

COMMUNIQUE



October 2025

NOTICE PAGE – OCTOBER 2025

(Contacts during regular business hours only –AUGUST)

A.A. Calls for Help – 3

A.A. Information – 289

Al-Anon Information – 1

Visitors – 393

24-Hour Hot Line – (925) 939-4155

Business – (925) 939-5371

Fax Number – (925) 939-7125

Web Page: [tp://www.ContraCostaAA.org](http://www.ContraCostaAA.org)

Service Center Hours:

9:00AM to 5:00PM Monday thru Friday, and 10:00AM to 2:00PM on Saturday

Next Intergroup Meeting: Intergroup meeting: October 28, 2025, at 7:30PM

New IGR Orientation: October 28, 2025 at 7:00PM

New Intergroup Representatives: (AUGUST)

- Jennifer A. – Out of the Crossfire, Antioch (4400)
- Jonathan H. – Friday Night Candlelight (5060)
- Diane B. – Winner Group, Walnut Creek (5190)

NOTE: All New Secretaries: Please provide us with your contact information.

MEMBER INFORMATION (ON-LINE): www.ContraCostaAA.org

BUCKS O' THE MONTH ~ BIRTHDAY CLUB ~ MEMBER CONTRIBUTIONS (August 2025)

Cirilo O., William O., Ed G., and *Anonymous members* ~ Thank you for your generosity!

October 2025 Communique

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DANVILLE-DIABLO SPEAKER MEETING

The First Saturday of the Month

FOR MORE INFORMATION PLEASE CHECK OUR WEBSITE AT DDSM.ORG OR EMAIL DANVILLEDIABLOSM@GMAIL.COM

COMMUNITY PRESBYTERIAN CHURCH

222W El Pintado Danville CA

8:00-10:00pm

Doors open at

7:30pm

ONLINE:

Zoom Link:

885-808-3946

Password 146975



We have a 50/50 and literature drawing!

**30, 60, 90 DAYS, 6 & 9 MONTHS, 1, 2 AND
CONSECUTIVE YEARS THEREAFTER!**

UPCOMING SPEAKERS

OCTOBER 4 - RICHARD B., W. LOS ANGELES CA

NOVEMBER 1 - HEIDI S., GROVE CITY PA

DECEMBER 6 - BRENDAN D., SEATTLE WA

JANUARY 3 - JILLIAN D., MARTINEZ. CA

FEBRUARY 7, 2026 - BOB D., LAS VEGAS, NV

MARCH 7, 2026 - QUINCY W., AUGORA HILLS, CA

Join us for dinner with the speaker!

6:00pm at Sideboard - 90 Railroad Ave., Danville

RSVP to Hospitality Chair at danvillediablosm@gmail.com by noon,
Friday before meeting or without RSVP we cannot guarantee a seat or table.



SCAN TO PAY

[7TH TRADITION DONATION](#)



DANVILLEDIABLOSM@GMAIL.COM



WWW.DDSM.ORG

District 08 Unity Day



Hybrid Event
Meeting ID 2927257830
Passcode: 080808
Saturday
November 15, 2025
9:30am-3:00pm
St. Matthew's Church
399 Wiget Lane
Walnut Creek, CA
Speaker's, Service Tables,
Fellowship & Fun!!
Breakfast & Lunch Provided
Wheelchair &
Hearing impaired accessible



CLAYTON VALLEY WOMEN'S MEETING

When: every Tues 7:00-8:00

Where: 6055 Main St, Clayton CA

Clayton Community Church; enter on right side
(by patio area)

What: Literature meeting, we have books
available or bring your own. Now reading the
Big Book

Who: Women only- closed group

Please share with your groups, bring your
sponsor or sponsee.

Coffee & Tea provided- snacks always
available

Sobriety countdown the third Tues of each
month

Join the Bucks O'Month Club Support your Contra Costa Service Center!

For only \$20.00 a year you can help "carry the message to the alcoholic who still suffers".

Your dollars help pay for the following.

- The 24-hour meeting hotline
- Contra Costa Meeting Schedules
- Intergroup Activities
- All Groups Speaker Meeting
- Annual Anniversary Party
- July Picnic
- Online Audio Library
- Public Information

As a thank you we will send you the monthly newsletter, "The Communiqué"

Cut Here

Just mail \$20.00 and this form to:

**The Contra Costa Service Center
185 Mayhew Way
Walnut Creek, CA 94597**

I wish to join the Bucks O'Month Club.

Name_____

Address_____

City and Zip Code_____

Telephone Number_____

Home Group_____



All Groups
Speaker
Meetings

THIRD SATURDAY OF THE MONTH

Doors Open at 7:30 pm
Meeting starts at 8:00 pm

- Host Group overview / history
- 10 minute speaker
- Main Speaker

Church of the Resurrection

399 Gregory Lane - Pleasant Hill

Date: Saturday, October 18th

Speaker: TBD

Hosted by: Girls Gone Mild Group, Pinole

For more info or to have YOUR group host a meeting,
contact Jessica: lilosborne80@gmail.com

Childcare Women's Meeting



All Children
welcome!

Saint Mark's Church

Address: 3051 Putnam Blvd, Pleasant Hill

Our professional sitter will watch children in the designated play room next to the meeting room



Northern California Council of Alcoholics Anonymous
NCCAA SAN RAMON HOST COMMITTEE PRESENTS
FEAST OF THE FALLEN – BONE APPETIT!!
(VEGETARIAN OPTION AVAILABLE)
A SCARY & TRAGIC EVENT
HALLOWEEN SPEAKER MEETING,
DINNER & COSTUME PARTY

SATURDAY OCTOBER 18TH 6:00-9:00PM

St. Philip's Church, 8850 Davona Dr, Dublin

Enjoy dinner, treats, fellowship & fun!

\$15 per person

Tickets available from Committee Members
or Cash/Venmo at the door

Pre-Conference Registration will be available
\$30.00 NorCalAA.org

Come dressed in your best costume or not
(AA costumes welcome) prizes after the speaker
family friendly, For more info & RSVP contact
Mary @ 925-788-1845 or Devlin @ 510-566-2089



**ANTIOCH SATURDAY NOON
WOMEN'S MEETING**

**45TH ANNIVERSARY CELEBRATION
SPEAKER MEETING AND LUNCHEON**

**SATURDAY, NOVEMBER 1, 2025
11:00 AM TO 3:00 PM**

IN PERSON:

**ANTIOCH FAMILY CHURCH OF THE NAZARENE
330 WORRELL ROAD
ANTIOCH, CA**

VIA ZOOM:

**ID – 819 1830 6596
PASSWORD – 1935**

11:00 AM	FELLOWSHIP AND LIGHT REFRESHMENTS
12:00 PM	SPEAKER MEETING
	❖ MAIN SPEAKER: ELIN H. (SKY VALLEY, CA)
1:30 PM	FREE LUNCHEON

Questions? Contact Jannee T.
925-349-8607 or Janneet1966@yahoo.com

"Live from Brentwood California it's Saturday Night Live!"



3rd Saturday 7:30 to 9:00 pm
Cornerstone
Fellowship Church
6641 Lone Tree Way, Brentwood

Sat. October 18th

15 minutes Speaker and 45 Minute Main Speaker



- Sobriety Count Down
- Raffle Drawing (AA Prizes)
- SNL Speaker CD's for sale & pre-order \$5
- Legendary AA Coffee & Cookies
- 12 Step Recovery AA Speakers
- Ice Cream Social follows

FOR MORE INFO CONTACT ORION OFELLES@COMCAST.NET

Love & Service Group of Pleasant Hill, CA

loveandservicegroup.org

Thursday Night | 7:00 PM

In-person meeting with
a choice of formats -
Newcomer, Big Book,
Steps/Traditions/Concepts,
or Introduction
to Meditation



.....
**Contact us for more
information:**
info@loveandservicegroup.org

All in-person meetings
are held at
Hope Center
2275 Morello Avenue
Pleasant Hill,
CA 94523

Sunday Night | 6:00 PM

Hybrid Speaker Meeting
In-Person or Online
Zoom ID: 761 118 6101
Password: LNS12tcnb

10/5 Steve L. | Los Angeles, CA
10/12 Ralph W. | Los Angeles, CA
10/19 Jack M. | Pleasanton, CA

*10/26 - Mari H. | Ontario, Canada
BIRTHDAY CHIP NIGHT 🍪🍪

*4th Sunday of each month
ASL interpretation

HOW CAN I BE OF SERVICE?

Volunteers are always needed and your service is very valuable in carrying the message to those who still suffer. There are many ways to help!

Host an All Groups Speaker Meeting!

The All Groups Speaker Meeting meets the 3rd Saturday of the month and is always looking for "Host Groups." This is a fun way to get your group into the service of AA as a whole in Contra Costa. Contact Jessica. for more info 510-258-7014.

Office Volunteers:

Friendly helpers needed to be the voice and face of AA at the service center desk and answer the phone. Training is provided. Requirement: Two years' sobriety. Contact Alice S., Office Volunteer Coordinator at ccsc.ovc@gmail.com.

Hotline Shifts and 12th Step Calls:

Contact Hotline Chair – Jorge Z. at 12121980JR@gmail.com

Public Information:

PI & Cooperation with Professional Community (CPC) need your help spreading the word. Contact Craig F. at Frostcral@yahoo.com for more information about who benefits from PI/CPC presentations and how your referrals work.

Help Plan the Next Intergroup Event:

Planning events for Alcoholics to get together is important for a sense of unity. Help plan and

Office Volunteer Appreciation ~SEPTEMBER 2025~

❖..... Monday: Joanne D., Steve B., Jim McE. and Kevin L.

❖..... Tuesday: Jeff P., Kevin L., Craig F., Hal S., Jackie C. and Kathy H.

❖..... Wednesday: Gary F., Judy C., Victor G. and Shelley D...

❖..... Thursday: Susan B., Darryl I. LeeAnn P. and Kevin L.

❖..... Friday: Joy E-C, Tim M., Kathy H., Vanz R. and Mike C.

❖..... Saturday: Valerie Y., Janice H., Christy H. Kevin L. and Jan G.



**Come Join El Sobrante Fellowship
 at Our Annual,
 Halloween Bash,
 Birthday Night / Speaker Meeting!
 Speaker - Paul W. from Huntington
 Beach Ca!
 Saturday, October 25th 2025
 The Pinole Senior Center
 2500 Charles Ave Pinole, Ca**

**Tickets \$20.00. Get Your Tix Early! This Event Usually Sells
 Out! Doors open at 5:00,
 Dinner BY Chef Patrick - 6:00. Speaker 7:00
 Costume Contest
 Dancing and Out of this World Raffle! Plus, a 50/50 Raffle!
 Call Debbie O. at 510-388-9284 for more info on the event or
 the raffle!**



CONTRA COSTA INTERGROUP MEETING & NEW INTERGROUP REP ORIENTATION

.....
193 Mayhew Way, Walnut Creek, CA
.....

MONTHLY INTERGROUP MEETING

(4th Tuesday of the Month excluding December)

Next Meeting: October 28, 2025

Time: 7:30 PM

NEW INTERGROUP REP. ORIENTATION

Next Orientation: October 28, 2025

Time: 7:00 PM

Public Information in Cooperation with the Professional Community Committee

Next meeting: Saturday, November 29th

Time: 10:00 am

Location: AA Meeting Room, 193 Mayhew Way, Walnut Creek

Remaining meetings in 2025 (5th Saturdays): January 31st,
May 30th, August 29th, November 29th

Contact: Email contracostaaapi@yahoo.com or call Craig F. at
(908) 448-6068 as needed.

LOVE & SERVICE AA GROUP PRESENTS

THREE LEGACIES CONFERENCE

STEPS, TRADITIONS, CONCEPTS
-HOPE CENTER CHURCH-

2275 MORELLO AVENUE-PLEASANT HILL CA 94523

SPEAKERS

KERRY MEYER, (CLASS A TRUSTEE)

LESLIE K., MODESTO, CA

SHARON A., DEPOT BAY, OR

ARISA B., BROOKLINE, MA

DAVID N., SANTA ROSA, CA

JENNIFER B., SANTA ROSA, CA

MIKE S., RIVERSIDE, CA

HYBRID EVENT

IN-PERSON

EARLY BIRD-\$30

STANDARD-\$44

LAST CALL-\$55

ON-LINE- \$25

**ON-LINE INCLUDES FREE
SPEAKER DOWNLOAD**



NOVEMBER 7 & 8, 2025 SCHEDULE

FRIDAY, NOVEMBER 7, 2025

4:00PM: REGISTRATION OPEN

6:00PM: EVENT SPEAKER

7:45PM: EVENT SPEAKER

SATURDAY NOVEMBER 8, 2025

8:30AM: FREE CONT. BREAKFAST

9:00AM: EVENT SPEAKER

10:45AM: SERVICE PANEL

12:00PM: FREE LUNCH INCLUDED

1:00PM: EVENT SPEAKER

2:45PM: EVENT SPEAKER

5:00PM: BANQUET

6:15PM: FINAL SPEAKER

3LEGACIESCONFERENCE.ORG



Sponsorship & Service Workshop

Join us for a panel discussion and get
questions answered

Saturday, October 18

10am - 12pm

193 Mayhew Way

Get Sober Win Prizes Birthday Night!



**Join us on the last Monday of each
month at 6:30pm**

In person: 1229 Court Street, Martinez

Online: ID# 842-0821-3387, PCode= 1935Prizes

**Come get a chip, a prize and listen to our
speaker of the month!**



TECHNOLOGY IN THE FELLOWSHIP

FROM GSO TO YOUR GROUP

A CNCA06 TECH COMMITTEE
Workshop
Hosted by District 20

General Service App

Grapevine & La Vina

Digital Communication

Meeting Guide App



Saturday 10/18 1-4pm
222 35th Street
Richmond, CA 94805
ID: 883 2115 7535 PW: 1935



Pleasant Hill Rec
Committee Hosts



HALLOWEEN Bingo

Costume
Contest

Snacks



October 25th | 7:30 p.m.

51/50 Raffle

Bingo cards
1 for \$2
3 for \$5



For questions:
Mike O. 925-812-1870

396 CIVIC DR.
PLEASANT HILL



Join the Birthday Club!!

We celebrate birthdays, and we'd like to help you celebrate yours! Send us a donation of \$1 for each year – or a gift of your choosing – and we'll send you a copy of that month's Communiqué, and we'll print your birthday. Include your Home Group, and we'll print that too!

All requests must be in by the 10th of the previous month. Late arrivals will appear the following month.

Just fill in the form below and mail, with your donation, to:

Birthday Club
(Checks payable to Contra Costa Service Center)
185 Mayhew Way
Walnut Creek, CA 94597



\$ _____ *enclosed*

I will have _____ years on ____ / ____ / ____.

Name _____

Address _____

City _____ State: _____ Zip: _____

Phone () _____ - _____

Home Group _____

Find the Contra Costa Communique Online
Click the Communique to see all upcoming
Events and Happenings!!

Contracostaaa.org



PLEASANT HILL REC COMMITTEE HOSTS

THANKSGIVING

Meeting & Potluck



NOVEMBER 27TH

SPEAKER AT 12:00 P.M.

FOOD SERVED AT 1:45PM

Please bring a side dish or dessert to share

There is a sign up list at Civic

The Rec Committee will provide the meats and drinks

396 CIVIC DR., PLEASANT HILL

For questions, please text Mike O.
925-812-1870

HAPPY BELATED – September 2025

- ❖ 5 Years – Cirilo O. – Friday Night Young People

HAPPY BIRTHDAY – October 2025

- ❖ 12 Years – Vanz R, ~ Back to Basics, Mayhew, WC
- ❖ 20 Years – Ted L. – Concord Originals Group
- ❖ 20 Years – Walter B. – Clayton Men's Group
- ❖ 21 Years – Richard W. – New Vista Group, WC
- ❖ 25 Years – Rochelle R. – Into the Light, WC
- ❖ 33 Years – Billy B. – Twelve Steppers, WC
- ❖ 34 Years – John W. – *Dry Dock, Discovery Bay*
- ❖ 36 Years – Vanessa M. – Concord Originals Group
- ❖ 36 Years – Peter M. – Nursery #3, WC
- ❖ 40 Years – Maureen K. – The Mayhew Groups, WC
- ❖ 44 Years – Wendy M. – Into the Light, WC
- ❖ 47 Years – *Joe Cool* M. – Concord Fellowship
- ❖ 48 Years – Penny P. – Principles Study Group
- ❖ 51 Years – Diane J. – Back to Basics, Mayhew WC

A.A World Services, Inc
PO Box 459
Grand Central Station
New York, NY 10163
(212) 870-2400
www.aa.org

SERVICE CONTACT INFORMATION

Intergroup: Matt W. (925) 705-5140
www.contracostaAA.org

General Service District 08: Chuck B. (925) 698-7652
district08cnca.org

Bridging the Gap: James R. (510) 222-4447; btgcoco@gmail.com

Hospitals & Institutions: Annetta D. (707) 332-1349
www.handinorcal.org

CNCA Area 06
www.cnca06.org

Northern California Council of AA
www.norcalaa.org

MONTHLY GENERAL SERVICE DISTRICT 08 MEETING

Hybrid Meeting held the first Tuesday of each month at 7:30 PM
Grace Episcopal Church, 130 Muir Station Road, Martinez, CA

Zoom Meeting: 292 725 7830

New GSR Orientation starts at 6:45 PM

Service Manual & Concept Study also starts at 6:45 PM

Meeting Begins at 7:30 pm

Contra Costa Service Center
Operating Fund and Prudent Reserve
Financial Report: AUG 25 FINANCIALS-RECAP (F)

Operating Cash-Recap-Summary:	<u>JULY</u>	<u>YTD 2025 Year-to-Date</u>	<u>AUGUST</u>	<u>YTD 2025 Year-to-Date</u>
Transfers to (-) from (+) Prudent Reserve		0.00	0.00	0.00
Revenue	19,564.58	142,711.51	11,143.90	153,855.14
Expense	(20,678.80)	(126,603.16)	(10,911.18)	(137,514.34)
YTD Increase / (Decrease)	<u>(1,114.22)</u>	<u>16,108.35</u>	<u>232.72</u>	<u>16,340.80</u>
Prudent Reserve-Recap-Summary:	<u>JULY</u>	<u>Jan 1-Dec 31 Year-to-Date</u>	<u>AUGUST</u>	<u>YTD 2025 Year-to-Date</u>
Beginning Balance	79,362.25	77,793.95	79,362.25	77,793.95
Transfers: Operating Account & Book Fund	0.00	0.00	0.00	0.00
Dividends received	0.00	1,568.30	0.00	1,568.30
Prudent Reserve Balance-end of period	<u>79,362.25</u>	<u>79,362.25</u>	<u>79,362.25</u>	<u>79,362.25</u>
Book Sales and Profit:	<u>JULY</u>	<u>Jan 1-Dec 31 Year-to-Date</u>	<u>AUGUST</u>	<u>YTD 2025 Year-to-Date</u>
Cash Book Receipts for period	3,420.00	18,880.70	2,579.00	21,459.70
Cost of Books Sold	(2,565.00)	(14,160.52)	(1,934.25)	(16,094.77)
Net Profit for the period	<u>855.00</u>	<u>4,720.18</u>	<u>644.75</u>	<u>5,364.93</u>
Total Liquid Assets:				<u>31-Aug-25</u>
Operating Cash (Wells Fargo) (08/31/25)				39,157.80
Prudent Reserve (Operations Reserve)				29,362.25
Prudent Reserve (Facilities/Relocation Reserve)				50,000.00
Savings Account (fee free accts)				504.48
Book Fund Account (WFB)				2,091.78
Book Inventory (On-hand, 08/31/25)				9,141.54
Total Book Fund:				11,233.32
Total Liquid Assets				<u>130,257.85</u>

Contra Costa Service Center
Financial Report: Operating Fund (only)
31-Aug-25

	AUGUST		YTD	YTD/FY	YTD/FY	Full Year
	Actual	Budget	Actual	Budget	Variance	Budget
REVENUE:						
<u>All Groups-Spec. Events</u>						
Traditions Breakfast	0	0	11,309	4,500	6,809	4,500
Golf Scramble	0	0	25,295	17,000	8,295	17,000
Anniversary Event	3,377	0	3,377	0	3,377	11,000
New Year's Event	0	0	0	0	0	12,000
Picnic	0	0	0	0	0	0
Wages and Taxes (refund)	0	0	0	0	0	0
All Groups Spkr. Mtg.	286	183	2,721	1,467	1,255	2,200
Books Sales (25%, Net)	645	708	5,365	5,667	(302)	8,500
Bucks Club/Member Contributions	479	233	3,217	1,867	1,351	2,800
Group Contributions	3,287	7,917	67,391	63,333	4,058	95,000
Intergroup Income	111	125	1,027	1,000	27	1,500
Insurance Premiums (Group Liability)	0	0	258	0	258	0
193 Mayhew Rent, etc.	1,025	2,500	17,801	20,000	(2,199)	30,000
Total Revenue	9,210	11,667	137,761	114,833	22,928	184,500
EXPENSE:						
Wages & Taxes	3,565	5,167	45,111	41,333	(3,778)	62,000
Health Benefits	175	175	1,400	1,400	0	2,100
185 Mayhew - Rent	1,326	1,125	10,714	9,000	(1,714)	13,500
193 Mayhew - Rent. Utilities & Supplies	2,864	2,667	20,566	21,333	767	32,000
Office Supplies	0	208	119	1,667	1,548	2,500
<u>All Groups-Special Events</u>						
Traditions Breakfast	0	0	2,545	2,600	55	2,600
Golf Scramble	0	0	17,115	12,100	(5,015)	12,100
Anniversary Event	0	0	0	6,250	6,250	6,250
New Years Event	0	0	0	6,500	6,500	6,500
Picnic	0	0	0	1,400	1,400	1,400
All Groups Speaker mtg.	0	142	500	850	350	1,700
Printing Lease/Maint./Supplies	0	658	3,945	4,608	0	7,900
Public Information / fees & materials	0	0	0	0	0	0
Hot Line Expenses	0	458	1,852	3,667	1,815	5,500
Telephone	538	417	3,099	3,333	234	5,000
Utilities	505	417	2,897	3,333	437	5,000
Insurance	3	0	2,179	1,267	(912)	1,900
Postage	0	765	1,417	992	(426)	1,700
Pamphlet Purchase	0	0	1,660	1,167	(493)	2,000
Property Maintenance	0	0	2,493	2,493	0	3,000
Facility Improvement(s): 193 Mayhew Way	0	0	1,479	1,479	0	2,500
Intergroup Expense (incl. Event deposits)	0	316	364	1,167	803	2,000
Quarterly Sales Tax (8.75%)	0	250	1,516	1,750	234	3,000
Prudent Reserve (qtrly transfer)	0	0	0	0	0	2,500
Accounting	0	83	450	583	133	1,000
Total Operating Expenses	8,977	12,848	121,420	130,272	8,189	185,650
Total Cash Disbursements	8,977	12,848	121,420	130,272	8,189	
Net Operating Cash for period	233		16,342			(1,150)
Transfer from Prudent Reserve (Operations)	0		0			
Operating Cash (Wells Fargo) 08/31/2025	39,158		39,158			

Contra Costa Intergroup - August 26, 2025

Chair (Matt W) opened the meeting at 7:30 with Serenity Prayer

Secretary (Ashley J) Read meeting minutes.

- Accepted with corrections:
 - Date 2025 not 2024. Meeting started at 7:30. New reps name corrections: Cathy, Jillian. Group name correction "Primary Purpose". All groups committee report by Jake C.

Treasurer (Steve B) Revenue: \$17,000; Expenses \$12,990 for NOI of \$4,009 Cash Balance \$32,618 as of July 31, 2025.

- Question regarding dividends and difference in YTD columns.
- Question regarding relocation reserve. Matt explained reasoning for need of relocation reserve.

New Intergroup Reps: Jennifer (Out of the Crossfire), Eva (Women in the Solution), Diane (St. John), John (Friday Night Candlelight)

Group Overview: Darryl I. (Life is Sobriety, Monday 5:30 Wiget) - Life is Sobriety is a speaker/open discussion meeting at St. Matthew Lutheran Church on Wiget Ln in Walnut Creek. It was registered with GSO in 1985. The meeting started off at St. Matthew in the church library. During a remodel from 2009-2011, the meeting moved to Walnut Ave United Methodist Church in Walnut Creek. Once remodeling at St. Matthew was complete the group moved back. They moved into a larger meeting space to accommodate a large influx of new members. Life is Sobriety has many service positions including GSR, Intergroup and alternates, and holds business meetings monthly. The group established a grapevine lending library in 2014. In 2018/2019 the group began having potlucks to celebrate holidays and in the summer season, BBQ's and pool parties. In person meetings were suspended during Covid, and the group met via Zoom until in-person meetings opened again. Attendance ranges between 50 and 80 people. Roughly 75% attend on a weekly basis. Life is Sobriety has a particularly strong sense of comradery. Many members arrive early and stay late, socializing and enhancing each other's sobriety.

Topic Presentation: How to Conduct a Group Inventory (Carol H, Group Facilitator)

A group inventory is important to do once a year to once every other year. Pamphlet "The A.A. Group- Where it all begins" Pg 29 contains info on group inventory. It lists 13 suggested questions. When a group decides to do an inventory, they may want to take a mix of the suggested questions, and some that the group comes up with. It is also wise to have a group facilitator assist with the inventory. The facilitator has no investment in the group. They often bring a scribe as well, which allows all members the opportunity to share. The inventory really is a whole group discussion. Cross talk is not advised, as the purpose is to share what works well and what doesn't work well, not to argue. After the inventory, the scribe will send the comments to the group, and the group will meet again to go over the comments and decide how to proceed in areas that need improvement.

Remarks:

- When inventory is done, it should be done at a separate time. Not during the meeting. May take a few sessions.
- Does a group need to have one facilitator and one scribe? Yes, it works better.
- Where does a group find the facilitator/scribe? Anyone can be a facilitator, but it is important to find someone who has participated in an inventory before. Suggested to call someone who is in General Service.
- Does the scribe write verbatim? The scribe should note every comment.

- What are “symptoms” that may require a group inventory? It is better to do an inventory often so “symptoms” don’t arise, but if something comes up at a meeting that may warrant comments at a business meeting then a group inventory is probably a great idea.
- Does the facilitator have to be DCM? No. Is it better for a facilitator to have been a scribe before as well? Not necessarily, no credentials required.
- Once a group has determined what the “issues” are how is it determined what the outcome on those issues are? The people who have participated in the inventory should make the group conscious.

September presentation suggestions: Financial report knowledge: How to read.

October: no topic due to elections.

Old Business: none New Business: none

Committee Reports

Membership (Martin D):

- 10/18 Sponsorship and Service Workshop. 10am Mayhew meeting room.

Special Events (Cyn S):

- Summer picnic was a success! Thanks to all who attended.
- 59th annual Service Center anniversary: 9/13 at Center for Community Arts on Wiget Ln. Tickets available online and at service center. Service positions open and available. IG Reps: please announce event to groups. Ask groups to donate raffle baskets. Appetizer and dessert donations needed. Many tickets still available.

All Groups (Jessica O):

- July All groups went very well. Great turn out. Next meeting is 9/20, hosted by the Happy Hour Group.

Office Volunteers (Alice S):

- AA help: 4, Al-Anon: 1, AA info: 278 (Calls- 101, Visitors- 183). Total: 284 contacts
- Fully staffed, 29 volunteers and 8 relief.

Service (Claudia M):

- H&I meeting: Women speakers needed for facilities.
- District 08 has sub district committee openings, and the Archives Chair is vacant.
- Upcoming: Area 6 Fall assembly in Napa 11/1. AA Technology Workshop in Richmond, 10/18
- Upcoming meetings: District- 9/2, Area Committee- 9/27

Public Information (Craig F):

- CHP – Every 15 minutes program discusses prevention rather than solution. CHP recommends seeing school counselors.
- CPC/PI meeting on 8/30. Looking to get an update on getting back into DUI schools.

Publishing (Trina S):

- Communique is very full! Due date for September is the 19th.

Hotline (Jorge Z):

- Monday and Friday 10pm-6am openings.

Good of the Order:

Meeting closed at 8:31 with responsibility statement.

Love & Service Group of Pleasant Hill, CA
loveandservicegroup.org

In person:
Hope Center
2275 Morello Ave
Pleasant Hill,
CA 94523



Hybrid Speaker Meeting
we will celebrate online
birthdays too!

Online:
Zoom ID: 761 118 6101
Password: LNS12tcnb

30, 60, 90 days to 50+ years!



We are now a chip meeting!

The 4th Sunday of the month
Sunday Night | 6:00 PM



*4th Sunday of each month
ASL interpretation



**JUST AA
QUARTERLY
POTLUCK**

Date: October 26, 2025
Time: 5:15-6:30pm
Location:
St. Mark's Lutheran Church
3051 Putnam Blvd.
Pleasant Hill, CA 94523

Questions? Comments? Kudos?
***Your IOC is here to serve you, please don't hesitate
to contact us.***

Matt W. – Chair
Mwalsh976@gmail.com

Steve B. – Treasurer
Steve94518@yahoo.com

Ashley J. – Secretary
ccsc.ioc.sec@gmail.com

Trina S. – Publishing (Communiqué)
ccaa.communicue@gmail.com

Claudia M. – Service (H&I and GSR Liaison)
Claudia92577@gmail.com

Martin D. – Membership (New Reps & Training)
ccsc.memberchair@gmail.com

Craig F. – Public Info (AA Outside the room)
Contracostaaapi@yahoo.com

Jorge Z. – Hotline (24 hour hotline and 12 step calls)
12121980JR@gmail.com

Cyn S. – Special Events (Event Coordinator)
cynstout@outlook.com

Alice S. – Office Volunteer Coordinator
ccsc.ovc@gmail.com

Orrin C. – Service Center Manager
ccsc.manager@gmail.com

2025 CONTRIBUTIONS RECAP		
<u>Contributing Groups ONLY</u>	AUGUST	YTD2025
<u>MONDAY</u>		
1005 - Alamo 8:00PM Big Book	\$116.03	\$434.29
1010 - Antioch Short Story	\$89.48	\$436.40
1011 - Reflection on Grace	\$30.00	\$88.64
1012 - Crockett Group	\$200.00	\$397.20
1020 - Get Sober Win Prizes	\$0.00	\$267.51
1026 - Ask It Basket - Brentwood	\$0.00	\$60.00
1030 - Brentwood Big Book	\$0.00	\$0.00
1035 - AA Sponsorship - Brentwood	\$0.00	\$0.00
1040 - Never Too Late	\$0.00	\$0.00
1045 - Always Be Yourself	\$0.00	\$0.00
1050 - Feeling Right Monday Night	\$0.00	\$1,555.60
1060 - Unscripted #2	\$0.00	\$367.82
1075 - Primary Purpose, Dublin (was 4075)	\$0.00	\$0.00
1090 - Dry Dock, Discovery Bay	\$0.00	\$0.00
1110 - Could and Would - Walnut Creek	\$0.00	\$0.00
1111 - Spearhead Group	\$0.00	\$117.60
1120 - Lafayette 11th Step	\$0.00	\$0.00
1122 - We Agnostics, Lafayette	\$0.00	\$26.02
1135 - Any Lengths, Lafayette	\$0.00	\$0.00
1136 - Nursery #4	\$0.00	\$100.00
1145 - Sobriety Without End - Martinez	\$0.00	\$0.00
1150 - Oakley Monday Night	\$0.00	\$0.00
1160 - Orinda Step	\$0.00	\$362.67
1165 - Girls Gone Mild	\$0.00	\$0.00
1170 - Orinda Nursery #2	\$0.00	\$193.73
1175 - Bottom of the Barrell	\$0.00	\$0.00
1180 - Rossmoor Watch Your Step	\$0.00	\$528.75
1189 - Walnut Creek Eyeopeners	\$0.00	\$247.00
1190 - Walnut Creek Solutions	\$0.00	\$0.00
1195- WC - Sunlight of the Spirit	\$0.00	\$0.00
1200 - Life Is Sobriety	\$0.00	\$895.09
1201- REBOS, Walnut Creek	\$0.00	\$0.00
1212 - El Lenguaje del Corazon (see #0825)	\$0.00	\$0.00
1250- Point Richmond Group	\$0.00	\$133.51
<u>TUESDAY</u>		
0860-2 What's Up Pioneers	\$0.00	\$0.00
2010 - East Co. Men's Stag Antioch	\$0.00	\$228.80
2011 - Delta Early Riser	\$0.00	\$0.00
2013 - Antioch Happy Hour	\$0.00	\$0.00
2014 - Early Risers Big Book	\$0.00	\$140.00
2015 - Sober Down Town	\$0.00	\$200.00
2016 - Afternooners	\$0.00	\$0.00
2020 - Clayton Men's Stag	\$0.00	\$0.00
2022 - Women's Big Book, B'wood	\$0.00	\$224.70
2025 - Clayton Women (Tues 7pm) Lit.	\$0.00	\$275.00
2035 - Women's Big Book	\$0.00	\$0.00
2045 - Firm Foundation - Concord	\$0.00	\$57.00
2079 - Sunrise Friends, Lafayette	\$0.00	\$0.00
2080 - High Noon, Lafayette	\$0.00	\$379.00
2085-Lafayette Third Tradition	\$0.00	\$410.00
2110 - Martinez Hilltop Group	\$0.00	\$4.20
2112 - Big Book Comes Alive	\$0.00	\$600.00
2125 - Simple Steps by the Book	\$0.00	\$84.00
2140 - Orinda Group	\$0.00	\$0.00
2145 - Stepping Up Our Standards	\$0.00	\$232.57
2182-Thank God It's Only Alcohol	\$0.00	\$0.00
2185-Women's Step	\$0.00	\$0.00
2190-Brown Baggers Group	\$0.00	\$1,292.60
2195- Walnut Creek BYOB	\$0.00	\$0.00
2195-Z - Walnut Creek BYOB	\$0.00	\$0.00
2200-W.C./The Grapevine Group	\$0.00	\$0.00
2205 - TGIOA Newcomers	\$0.00	\$0.00
2220 - To Any Lengths (Mayhew)	\$0.00	\$362.00

2025 CONTRIBUTIONS RECAP

<u>Contributing Groups ONLY</u>	<u>AUGUST</u>	<u>YTD2025</u>
2222 - The Legacy Group	\$0.00	\$141.33
2223 - Big Book Breakdown, WC	\$0.00	\$245.00
2244 - Give It Away	\$0.00	\$873.13
2945 - Firm Foundation	\$0.00	\$0.00

WEDNESDAY

08603 - 24 Essays of Bill W.	\$0.00	\$0.00
3030 - Antioch Traditional Group	\$0.00	\$181.59
3031 - Crossroads, Brentwood	\$0.00	\$0.00
3033 - 11th Step, Brentwood	\$0.00	\$0.00
3034 - Traditional Study, Brentwood	\$60.00	\$120.00
3035 - Bethel Island Islanders	\$0.00	\$0.00
3037- Delta Womens	\$0.00	\$94.97
3040- How It Works - Brentwood	\$0.00	\$0.00
3042- Daily Reflections/Step Study	\$0.00	\$0.00
3045 - Living in the Solution	\$0.00	\$0.00
3060 - Knightsen Group	\$0.00	\$0.00
3062 - Byron Big Book	\$0.00	\$0.00
3065 - Morning, Lafayette	\$0.00	\$0.00
3070 - Fireside Group	\$0.00	\$0.00
3073 - Lafayette Wise Women	\$0.00	\$1,224.30
3075 - Orinda Men's Group	\$0.00	\$0.00
3080 - Unity Lafayette	\$0.00	\$175.00
3113 - Dignitaries Sympathy	\$0.00	\$0.00
3150 - 399 Gregory Smokeless	\$0.00	\$948.79
3160 - Richmond -37th & Roosevelt	\$0.00	\$0.00
3161 - Women In Recovery San Pablo	\$0.00	\$129.62
3165 - Men's G.I.F.T. Meeting	\$0.00	\$0.00
3170 - Lunch Times	\$0.00	\$295.17
3175 - W.C. Into The Light	\$0.00	\$685.35
3180-W.C. Big Book Study	\$0.00	\$0.00
3185- W.C. Beginners Workshop	\$0.00	\$0.00
3188 - Steps to Life	\$0.00	\$0.00
3192-W.C. A Day in Life	\$0.00	\$1,216.22
3195-W.C. Back Alley Sobriety	\$0.00	\$37.00
3210-Walnut Creek Nursery #3	\$0.00	\$1,095.94
3703 - (Rachel L.)	\$0.00	\$0.00

THURSDAY

4005 - Delta Early Risers	\$0.00	\$0.00
4010 - Room to Grow	\$0.00	\$0.00
4015 - Primary Purpose	\$0.00	\$1,113.47
4018 - Women's Big Book ~ Brentwood	\$0.00	\$0.00
4020 - The Byron Group	\$0.00	\$193.73
4021 - Brentwood Grapevine	\$0.00	\$0.00
4024 - Brentwood 11th Step	\$0.00	\$0.00
4025 - Brentwood Men's Stag	\$0.00	\$0.00
4027 - Concord Turning Point	\$139.30	\$324.80
4028 - Rise and Reflect	\$0.00	\$90.00
4040 - Daily Reprieve	\$0.00	\$0.00
4060 - Crockett Star Street Group	\$0.00	\$0.00
4065 - OHAT Danville	\$0.00	\$0.00
4070 - New Beginnings	\$0.00	\$0.00
4075 - Together Again	\$0.00	\$145.17
4078 - Powder Keg, Pinole	\$0.00	\$0.00
4080 - Doctor's Opinion, Moraga	\$0.00	\$0.00
4085 - Attitude, Lafayette	\$0.00	\$0.00
4091 - We Need Each Other	\$0.00	\$780.41
4096 - Bottom of the Hill	\$0.00	\$400.00
4105 - Sisters In Trust - Martinez	\$0.00	\$343.73
4109 - Martinez Big Book	\$0.00	\$207.90
4111 - Third Step Mayhew	\$0.00	\$601.30
4112 - Sharing from the Heart	\$0.00	\$0.00
4115 - Sober by the Shores, Richmond	\$0.00	\$0.00
4120 - Putnam Nooners	\$0.00	\$668.27
4121- There is a Solution	\$0.00	\$0.00

2025 CONTRIBUTIONS RECAP

<u>Contributing Groups ONLY</u>	<u>AUGUST</u>	<u>YTD2025</u>
4122 - Sobriety & Relationships	\$0.00	\$0.00
4125 - Bookworms Walnut Creek	\$0.00	\$397.80
4127- The Keys Group	\$0.00	\$0.00
4130 - Walnut Creek Ramblers	\$0.00	\$0.00
4140- Came to Believe, WC	\$0.00	\$0.00
4150 - Steps to Freedom	\$0.00	\$0.00
4155 - No Matter What	\$0.00	\$0.00
4160 - It Is What It Is	\$0.00	\$0.00
4880 - Thursday Reflections	\$0.00	\$937.83

FRIDAY

5005 - Newcomers Ask	\$0.00	\$0.00
5010 - Happy Joyous Free, Antioch	\$0.00	\$0.00
5015 - New Bridge	\$0.00	\$0.00
5019 - Brentwood Early Risers	\$0.00	\$30.00
5020 - As Bill Sees It (ECCF)	\$0.00	\$0.00
5024 - A Vision for You, Brentwood	\$0.00	\$80.00
5030 - Delta Women's 12 X 12	\$0.00	\$0.00
5040 - 4th Dimension, Brentwood	\$0.00	\$0.00
5042 - Carrying The Message, Brentwood	\$0.00	\$653.64
5045 - Friday Brentwood Originals	\$0.00	\$0.00
5047 - We're Not Saints, Byron	\$0.00	\$1,087.14
5055 - Solutions Group (CFR)	\$0.00	\$0.00
5060 - Friday Night Candlelight (CVPCh)	\$0.00	\$763.00
5066 - Danville Friday Young People	\$0.00	\$571.69
5068 - Ladies Tea	\$0.00	\$0.00
5070 - Motivated, Lafayette	\$0.00	\$0.00
5080-Fun Bunch - Lafayette Hut	\$0.00	\$0.00
5085-Lafayette Beginners	\$0.00	\$0.00
5100-Diablo Valley Young People	\$0.00	\$0.00
5120 - Drunk Tank, Martinez	\$0.00	\$0.00
5140 - Pinole Friday Candlelight	\$0.00	\$0.00
5151 - Shore Acres Early Bird	\$0.00	\$193.73
5165 - San Pablo Big Book	\$0.00	\$400.55
5175 - Friday Friendship San Ramon	\$0.00	\$0.00
5180 - W.C. Reflections	\$0.00	\$0.00
5185 - No Name Step Study (Wiget)	\$0.00	\$0.00
5190 - W.C. Winners	\$0.00	\$0.00
5200 - W.C. No Name Group (Mayhew)	\$0.00	\$603.31
5215 - W.C. New Vista	\$0.00	\$104.87
5220 - Keep It Simple	\$0.00	\$381.69
5225 - In God's Care - WC	\$0.00	\$152.12
5230 - W.C. Live and Let Live	\$0.00	\$807.23
5250 - Happy Hour, Danville	\$0.00	\$907.48
5300 - All Spiritual Concepts	\$0.00	\$0.00
5300-Z- All Spiritual Concepts	\$0.00	\$0.00
5400 - Tradition One, Walnut Creek	\$0.00	\$0.00

SATURDAY

6006 - Grateful Ones, Antioch	\$0.00	\$0.00
6010 - Antioch Sat. Women's Mtg	\$0.00	\$55.12
6015 - Love of Life Stragglers (online)	\$0.00	\$0.00
6018 - Saturday Night Live, Brentwood	\$0.00	\$0.00
6020 - Young At Heart Group	\$0.00	\$0.00
6023 - Sobriety Today, Concord	\$0.00	\$0.00
6025- Disc.Bay - Go To Any Lengths	\$0.00	\$180.00
6028- Eye Openers, Brentwood	\$0.00	\$0.00
6031 - Gratitude In Action	\$0.00	\$720.00
6045 - Donut Hole Group	\$0.00	\$0.00
6058 - Oakley Big Book	\$0.00	\$0.00
6059 - Delta Group	\$0.00	\$0.00
6060-Saturday At Noon - Walnut Creek	\$0.00	\$0.00
6074- W.C. Saturday Downtowners	\$0.00	\$1,288.80
6075 - W.C. Sat. Young at Heart	\$0.00	\$400.00
6080 - W.C. Hangover Grp @ Mystic Dream	\$0.00	\$0.00
6085 - W.C. Back to Basics, Mayhew	\$0.00	\$0.00

2025 CONTRIBUTIONS RECAP

<u>Contributing Groups ONLY</u>	<u>AUGUST</u>	<u>YTD2025</u>
6116 - More Will Be Revealed - W.C.	\$0.00	\$210.00
6130 - No Frills Speaker - Martinez	\$0.00	\$0.00
6140 - The Family Afterward - Orinda	\$50.00	\$50.00
6150 -Saturday Serenity	\$0.00	\$264.28
6200 - We Think Not	\$0.00	\$0.00
<u>SUNDAY</u>		
7007-W.C. - Spiritual Fitness	\$0.00	\$321.00
7010-Antioch Hi-Noon	\$0.00	\$0.00
7020 - Stay Alive Group.	\$0.00	\$0.00
7025 - Bethel Island Islanders	\$180.00	\$389.24
7026 - Dirty Dozen Group (ECCF)	\$0.00	\$360.00
7030 - Step Sisters	\$0.00	\$0.00
7035- New Life - Walnut Creek	\$0.00	\$754.56
7040 - Clayton Back to Basics	\$0.00	\$0.00
7050 - Sunday Gut Level/CFR	\$0.00	\$0.00
7070 - Rainbow Reading Room - Pinole	\$0.00	\$0.00
7090 - Sunday Sunrises Grp - Lafayette	\$0.00	\$0.00
7095 - Living in the Now, Discovery Bay	\$0.00	\$0.00
7095 - Living in the Now, Discovery Bay	\$0.00	\$0.00
7100-Z Martinez - BYOB	\$439.00	\$914.67
7110-Lafayette Coffee and Rolls	\$0.00	\$265.26
7111 - On the Hill - Moraga	\$0.00	\$0.00
7112- Martinez - BYOB	\$0.00	\$560.00
7113- Oakley 5150's	\$0.00	\$300.06
7117 - Out of the Fog	\$0.00	\$1,129.38
7120 - Love and Service	\$28.64	\$113.11
7123 - Just AA, Pleasant Hill	\$0.00	\$937.63
7125 - Broadway Winners	\$0.00	\$0.00
7126-S.R. Sun. Serenity 8:30AM	\$0.00	\$0.00
7127-S.R. Recovery Grp 11AM	\$0.00	\$0.00
7128-S.R. Serenity Seekers	\$0.00	\$0.00
7130- W.C. - Get Real	\$0.00	\$0.00
7132 - Steps to Freedom	\$0.00	\$0.00
7155- W.C. Women's Open Hearts	\$0.00	\$0.00
7156 - Sun Nite 12 Steppers, WC	\$0.00	\$59.72
7158 -W.C. Afternoon Delight	\$0.00	\$770.00
7160- W.C. Tice Creek Grp.	\$0.00	\$50.42
<u>UMBRELLA & SPECIAL GROUPS</u>		
0805-Antioch Umbrella	\$0.00	\$0.00
08051- Fully Clothed & In Our Right Minds	\$0.00	\$700.00
0806-Z - Naked and Afraid	\$0.00	\$86.80
0810-Concord Fellowship	\$60.00	\$1,680.00
0820-Concord Originals	\$204.00	\$1,704.00
0825-El Lenguaje del Corazon	\$50.00	\$200.00
0830-Danville Fellowship	\$1,173.66	\$10,495.27
0840-Diablo AA	\$0.00	\$2,202.64
0850-El Sobrante Fellowship	\$0.00	\$1,606.95
0860 - The Lafayette Hut	\$0.00	\$0.00
0865 - Lunch Bunch, Martinez	\$0.00	\$0.00
0866 - Daytime Meetings @ The Hut	\$0.00	\$625.00
0867 - 6AM, The Hut, Lafayette	\$0.00	\$0.00
0870-Pleasant Hill Group	\$0.00	\$817.87
0875-San Ramon Group	\$350.00	\$2,800.00
0888 - EBYPAA / ACYPAA / ICYPAA	\$0.00	\$0.00
0899 - East County Speaker Meeting	\$0.00	\$1,019.16
0895 - Women's Symposium	\$0.00	\$0.00
Area 72 ~ Area 52	\$0.00	\$0.00
Missing IGR # or GSO #	\$116.93	\$2,081.20
TOTAL CONTRIBUTIONS	\$3,287.04	\$67,218.11

~ Heartfelt appreciation for your generosity ~



SUN	MON	TUE	WED	THURS	FRI	SAT
28	29	30	1	2	3	4 Doors open 7:30 PM; Meeting at 8:00 PM Danville – Diablo Speaker Meeting Community Presbyterian Church 222 W. El Pintado, Danville
5	6	7 6:45 PM New GSR Orientation and 12 Concepts & Service Manual Study 7:30 PM District 08 - General Service Hybrid 130 Muir Station Road Zoom 292-725-7830	8	9	10	11
12 9:30 AM H&I Orientation for Newcomers 193 Mayhew Way, Pleasant Hill 10:00 AM H&I Business Meeting 193 Mayhew Way, Pleasant Hill Zoom Meeting 841 3658 2706 Password: 744971	13	14 7:30 PM Intergroup Operating Committee (IOC)	15	16	17	18 10:00 AM Sponsorship & Service Workshop 193 Mayhew Way 6:00 PM NCCAA San Ramon Halloween Speaker, Dinner & Costume Party St. Philip's Church, 8850 Davona Dr., Dublin 8:00 PM All Group Speaker Meeting Church of the Resurrection 399 Gregory Lane, Pleasant Hill
19	20	21	22	23	24 Final Submission for November Communique are due	25 Doors Open 7:00 PM East County Speaker Meeting St. John's Lutheran Church 1360 East Tregallas Road, Antioch 7:30 PM Pleasant Hill Rec: Halloween Bingo 396 Civic Drive, Pleasant Hill 7:30 PM El Sobrante Birthday Meeting 5151 Argyle Rd, El Sobrante
26 5:15 PM Just AA Quarterly Potluck St Mark's Lutheran Church 3051 Putnam Blvd., Pleasant Hill	27	28 7:00 PM New Intergroup Rep. Orientation 193 Mayhew, Walnut Creek 7:30 PM Intergroup Meeting 193 Mayhew, Pleasant Hill	29	30	31	1 11:00 AM – 3:00PM Antioch Saturday Noon Women's Meeting 45th Anniversary Celebration Antioch Family Church of the Nazarene 330 Worrell Road, Antioch