at the Marriot Convention Center at first. We ended up on an elevator that did not even have our floor on it and only took us as far as some private floor. Still, I remained optimistic because two whole days of no cooking or dishes lay ahead.

The Conference theme this year is Our Commitment to Carry AA's Message- Enthusiasm and Gratitude in Action. Area delegates from our region to the conference in NY

were there and many of them were assigned a topic to present to us. In a huge room with mics, speakers and video screens the delegates gave talks about different panel topics. Topics included our commitment to carry the message, our commitment to self-support, Grapevine and literature, PI and CPC, young people in AA, changing our perceptions and how we co-operate. After the 3-4 delegates talk on a panel the mics are open to the floor and anyone who wants gets a limited time to comment on an issue. I was impressed with the Spanish speaking AA'ers desire to come to the mic and be heard, along with the young people in AA. What a thought provoking experience.

I can not tell you how often tears sprang to my eyes during this process. It was just that moving. People do go to any length for their sobriety and to carry the message!  
Tanya S.

## *Bald is Beautiful...*

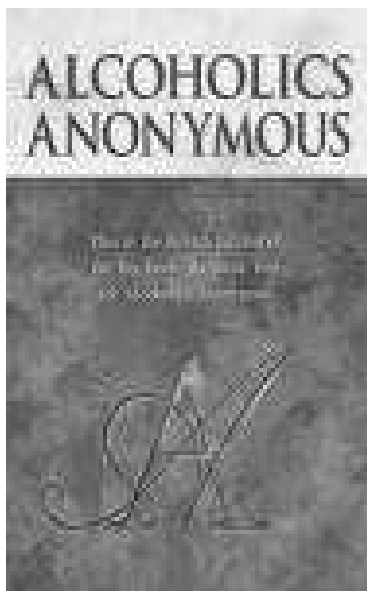
Tuesday Night Tootsies group shave heads in solidarity and camaraderie with Linda J., such is the love we find in these rooms!

Pictured are AA members Rosa, Jackie and Nancy along with Linda J. and Suzanne (not pictured) You will see them donning hats with hair at future meetings.

Through it all, Linda says, "I have not even thought of taking a drink...it has not even occurred to me!"



*...we are NOT a glum lot*



## Big Book Study

I was thinking of something I had read early on in the big book. Pg 27 chapter 2 "There a solution". A gentleman named Roland Hazzard had been working with a prominent physician in Europe for a year trying to recover. This Dr was the third most recommended Dr in the world . The first was Dr Freud and the second was a Dr Ad- who at the time were to busy to see Roland. After a year of intensive work with Dr Jung, Roland Hazzard found himself drunk soon again, with no explanation for his relapse.

On page 27 is the conversation Dr. Jung had with Roland.

The doctor said: "You have the mind of a chronic alcoholic. I have never seen one single case recover, where that state of mind existed to the extent that it does in you." Our friend felt as though the gates of hell had closed on him with a clang. He said to the doctor, "Is there no exception?" "Yes," replied the doctor," there is. Exceptions to cases such as yours have been occurring since early times. Here and there, once in awhile, alcoholics have had what are called vital spiritual experiences. To me these occurrences are phenomena. they appear to be in the nature of huge emotional

*Submitted by B.J. S, Lakeport*

displacements and rearrangements. Ideas emotions, and attitudes which were once the guiding forces of the lives of these men are suddenly cast to one side, and a completely new set of conceptions and motives begin to dominate them.

If you truly want to quit drinking and if you have decided you want what we have and are willing to go to any length to get it then it is imperative you take these steps which are suggested as a program of recovery, so you too can have your own vital spiritual experience..

May God bless you.....BJ

**PRASSA started off with this important reminder,**

**Our primary purpose!**

**Remember to make everyone that walks into AA feel welcomed and loved - place no expectations on them, exclude no one. You may save a life, that may save a life!**

**Love, John O**

## Notes from a Newcomer

*Heather R, Lakeport*

I am an Alcoholic and I am a member of Alcoholics Anonymous - my name is Heather. I have been sober for 135 days. Only another Alcoholic can truly understand the enormity of this simple statement. Only another Alcoholic in the program of Alcoholics Anonymous can comprehend the work that has gone into amassing this amount of time. In my life before this program the passing of days was never recognized as an accomplishment since every single 24 hour period that went by was as equally painful and destructive as the one that preceded it. Today, this is no longer my reality. Today, I choose life. I choose to set myself up for success

rather than failure. I do this by following the suggestions of the Alcoholics in this program who came before me. I start each day by turning my will and my life over to the care of my God, as I understand Her, and I pray for the strength to stay sober and for the ability to help another Alcoholic. I attend meetings daily which allows me to draw on the experience, strength, and hope of fellow members as well as giving me the opportunity to share my recovery with them. I have a wonderful and dedicated sponsor who is taking me through the 12 steps of Alcoholics Anonymous - I have worked the first 4 steps and the results of my hard work are glaringly apparent to

not only me but to those around me. I have taken a service commitment - I am the Secretary of the Thursday evening speaker meeting at the 12 step center. Volunteering in this capacity makes me feel that I play an integral role within our fellowship. Done by themselves, none of these things will keep me sober but when practiced in conjunction with each other, I have hope. Before coming into the rooms of Alcoholics Anonymous I could not conceive of a life lived in sobriety. My only understanding of "sober living" was my firm belief that the term was an oxymoron. Never did I imagine the freedom and the joy or the sense of inner peace that I would have now as a direct result of not drinking and of working my program. This newcomer is going to keep coming back. - Heather R

## Agenda Topics Workshop

by Phil B. , Alt. DCMC District 13, Lake Pillsbury

Sonoma County General Service provided us with a unique experience in Santa Rosa on February 21.

“Our commitment to carry A.A.'s message, enthusiasm and gratitude in action” was the perfect title for district 12's workshop! Greeted with hand shakes, hugs and even Kona coffee, everyone felt right at home. Our district, District 13, was well represented with about dozen of us willing to make the trudge over the mountain. Rem R. of district 12, started things off with a great welcome and announcements of what was ahead of us for the day. David N., panel 59's delegate shared with us what the delegate needs to know. With his keen insight and experience, he kept us well informed and entertained. The workshop was set with

three panels, with two topics each. A speaker for each topic. Two of the speakers were past delegates, which was a real treat for us. “Humility and Sacrifice” was the title for the first panel, followed by “Enthusiasm and Gratitude” for the second. The third panel was “Spiritual program in action”. Each speaker took us to a deep review of our own humility, sacrifice, enthusiasm and the state of our own spiritual program. It was conveyed to us that this review, should extend to our group, district and area. There was laughter, joy and tears, enough for all.

Panelists, well done!

After lunch, which was just great. District 12 was on top of their game again. We broke up in groups for mock sharing sessions. This was to help us understand the GSR's procedure for discussing agenda topics at our group level. It was very helpful and it was a lot of fun. After our mock sharing sessions we were once again treated to a past delegate, Bill M. He gave us a great review on our traditions, “It is not about me” was the theme. He spoke on just how important the traditions are to us as individuals as they are to the group! Well done Bill!

We closed the meeting in the usual manner. The event was a great way to start out panel 59's assembly year!

Phil B.

*The strength of our whole A.A. service structure starts with the group and with the general service representative (G.S.R.) the group elects. I cannot emphasize too strongly the G.S.R.'s importance.*

*Bill W. on general services and the GSR*

*PI/CPC:*

*Public Information & Cooperation with the Professional Community ...  
12th Step Work*

**JOIN LAKE CO. AA's  
PI/CPC COMMITTEE**

Whether you are simply interested in assisting us keep AA Literature racks stocked at various locations throughout the county, public speaking at schools and organizations or distributing information to professionals we need your help and participation!

Our PI/CPC Committee is already cooperating with Team DUI a community task force dedicated to providing information on drinking and driving at our local schools.

See back page for

Monthly meeting info.!

## Is Your Group in the Loop?

**Lake County**

**G.S.R.s**

**SUB-DISTRICT 01:**

**DCM: John O.**

Konocti Bay (Vacant)

Clearlake Riviera (Vacant)

Men's Stag Riviera (Vacant)

**Kelseyville Sat. Nt .(Becky)**

**Tues/Thurs 6 pm (Echo3)**

**Lakeport Fellowship (Patrick)**

Joy of Living (vacant)

**Work Topic (Ron)**

**12 x 12 x 12 Study (Art)**

**Easy Does It (Susan)**

**Phoenix Rising (Art-Liason)**

**SUB DISTRICT 02:**

**DCM: Aaron**

Mon. Night Kiss (Vacant)

Thurs. Night Hugs (Vacant)

11<sup>th</sup> Hour Women's (Vacant)

**Clearlake Speaker (Larry)**

**Clearlake Oaks (Hoyt)**

Cobb Book study (Vacant)

**Big Book Study (Frank)**

Women's Tootsies (Vacant)

**LL Fellowship (Frank, Bill)**

Tuesday Serenity (Vacant)

Thursday Morning (Vacant)

**Serenity Skrs (Mary Ellen)**

Tues. Men's Stag (Vacant)

Unity Group (Vacant)

**Fireside Fri. (Tanya)**



“Jeez—jailed again!”

Intergroup Newsletter Editor:  
Susan T.

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We're on the Web

[www.lakecountyaa.org](http://www.lakecountyaa.org)

**Lake County AA as a whole:**

**H&I meets:**

*Second Tuesday at 6:pm at the Alano Club in Lakeport*

**PI/CPC committee meets:**

*First Wednesday 6pm Galilee Church in Kelseyville*

**Intergroup meets:**

*Second Wednesday 6:30pm Galilee Church in Kelseyville*

**District 13 meets:**

*First Wednesday 7pm Galilee Church in Kelseyville*

**Area 6 meets:**

*Fourth Friday in Petaluma 10am to 3:30 at the Community Ctr.*

**Lake County AA Fellowship Calendar**

**Saturday APRIL 18th—Soberfest 09 fundraising breakfast**

*Will be held at the Alano Club in Lakeport on Saturday from 10:15 – 11:15 a.m.*

*Call Johnny B for more info (707) 501-7157*

**Saturday MAY 2nd—FIRST ANNUAL AA OLYMPIC GAMES & BBQ**

*Bring the whole family to Lakeside Park in Kelseyville! 11am to 5pm. Playgrounds, Swimming, Fishing, Picnic Area, Ball Park. We'll play Softball (please bring any equipment you have to share), Tug of Wills, Resentment Relay, Pass It On Lifesavers, Dodge Thoughts. Bring your own chairs. We will provide Hot Dogs, Soda, Water, Salads.*

*For more information call Rosa 707-998-3155*

**Friday MAY 8th—FIRESIDE FRIDAY NIGHT GROUP—Potluck**

*Potluck at 6:30 and Meeting at 8pm. Bring your favorite dish and join us for the meeting before the meeting! United Methodist Church corner of Armstrong and Washington in Middletown. Call Jackie for info: 707-995-2017*

**JUNE 5th-7th—20th ANNUAL AA SOBERFEST**

**at U-Wanna-Camp in Lakeport**

*Alcoholics Anonymous Intergroup Soberfest has been a solid part of Lake County AA's history. This is a time to camp out with your friends in sobriety for a weekend of leisure, meetings, dynamic speakers, and a fantastic trip-tip dinner. There will be a 50-50 raffle, as well as, a prize raffle again this year. Gather all your friends and be a part of the celebration of a way of life that allows for "a new freedom and a new happiness".*

*Watch for registration forms out soon!*

*To volunteer to be part of the Soberfest crew contact: John O. 707-279-2849*

