

# Napa Valley Intergroup Minutes

## February 9, 2019

<b>10:00 AM</b>	Opening
<b>10:15 AM</b>	Monthly Tradition Reading & Discussion
<b>10:20 AM</b>	Housekeeping Motions & 7 <sup>th</sup> Tradition
<b>10:40 AM</b>	Officer Reports
<b>10:45 AM</b>	Liaison Reports
<b>10:55 AM</b>	Committee & Event Reports
<b>11:00AM</b>	<b>10 min Break</b>
<b>11:10 AM</b>	Old Business
<b>11:20 AM</b>	New Business
<b>11:30 AM</b>	Discussion Items
<b>11:40 AM</b>	Review Items under 'Take Back to Your Groups'
<b>12:00 PM</b>	Closing Statement

### Opening

- Moment of Silence & Serenity Prayer
- New Intergroup Reps/ New Comer Packets: Introductions and your position: Officers, Reps, Visitors:
  - Janet new Intergroup Rep – from Discovery Group*
  - Tom new Intergroup Rep – from A Day At A Time*
- Sobriety Birthdays This Month:
- Last month's minutes (Yellow Copy) & Agenda on the Table (White Copy)
- Minutes are approved unless there are any objections.
  - January minutes approved with one amendment on page 7*
- Pass the sign-in sheet \*Service Sponsor

### Monthly Tradition Reading & Discussion

**This month's Reader: James:** For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience.

**Next Month's Reader:** *Leoda will read next month. (Group conscious taken – we will read the tradition out of the illustrated pamphlet going forward, beginning next month).*

### 7<sup>th</sup> Tradition

We have no dues or fees in A.A. We are entirely self-supporting, declining outside contributions. This self-support includes our rent for this room, the coffee and refreshments, and contributions to our Intergroup, District, Area and GSO in New York.

**Housekeeping Motions-** These are procedural motions and pass with no objections. If the motion does not pass it will move to new business.

### Officer Reports

## Napa Valley Intergroup Minutes February 9, 2019

**Chair** – Jenna B. – [chair@aanapa.org](mailto:chair@aanapa.org)

**Alternate Chair** – Mark B – [alternatechair@aanapa.org](mailto:alternatechair@aanapa.org)

**Hotline Chair** – Brian C. [hotline@aanapa.org](mailto:hotline@aanapa.org)

**Secretary** - Elaina S. [secretary@aanapa.org](mailto:secretary@aanapa.org):

**Literature Chair** – John K. [literature@aanapa.org](mailto:literature@aanapa.org)

Received and filled 3 orders this month.

After discussion at last month's meeting I ordered the new pamphlet "The God Word-Atheists and Agnostics in AA" (100 to start) for distribution to groups. If there is interest, and some idea of how many might requested, I can order more.

Once the hand-off from previous Literature Chair is complete, and storeroom established at the Crosswalk Church, I plan to check our stock (especially pamphlets) against what is currently available from AAWS. Any additions or expansion of inventory would be discussed at regular Intergroup meetings.

In service,

John K

[literature@aanapa.org](mailto:literature@aanapa.org)

**Meeting Schedule Chair** – Paul C. [meetings@aanapa.org](mailto:meetings@aanapa.org)

**Newsletter Chair** – Catherine: [newsletter@aanapa.org](mailto:newsletter@aanapa.org) 707-266-8844

*Newsletter will be available at next Intergroup meeting (March)*

**Delegate at Large** – Robin [delegate@aanapa.org](mailto:delegate@aanapa.org)

**Birthday Meeting Chair** – Chris C & Frank F. [birthdaymeeting@aanapa.org](mailto:birthdaymeeting@aanapa.org)

Napa Valley Intergroup Birthday Meeting Monthly Report

Birthday Meeting Date: 1/25/2019

Total Income: \$302.55

7th Tradition: \$261.84

H&I: \$40.71

Expenses: \$45.98 (Cake) Coffee Supplies \$39.40

Total Expenses: \$85.38

Net Income and or Intergroup Contribution: \$217.17

Next Meeting: 2/22/2019

Solid assistance from members of the fellowship with set up & clean-up.

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Got Coffee Maker!

Got Greeters!

Thank You for letting me be of service.....ff

**Web Editor** – Alston C. [webeditor@aanapa.org](mailto:webeditor@aanapa.org):  
*All AA email addresses are working properly.*

**Treasurer** – Seth T. [treasurer@aanapa.org](mailto:treasurer@aanapa.org)

FEBRUARY 2019 TREASURERS' REPORT						
					STARTING BALANCE	\$ 8,597.92
DATE	CK#	PAY TO	PURPOSE	DEBIT	CREDIT	
1/12/2019	2177	Paul Chamberlain	Schedules	\$ 226.28		
1/12/2019	2178	Mark Beglin	Donuts, etc.	\$ 27.82		
1/12/2019	2179	David Hunt	Coffee meeting	\$ 8.37		
1/12/2019	2180	Jenna Bolyarde	Intergroup copies	\$ 74.38		
1/14/2019		Deposit			\$ 1,611.07	
1/30/2019		Deposit			\$ 69.00	
1/28/2019		Deposit			\$ 3.94	
1/28/2019		Deposit			\$ 108.93	
1/28/2019		Deposit			\$ 607.39	
1/28/2019		Deposit			\$ 72.42	
1/30/2019	debit	Freedom Voice	Hotline - Jan '19	\$ 66.82		
<b>TOTAL</b>				<b>\$ 403.67</b>	<b>\$ 11,070.67</b>	
<b>Ending Balance</b>					<b>\$ 10,667.00</b>	

GRP CONTRIBUTIONS 2018-2019	JAN
Came to Believe	\$ 607.39
Fri Night at the Queen	\$ 108.93
Intergroup	\$ 29.00
Keep Coming Back	\$ 132.00
Sober Today	\$ 69.00
Thank God it's Monday-Sunday	\$ 790.93
Topic Discussion Meeting	\$ 72.42
<b>Total</b>	<b>\$1,809.67</b>

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Intergroup Budget, FY19														
	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Total	2018-19 Budgeted
<b>INCOME</b>														
<b>7TH TRADITION:</b>														
Incl. WORKSHOPS, ANNIV. PARTY and ALCATHONS													\$ 779.07	\$ 1,000.00
BIRTHDAY MEETING	\$ 197.36	\$ 203.19	\$ 118.11	\$ 154.31	\$ 158.87	\$ 160.97							\$ 992.81	\$ 1,700.00
GROUP CONTRIBUTIONS	\$ 2,371.93	\$ 1,637.41	\$ 133.00	\$ 2,099.31	\$ 145.85	\$ 127.00	\$ 1,809.67						\$ 8,324.17	\$ 11,600.00
GROUP DONATIONS TO IG EVENTS				\$ 25.00	\$ 100.00	\$ 300.00							\$ 425.00	
LITERATURE SALES	\$ 419.50				\$ 821.75								\$ 1,241.25	\$ 3,700.00
PRUDENT RESERVE													\$ 2,000.00	\$ 2,000.00
<b>TOTAL</b>	<b>\$ 2,988.79</b>	<b>\$ 1,840.60</b>	<b>\$ 251.11</b>	<b>\$ 2,412.62</b>	<b>\$ 1,557.47</b>	<b>\$ 902.04</b>	<b>\$ 1,809.67</b>						<b>\$ 13,762.30</b>	<b>\$ 20,000.00</b>
<b>EXPENSE</b>														
<b>ALCATHONS (3 @ \$850 each)</b>					\$ 850.00	\$ 850.00	\$ 640.98						\$ 2,340.98	\$ 2,550.00
<b>ANNIVERSARY PARTY</b>			\$ 1,500.00		\$ (800.31)	\$ 207.33							\$ 907.02	\$ 1,500.00
<b>BIRTHDAY MTG</b>														
Rent	\$ 100.00	\$ 100.00	\$ 100.00	\$ 100.00	\$ 100.00	\$ 100.00	\$ 100.00	\$ 100.00	\$ 100.00	\$ 100.00	\$ 100.00	\$ 100.00	\$ 900.00	\$ 1,200.00
Supplies (lit, chips & coffee only)	\$ 45.98	\$ 233.78	\$ 64.36	\$ 45.98	\$ 125.72	\$ 103.48							\$ 619.30	\$ 1,000.00
<b>HOTLINE</b>														
Freedom Voice	\$ 66.82	\$ 66.82	\$ 66.82	\$ 66.82	\$ 66.82	\$ 66.82	\$ 66.82	\$ 66.82	\$ 66.82	\$ 66.82	\$ 66.82	\$ 66.82	\$ 467.74	\$ 810.00
Napa Register daily ad			\$ 210.26	\$ 210.26	\$ 210.26	\$ 210.26	\$ 210.26	\$ 210.26	\$ 210.26	\$ 210.26	\$ 210.26	\$ 210.26	\$ 1,261.56	\$ 2,510.50
<b>IGROUP</b>														
Copies	\$ 38.51	\$ 37.27	\$ 21.55	\$ 27.23	\$ 48.79	\$ 83.02	\$ 74.38						\$ 330.75	\$ 500.00
Insurance													\$ -	\$ 425.00
PO Box													\$ -	\$ 140.00
Rent - Crosswalk Church	\$ 33.13	\$ 36.48	\$ 21.98	\$ 30.56	\$ 35.00	\$ 27.72	\$ 36.19	\$ 10.00	\$ 10.00	\$ 10.00	\$ 10.00	\$ 10.00	\$ 60.00	\$ 120.00
Supplies	\$ 25.00	\$ 25.00	\$ 25.00	\$ 25.00	\$ 25.00	\$ 25.00	\$ 25.00	\$ 25.00	\$ 25.00	\$ 25.00	\$ 25.00	\$ 25.00	\$ 221.06	\$ 500.00
Storage													\$ 300.00	\$ 300.00
Misc													\$ -	\$ 144.50
AA Campout Deposit					\$ 1,770.48								\$ 1,770.48	
<b>LITERATURE</b>														
Books & Pamphlets	\$ 1,253.32					\$ 1,192.85							\$ 2,446.17	\$ 3,700.00
Schedules	\$ 270.72				\$ 226.27		\$ 226.28						\$ 723.27	\$ 1,000.00
Sales Tax													\$ -	\$ 300.00
<b>NEWSLETTER</b>			\$ 13.53			\$ 15.70							\$ 29.23	\$ 400.00
<b>WEBSITE</b>					\$ 167.87								\$ 167.87	\$ 400.00
In Motion Hosting													\$ -	\$ 500.00
<b>WORKSHOPS (4 @ \$125 each)</b>					\$ 125.00								\$ 164.00	\$ 500.00
<b>Prudent Reserve</b>													\$ 2,000.00	\$ 2,000.00
<b>TOTAL</b>	<b>\$ 1,833.48</b>	<b>\$ 499.35</b>	<b>\$ 2,023.50</b>	<b>\$ 680.54</b>	<b>\$ 3,833.54</b>	<b>\$ 2,504.83</b>	<b>\$ 748.93</b>	<b>\$ 345.26</b>	<b>\$ 135.00</b>	<b>\$ 35.00</b>	<b>\$ 35.00</b>	<b>\$ 35.00</b>	<b>\$ 12,709.43</b>	<b>\$ 20,000.00</b>
<b>H&amp;I Collected</b>	<b>\$ 40.73</b>	<b>\$ 42.65</b>	<b>\$ 43.41</b>	<b>\$ 23.05</b>	<b>\$ 70.62</b>	<b>\$ 69.50</b>	<b>\$ 4.00</b>						<b>\$ 293.96</b>	
													<b>H &amp; I Total</b>	

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### Liaison/Committee Reports

#### **Liaison to General Service District 11 – Edward T**

--Monthly GSR meeting --> 1<sup>st</sup> Saturday of the Month; 10am-12pm at Yountville Veteran's Home Lincoln Hall, Section A

Agenda Topics will be coming out and the group conscience will be taken at meetings for upcoming General Service Assesmbly

Unity Day is scheduled for June 29<sup>th</sup> – Dianne 541-390-1926

#### **Liaison to H & I – John**

##### **Proposed report to be submitted to Intergroup and General Service**

H&I welcomes anyone to join us at our monthly business meeting 6:45 pm on the first Friday of the month at the Sea Scout Building. Learn about the workings of H&I and how to get involved. Did you know that there are facilities that you can attend without filling out clearance paperwork, make a commitment or even share? Currently Area 51 brings 26 meetings a week and literature to the Women's Jail, Men's Jail, Men's Jail Spanish, California Medical Facility, Crestwood Behavior Center Vallejo, Crestwood Behavior Center Angwin, Casa Vallejo, McAlister, Napa South Shelter, Napa State Hospital Spanish, Napa State Hospital English, Queen of the Valley Hospital, SHAMIA house and Vallejo Detox. You can learn more about H&I by going to <http://www.handinorcal.org> or by contacting Grady S contact info [gradysibert@gmail.com](mailto:gradysibert@gmail.com) 707-319-9094.

#### **Open Positions**

Intergroup Liaison

General Service Liaison

Bridging The Gap Liaison

Crestwood Behavior Center Angwin

Online Contributions

Notice: New sticker on pink cans - Make credit card contributions online and get an immediate receipt: [www.handinorcal.org/contribute](http://www.handinorcal.org/contribute)

#### **46<sup>th</sup> Annual Hospital and Institution Conference "Free on the Inside"**

May 3,4 & 5

McCormick Hall, Solano County Fairgrounds

900 Fairground Drive, Vallejo, CA 94589

See Attached Flyer.

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Please ask your group to create an H&I Liaison service position and have them come to the H&I Business Meeting. Every night there is an opportunity to shadow and observe an H&I meeting in action.

**Next meeting Friday, March 1, 2019 6:45pm at Sea Scouts**

### **Event Reports:**

New Years Alcathon Report

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Napa Valley Intergroup  
Income/Expense Sheet

EVENT: 2018-19 NEW YEAR'S ALCOHOL  
DATE: DEC 31, 2018 - ~~Jan 1, 2019~~ Jan 1, 2019

**INCOME**

NVIG Contribution	850.00
7th Tradition	230.06
<del>FOOD</del> FOOD DONATIONS BOX	134.70
<b>TOTAL INCOME</b>	<b>\$1214.76</b>

**EXPENSES**

Description w/receipts attached

Procy City	88.76	
Dollar Tree	58.15	58.15
Costco	115.87	
Grocery Outlet	20.02	
Costco	44.97	
Smart + Fuel	238.47	
Zellers	21.54	
Lucky	136.69	
Lucky	21.05	
Walmart	12.84	
↳ cont. on PAGE 2		
<b>TOTAL EXPENSES</b>	<b>758.56</b>	

for Treasurer's use  
NET INCOME/EXPENSE:

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**Napa Valley Intergroup  
Income/Expense Sheet**

EVENT: 2018-19 New Years At Cotton  
DATE: Dec 31 - Jan 1

**INCOME**

NVIG Contribution	850 <sup>00</sup>
7th Tradition	230 <sup>00</sup>
<del>HHI</del> Food Donations	134 <sup>70</sup>
<b><u>TOTAL INCOME</u></b>	<b>\$1,214.76</b>

**EXPENSES**

Description w/receipts attached	
* DONATIONS TO CHURCH	86.89
Lucky	25.25
Lucky	48.27
Lucky	21.82
Lucky	18.18
Lucky	45.64
Lucky	69.90
Lucky	15.98
Lucky	15.30
Lucky	35.09
Lucky	53.88

PAGE 2 TOTAL 369.31 + 86.89 total  
PAGE 1 TOTAL 758.56

<b><u>TOTAL EXPENSES</u></b>	<b>1,214.76</b>
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for Treasurer's use  
NET INCOME/EXPENSE:

TOTAL INCOME = \$1214.76  
TOTAL EXPENSE = \$1214.76 = 0



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### Workshops – (2 year sobriety requirement)

#### **Intergroup Workshop Proposal**

1.) What is the name of the workshop?

11th Step Workshop - Cultivating Conscious Contact & Developing a Meditation Practice

2.) Where and what date and time will the workshop be held (this is proposed and can change once approval is given).

Saturday, April 13th, 2019

2-4pm

3.) What literature will be involved

Big Book, 12 & 12

4.) Will there be any speakers involved? What will the subject of their speech be?

Yes, there will be two local AA speakers sharing their experience strength and hope related to the 11th Step, and an out of town speaker, Kevin Griffin. He is 35 years sober and specializes in helping people in recovery connect with meditation and a progressive understanding of the 12 Steps.

5.) How does the topic tie in to AA approved literature (steps, traditions, etc.)?

11th Step & importance of developing and maintaining a meditation practice

#### **New Business-**

- 1) Edwards puts in motions to run a workshop on Meditation—Workshop will be focused on 11<sup>th</sup> Step. Would like to bring speaker who has 35 years experience in AA and meditation. Please see above for the workshop proposal

04/13/19 2-4:30pm

Location TBD; Flyer will be available next month

*Motion passed*

- 2) Intergroup Workshop proposal (John K.): "Double Winner: AA for Alcoholics with Mental Health Issues and their Sponsors." Panel discussion incorporating AA approved literature.

05/29/19 tentative date; 2-4pm

Crosswalk church proposed location

*Motion passed (See description below)*

#### **Discussion Items-**

- 1.) Please see attached for proposed Alcahthon Suggestions.

*Jenna will collect feedback and update the handout.*

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**Take Back To Your Groups**

- One workshop spot left for this year, if you are interested in hosting one, please show up at the IG meeting to claim a spot
- **Next Intergroup Newsletter comes out in March** -- Content for newsletter is being asked for! If you have anything you would like to share with the Napa AA Fellowship, please let us know.
- Please send meeting changes to: [meetingchanges@aanapa.org](mailto:meetingchanges@aanapa.org)
- **New pamphlet “The God Word-Atheists and Agnostics in AA”—take to groups for feedback in order to determine how many to order.**
- **Birthday Meeting – service commitments for set up and clean up available. They did not have assistance last month. Next meeting is FEB. 22<sup>nd</sup> at 7pm at Crosswalk Church in the Worship Center.**
- **Bridging the Gap is looking for volunteers (yellow cards for sign up are available)**
- **Workshop Coming! Developing an 11<sup>th</sup> Step Meditation Practice. -- 04/13/19 2-4:30pm. Location TBD.**
- **H&I welcomes anyone to join us at our monthly business meeting 6:45 pm on the first Friday of the month at the Sea Scout Building.**  
*--Crestwood Behavior Center Angwin – in need of site coordinator – someone to coordinate meetings every week*  
  
*Next Business Meeting – 03/01/2019*
- **Current Friday night meeting in St. Helena (St. Helena Discovery Group) is moving to 8pm 1428 Spring St. Room #1 at the Presbyterian Church-- Beginning January 1, 2019 --**

**Closing Statement**

**The Responsibility Statement:**

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

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### **“Double Winners-AA for Alcoholics with Mental Health Issues (and their sponsors)”**

Proposed 2 hour workshop to offer help and support to alcoholics who may also be dealing with mental health issues. Improve understanding of challenges they face for their sponsors, and members of the fellowship at large.

#### Rough agenda

Outline Bill W's extended struggle with depression

2-3 speakers sharing their experiences getting/staying sober

Share AA literature offering help and support to alcoholics who may be dealing with mental health issues. We will draw on many sources (Big Book, 12x12, Pass it On, AA Comes of Age, letters written by Bill W) and provide citations/location of all material quoted. We also intend to distribute AAWS approved pamphlet P-87 (2018) “AA for Alcoholics with Mental Health Issues-and their sponsors”. This contains 12 stories by alcoholics on their personal experiences as double winners, 5 stories by sponsors, and an Afterword, “based on solid AA and medical experience, aimed at helping AA members find the right balance regarding prescribed medication and minimizing the risk of relapse.”

Discussion of what has been presented, q&a, sharing...we have the opportunity to break into smaller groups for part of the time if folks so choose. If it does split up, we hope to all come back in one room to finish off.

Time/date: 5/25/19, 1400-1600 hours

Location: Crosswalk Church, Fireplace Room (with option to move into Blue Room/other space if needed for breakout discussion). Rent \$20. Insurance covered by Intergroup

Main costs would be for printing. Intent is to stay within \$125 budgeted. Cost of flyers/posters and handouts will be determined, and if interest in this workshop by April 13 meeting of Intergroup indicates we need more we will bring it to the group.

Coffee, water, snacks etc. will depend on cost of printing.

Respectfully submitted,

John Kent 707-738-8738

Jim Wall 707-307-8738