

FALL
EDITION
2011

A publication of the
Napa Valley Fellowship of
Alcoholics Anonymous



napa valley

i n t e r g r o u p N E W S

NEW NEWS

These are some updates
about what is going on in
Napa Valley AA

**INTERGROUP
Update**
Intergroup meeting
**SECOND SATURDAY
OF THE MONTH**
CROSS WALK CHURCH
2590 First Street, Napa

Check out
aanapa.org
Your resource site for
Alcoholics Anonymous
In
Napa Valley

Great SERVICE Opportunities
Napa Valley AA
**INTERGROUP
ELECTIONS**

**DECEMBER 10, 2011
POSITIONS AVAILABLE**

**INTER GROUP CHAIR
BIRTHDAY MEETING CHAIR
WEBSITE CHAIR
NEWSLETTER CHAIR
INTERESTED?**

Please attend November 12 meeting to find out about
what it takes to be of service!!

LITERATURE
NEED BIG BOOKS ?

Check out aanap.org for the new order form
if you order for your group have check ready when
you pick up your order at
Crosswalk Church
on 2nd Sat. at 10 or at noon from TJ.

Or email TJ
tjppaa@yahoo.com>

AA HOTLINE
NEW HOTLINE PHONE NUMBER
707 500-7001

ANNIVERSARY PARTY

Oct 22, 2011

3rd Saturday of October

Crosswalk Church,
2590 First St. Napa
ENJOY A SPEAKER MEETING 4pm
POTLUCK DINNER
DANCING TO DJ
AND



**RHYTHM CATS LIVE
BAND
AT 8:00**

For all of those interested
in helping please attend
Meeting at Alano Center
6:30 Thursday Oct. 13&20

ALCATHONS COMING UP!
Thanksgiving Alcathon –
Contact Eloise P.-
ebvpowers@yahoo.com

Christmas Alcathon-
Alano Center
December 24, 12 noon-
December 25, 12 midnight
contact
Fergie –Chair

NEED CHAIR
–for-
New Year's Alcathon –



Pamphlet: AA Member Medications and
Other Drugs is now available online at
aa.org under Literature then click on pamphlets.

CHECK OUT- Secretary's handbook at
aanapa.org
You can also find Guidelines for Treasurer

District Calendar

November 5, Fall Assembly,
San Francisco

GSRs should already have been asking groups for questions for
the Area
Inventory... to be done at the Fall Assembly in SF

District Meeting
FIRST SATURDAY OF THE MONTH
10:00am –12:00
Yountville Vets Home
Building A
Open District Position
Archives Chair

District News

District 11 was awarded the Pre Assembly
Conference for 2013.
More about this will be announced at the
next district meeting.
GSRs will be asking groups how you feel
about whether or not AAWS Literature
should be sold online to groups and individuals..

2012 Unity Day Chair
Grady and Leilani

Workshops

October 15 -

Dealing with Depression in Sobriety..
Alano Center..12-2pm

November 6-

Tools of Sobriety... Rhonda and
TJ presenting.
Alano Center..12-2pm

LOVE AND TOLERANCE

NEW MEETINGS AROUND TOWN

Last Call (Friday 10 pm at alano center) New meeting, Open meeting-Will be an hr long meeting, not longer. As bill see's it style. still hammering out group positions.

***Made A Decision** (Sunday 7:00 pm Alano center) New Meeting. 12x12 study and a tag meeting. Have open positions. Hopefully will have IG rep for next month.

***No Mam** (Mondays 7pm Alano) New meeting. open to men only. handicapped accessible. Bigbook study. Open positions.

***No Sir** (Tuesday 6pm Alano) Women's meeting, Closed. Format changes weekly. Open positions

***Talking Feather** (Monday 6:00 pm, Calistoga) New meeting closed topic discussion. Presbyterian Church at Washington and 3rd street. They serve food!

MEETINGS NEEDING SUPPORT

Experience, Strength, and Hope- (Wednesday, 3:30 pm at crosswalk church.

conf 1) needs support new meeting.

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NERB (Tuesday 6:00 pm, Yountville) – Needs support

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***Open Book Group** (Friday 12:15 pm, Napa) . Needs some participation. St. Marys church.

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***St. Helena Sharing Meeting** (Saturday 7:30 St. Helena-. Needs support.

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***Topic Discussion Group** (Thursday 7:30 pm, Deer Park) – Fergie- Needs support and attendance

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***Unity, Service, Recovery Group** (Saturday 6:45 pm, Napa) – Meeting could use support. Open positions.

Opportunities To be of Service

AA Answering Service Hotline

Jim W.
(415) 497-8848
Hotline@aanapa.org

Bridging the GAP

Speakers needed

Contact
Leilani
707 934-5812

Come and get involved Young Peoples meeting

First United Methodist Church
5th and Randolph ST.
Wednesday-7:30pm

MEETING CHANGES CONTACT

JEAN C
(707) 980-1177

QUESTIONS ?
WEBSITE OR NEWSLETTER CONTACT
John at Webmaster@aanapa.org
Elisabeth at Newsletter@aanapa.org

H& I
SERVICE OPPERTUNITIES
First Friday of the Month
SEA SCOUTS HALL
6:45

NAPYPAA
Business meeting
1st & 3rd Wednesday
6:00
Methodist Church
625 Randolph Street
Needs support
Opportunities to be of service
Many service positions are available

SOBRIETY TIPS FOR THE HOLIDAYS

The holidays can be a time of great joy and celebration or a time of great pain, sorrow and depression for anyone. These can be particularly dangerous times for people who are in recovery, especially those in early recovery.

A great tradition to start this season is writing a letter to at least one person who has touched your life in a particularly meaningful way during the previous year. In addition to giving this person the wonderful gift of knowing that they have made a positive difference in your life, writing a letter like this will also benefit you in two distinct and important ways: by strengthening your connection with an important source of support, and by reminding you how far you have progressed in your recovery.

1. **Stay away from the first drink.**
2. **Easy does it.**
3. **Change old routines.**
4. **Remember your last drink**
5. **CALL your sponsor.**
6. **Go to a meeting**
7. **Watch out for hidden alcohol.** Some baked goods, such as rum cake, may contain liquor. Check with the waiter or your host if any of the food may have alcohol, and have something else instead.
8. **Fend off loneliness.** Isolation can be dangerous. Spend time with family and friends who will support your recovery and provide companionship and positive reinforcement.
9. **Eat or drink something yummy.**
10. **Get plenty of rest.**
11. **Be good to yourself**
12. **Be grateful.** Be thankful for the littlest things that bring joy, like a beautiful day, a dependable friend or one more day of sobriety.

GRAPE VINE Subscriptions make great gifts

NAPA VALLEY

Ongoing activities

Check out the new info on these familiar ongoing activities. Many are new locations

Beginner's Meeting	Every Monday	7:30 pm	625 Randolph St., Kagawa Rm, Napa
Birthday Meeting	Last Friday of the Month	7 pm	Crosswalk Church, 2590 First St. Napa
H&I Business Meeting	First Friday of the Month	6:45 pm	SEA SCOUTS HALL
District 11 Meeting	First Saturday of the Month	10 am	Yountville Vets Home, Section A
Intergroup Meeting	Second Saturday of the Month	10 am	CROSSWALK CHURCH
Saturday Speaker Meeting	Every Saturday night	8 pm	625 Randolph St., Methodist Church, Napa

