

NSIG HAPPENINGS

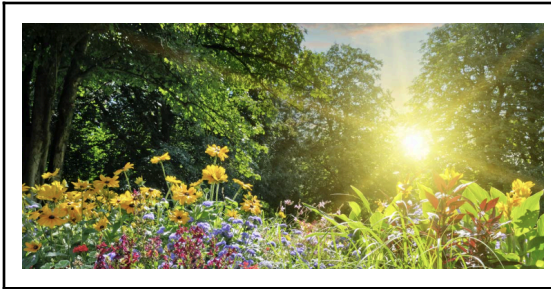
VOLUME: 40 ISSUE: 4



WEBSITE: aasolanonorth.org



APRIL 2026



CHAIRPERSON'S MESSAGE

Hello all!

I hope this message finds you well and in good spirits! We have some opportunities to be of service. The North Solano Intergroup Office is in need of volunteers to work in the office. It is open Monday through Friday from 10–2. We are currently in need of Tuesday and Thursday coverage, and we always need backups to sub as needed. If you are interested, please contact myself or anyone on the board. We have some amazing long-time volunteers who are willing to train.

Memorial Day Marathon Meeting Schedule will be posted soon. Please be on the lookout for that and sign up once it's posted. Amy R. is our Marathon Meeting Coordinator.

The summer picnic is quickly approaching. NSIG also celebrates 40 years in June. Mark your calendars for Saturday, June 27th at Peña Adobe Park. This is a family-fun event, and we are in need of volunteers. Allison S. is the event coordinator. Please reach out if you are interested in being of service.

Here is how Step 4 and Tradition 4 correlate, in a different way than simply explaining the step and tradition separately, as I'm sure everyone has already done that with their sponsor.

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Step 4 and Tradition 4 both deal with freedom paired with responsibility. Step 4 focuses on personal responsibility for our own behavior, while Tradition 4 focuses on a group's responsibility for its actions. Both warn that freedom without accountability can cause harm.

How they correlate;



1. Both emphasize honest self-examination

- Step 4 asks individuals to take a searching and fearless moral inventory—to look at how their actions affect others.

- Tradition 4 reminds groups that they are free to make their own decisions as long as those decisions don't harm AA as a whole.

Together, they highlight the importance of looking inward before acting outward.



2. Both balance autonomy with accountability

- Step 4: I am responsible for my side of the street.

- Tradition 4: Our group is responsible for its side of the street.

The same principle applies at two levels—personal and collective.



3. Both prevent harm by encouraging awareness

- Step 4 prevents personal harm by uncovering patterns that cause trouble in relationships.

- Tradition 4 prevents organizational harm by ensuring groups consider the wider fellowship before acting. In both cases, awareness leads to healthier behavior.



4. Both support unity through responsibility

- When individuals practice Step 4, they become healthier members of the group.

- When groups practice Tradition 4, they protect the unity that allows recovery to flourish.

Personal responsibility strengthens group unity; group responsibility supports personal recovery.

A simple way to see the connection

Step 4 = "I look at myself so I don't harm others."

Tradition 4 = "Our group looks at itself so we don't harm AA."

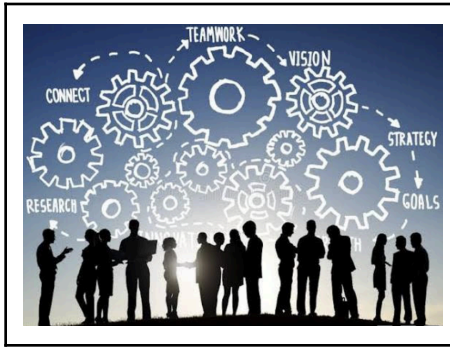
They mirror each other—one at the personal level, one at the group level.

Look forward to seeing your groups delegates the 3rd Wednesday of every month.

Your in service,

Corinne J
Aka- CJ

DISTRICT 90 DCMC REPORT



Concept 4

At all responsible levels, we ought to maintain a traditional “Right of Participation,” allowing a voting representation in reasonable proportion to the responsibility that each must uphold.

But this idea doesn’t just belong in systems or organizations—it begins in our personal lives.

Participation is about belonging. It’s about knowing, deep down, that we matter—that we are part of something larger than ourselves. Each of us is connected to a greater whole, working toward a shared purpose. And when we truly understand that, we begin to see the importance of including others, not leaving them behind.

Participation calls for both courage and maturity. Courage to speak when our voice is needed, and maturity to remain silent when listening matters more. It asks us to develop the ability to step back, to listen without judgment, and to remain open to perspectives beyond our own.

Each of us has unique strengths, interests, and abilities. With that comes responsibility—not to do everything, but to contribute where we are strongest. Healthy teams

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understand this. They don’t rely on constant supervision; they thrive on trust, respect, and individual accountability.

Because in truth, life is made up of many teams—our families, our workplaces, our communities. And in each of these spaces, others bring ideas we may never have considered. When we stay open-minded, we grow. When we value every member, we strengthen the whole.

But there is also a quiet truth we must face: if we choose not to participate, if we hold back and do not contribute, our voice fades. Our rights become invisible—not because they are taken away, but because they are not exercised.

Participation doesn’t have to be perfect. It doesn’t require us to have all the answers or to never make mistakes. What it requires is presence, willingness, and authenticity.

Because our uniqueness—our perspective, our voice—is not a flaw. It is our greatest value.

So let us choose to show up.

Let us choose to contribute.

Let us choose to belong—not just for ourselves, but for the good of the whole.

Because when every voice is valued, and every person participates, we don’t just build better teams—we build a better life.

We are holding our post-conference on May 16 at the Ulatis Community Center.

Our incredible Delegate will be there to share the outcome of our 2026 agenda topics. This is where you can witness the reason we have been able to continue saving lives like mine and yours for 90 years. You can even participate just by coming to experience how BIG the program that has save our lives is. Join us because it won’t be the same without you.

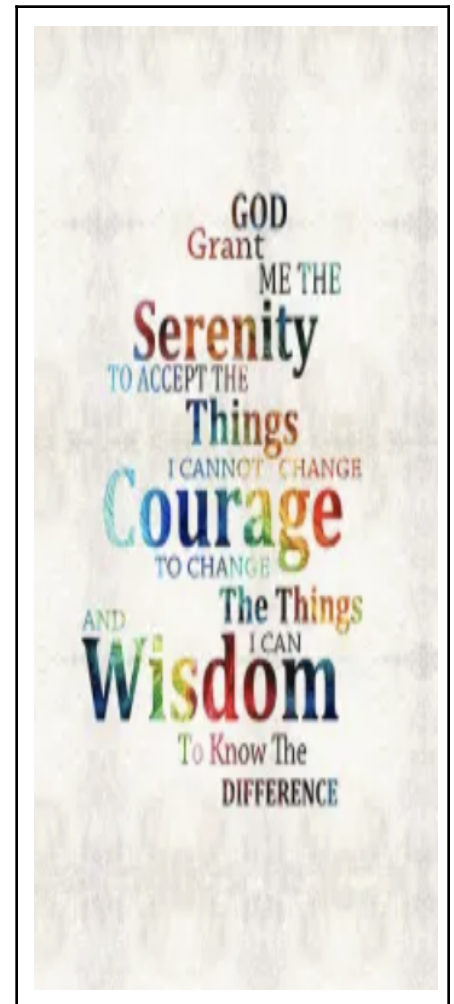
In LOVE and service,

debra lyn

DCMC District 90

Panel 75

HAPPY 24HRS



Fourth Step Inventory

One of the **requirements** for sobriety is the need for confession of personality defects, a moral inventory, and step four is designed to be just this. There is a lot of hype and fear surrounding this step (mostly created by those who are yet to do it), and these worksheets are designed to make this task as easy and simple as possible. Everything contained in these sheets is directly from the Big Book 'Alcoholics Anonymous', there is no opinion, just fact. To be able to start on this step, the previous three steps must of course have been completed, so **before** starting check with your sponsor, spiritual advisor, counselor, etc. to make sure you are ready.

Many people get loaded or act out in some way when they reach this step. Why? They will tell you that the pain of dredging up memories long buried was too much to endure, or any one of a thousand other excuses. The plain and simple fact is just this, the pain does not come in writing this inventory, the pain comes in **resisting** the writing. Alcoholics and addicts, time after time, would rather get loaded again than have to face some inner truths. The freedom from self is made impossible by holding on to fears and secrets we've harbored all our lives, the way of strength, paradoxically, is in becoming vulnerable.

Here are some tips to help you with this moral inventory:

Try and list resentments in groups, i.e.: Family, school, relationships, work, etc.

If you are not sure in any area, call somebody and ask them for their **experience**.

Get into the habit of writing every day, even if it's only for ten minutes.

In the resentment inventory, **don't** write across, do it in columns, i.e: ALL names first, ALL causes second, etc.

Be honest! The only person to truly benefit from this exercise is you, don't cheat yourself out of this incredible experience.



COURAGE



Step Four Promise

“JUST TO THE EXTENT THAT WE DO WHAT WE THINK HE WOULD HAVE OF US AND HUMBLY RELY ON HIM, DOES HE ENABLE US TO MATCH CALAMITY WITH SERENITY.”

“WE HAVE BEGUN TO LEARN TOLERANCE, PATIENCE AND GOOD WILL TOWARD ALL MEN, EVEN OUR ENEMIES, FOR WE LOOK ON THEM AS SICK PEOPLE.”

All these failings generate fear, a soul-sickness in its own right. Then fear, in turn, generates more character defects. Unreasonable fear that our instincts will not be satisfied drives us to covet the possessions of others, to lust for sex and power, to become angry when our instinctive demands are threatened, to be envious when the ambitions of others seem to be realized while ours are not. We eat, drink, and grab for more of everything than we need, fearing we shall never have enough. And with genuine alarm at the prospect of work, we stay lazy. We loaf and procrastinate, or at best work grudgingly and under half steam. These fears are the termites that ceaselessly devour the foundations of whatever sort of life we try to build.

Twelve Steps & Twelve Traditions, page 49

Area 54 H&I – A Call to Carry the Message

There was a time when volunteers from all over the Bay Area would make the drive into Solano County just to bring a meeting into a facility. People would show up excited and grateful for the opportunity to walk through those gates and carry the message of Alcoholics Anonymous to someone who couldn't get to a meeting on their own.

Today, we are in desperate need of that same spirit of service.

Many of our facilities in Area 54 have meetings that are dark or barely covered. The need inside has not gone away. If anything, it has grown. The men and women behind those walls are waiting for someone to walk in and share hope.

Hospitals & Institutions work is not just another service commitment. It is one of the most powerful ways we can give back what was so freely given to us.

When we walk into a jail, prison, or treatment facility, we are often the only connection to Alcoholics Anonymous that those individuals have. They cannot simply look up a meeting. They cannot drive across town. They rely on us.

And here is the beautiful part: we often leave with more than we give.

There is something incredibly humbling and exciting about bringing a meeting into a facility. The honesty is raw. The gratitude is real. The reminder of where we came from is powerful. It strengthens our sobriety. It deepens our purpose. It connects us to the heart of AA's primary purpose – to carry the message to the alcoholic who still suffers.

Many of us found sobriety because someone showed up. Someone volunteered. Someone walked into a room and shared their experience, strength, and hope.

Now it is our turn.

If you have at least one year of sobriety and a willingness to serve, we need you. If you have never done H&I before, we will walk you through the clearance process and pair you with experienced panel members. You will not do this alone.

Whether you can commit once a month or more frequently, your service matters. One meeting can change a life. One volunteer can keep a panel alive. One yes can reopen a dark meeting.

This is our opportunity to practice unity, responsibility, and love in action.

If you are interested in volunteering with Area 54 H&I, please reach out. We would be honored to have you join us.

In love and service,
Area 54 H&I

For more information or to volunteer, please call or text: 707.712.8409

March Birthdays

Clean and Sober

Patrick R. 3 years
Bob P. 7 years
Louise S. 8 years
Sharon M. 42 years

Easy Does It

Steve D. 16 years
Keith L. 21 years

FNYP

Joel K. 1 year
Page 1 year
Chris S. 5 years
Louise S. 8 years
Sarah H. 18 years

It's A Good Deal

David B. 3 years
Irene H. 4 years
Vivian K. 13 years
Rachel M. 20 years
Carlton L. 22 years
Daphne S. 42 years

On The Rocks

Traci M - 3 years
Danny M - 3 years
Chris S - 5 years
Tim N - 9 Years
Lisa C - 14 Years
Mark Q - 14 years
Jill H - 18 years
Wanda P - 19 years
Cathy C - 20 years
Greg M - 20 years

Seekers

Mark S. 28 years

There Is a Solution

Dea 42 years
Daphne 42 years

Tuesday Night Ladies

Debbie J. - 1 year
Natalie C. - 1 year

Women In The Book

Patty G. 3 years
Karen L. 3 years

STEP four

RECOVERY: Step Four

Made a searching and fearless moral inventory of ourselves.

UNITY: Tradition Four

Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

SERVICE: Concept IV

At all responsible levels, we ought to maintain a traditional "Right of Participation," allowing a voting representation in reasonable proportion to the responsibility that each must discharge.

Freedom From
Bondage Prayer

DEAR GOD, I HAVE A RESENTMENT TOWARDS A PERSON THAT I WANT TO BE FREE OF. SO, I AM ASKING YOU TO GIVE THIS PERSON EVERYTHING I WANT FOR MYSELF. HELP ME TO FEEL COMPASSIONATE UNDERSTANDING AND LOVE FOR THIS PERSON. I PRAY THAT THEY WILL RECEIVE EVERYTHING THEY NEED. THANK YOU GOD FOR YOUR HELP AND STRENGTH WITH THIS RESENTMENT.

happy
sobriety
birthday

Intergroup Activity

12 Step Calls	2
Al-Anon Calls	0
Alateen Calls	0
Information	11
Sales	27
Visitors	61



Board Members and Committee Chairs

Chair	Corinne J.	Office Manager	IN NEED
Co-Chair	Cathy C.	Literature	Ken M.
Secretary	Josh S.	Meeting Schedules	Vivian K.
Treasurer	Kerry C.	Event Coordinator(s)	Allison S.
Member at Large	Kat S.	Marathon Meetings	Amy L.
Member at Large	Diana G.	Website Chairs	Zoey G. Monique G.
Member at Large	Zoey G.	Happenings	Zoey G. AVAILABLE

Intergroup Volunteers

Ken M.	Monica
DeDe F.	Steve L.
Darren R.	Jeanne S.
Sheila	Carole D.
Dave G.	Daphne
John P.	Susan
Bill Mc.	Patty
Dave H.	Tim H.

Service Meetings

NSIG Delegate Meeting:
7pm-3rd Wednesday of each month

Hospitals and Institutions Meeting:
7pm- 2nd Wednesday of each month

District 90 Meeting:
7pm- 1st Wednesday of each month

Public Information/Cooperation with the Professional Community Meeting:
7pm- 1st Thursday of each month

Bridging the Gap:
7pm- 2nd Tuesday of each month

Literature/Grapevine Meeting:
7pm- 4th Thursday of each month

*one day
at a
time*

GROUP CONTRIBUTIONS

Friends of Bill W	65.20
On the Rocks	338.15
Friday Night Young People	165.40
Sunday Eye Openers	91.00
Group 86	23.00
Men's Stag	6.00
All Groups Birthday	442.66
Easy Does It	88.00
Tuesday Night Ladies	34.00
Women in the Book	140.00
	<hr/>
	1,393.41

THANK YOU FOR SUPPORTING YOUR LOCAL INTERGROUP!

“Self-support begins with me, because I am part of us — the group. We pay our rent and utility bills, buy coffee, snacks and A.A. literature. We support our central office, our area committee, and our General Service Board. If it were not for those entities, many new people would never discover the miracles of A.A.”

From *Self-Support: Where Spirituality and Money Mix* pamphlet, page 5.

TREASURER'S REPORT


North Solano Intergroup of AA-Income and Expenses March 2026

Ordinary Income/Expense	
Income	
Income	
Group Contributions	1,393.41
Individual Contributions	7.80
Total Income	<u>1,401.21</u>
Invoice/Office Sales	
Group Purchase	375.10
Individual Purchase	107.23
Total Invoice/Office Sales	<u>482.33</u>
Other Types of Income	
Coffee Box	13.00
Rents of IG Office	110.00
Total Other Types of Income	<u>123.00</u>
Total Income	<u>2,006.54</u>
Expense	
Bank fees and charges	15.00
Contract Services	
Accounting Fees	240.00
Total Contract Services	<u>240.00</u>
Facilities and Equipment	
Rent	1,700.00
Utilities	274.53
Total Facilities and Equipment	<u>1,974.53</u>
Operations	
Telephone, Telecommunications	408.80
Total Operations	<u>408.80</u>
Sales Inventory	
Literature/Books/Pamphlets	358.75
Recovery Chips	57.80
Total Sales Inventory	<u>416.55</u>
Total Expense	<u>3,054.88</u>
Net Ordinary Income	-1,048.34
Other Income/Expense	
Other Income	
Interest	0.11
Total Other Income	<u>0.11</u>
Net Other Income	<u>0.11</u>
Net Income	<u><u>-1,048.23</u></u>

UPCOMING EVENTS, ANNOUNCEMENTS & FLYERS & SERVICE OPPORTUNITIES

See
<https://aasolanonorth.org/announcements-and-events/> for **all** current flyers, announcements and events!

Calling all H&I Representatives AREA 51
Invites you to attend



OUR MONTHLY MEETING AT
413 WILLIAMS ST, VACAVILLE
2ND WEDNESDAY OF THE
MONTH AT 7PM

**OTR FUN FREAK EVENT
21st Anniversary**

CHILI COOK OFF

Bring your homemade chili in a crockpot to enter contest by 5pm. OR bring salad, cornbread, or dessert! Judging based on quality and quantity 😊

**Thursday, April 16th
From 5PM To 6:30PM.**

United Methodist Church
Meeting to follow at 6:30pm

**DOWNLOAD THE NEW
GENERAL SERVICE APP!**
<https://generalservice.app/>



**DOWNLOAD THE
AAGRAPEVINE APP
TO YOUR PHONE**

AAGRAPEVINE
The International Journal of Alcoholics Anonymous



**DOWNLOAD THE
MEETING GUIDE APP
ON YOUR PHONE**

Stay connected wherever you go. Find meetings anywhere, anytime. Go to: <https://www.aa.org/meeting-guide-app> to download.



**AVAILABLE
INTERGROUP
SERVICE POSITIONS**

**INTERGROUP IS IN
NEED OF THE
FOLLOWING:**

**OFFICE MANAGER: 2
YEAR SOBRIETY**

**GROUPS TO HOST FOR
THREE EVENTS;
PICNIC, HALLOWEEN
AND HOLIDAY PARTY
2026**

**HAPPENINGS CHAIR,
IN SPIRIT OF
ROTATION**

**ATTEND THE
DELEGATE MEETING
ON THE THIRD
WEDNESDAY OF THE
MONTH AT 7PM OR
CONTACT CORINNE J.
TO BE OF SERVICE**

**THE INTERGROUP
OFFICE WILL NOT BE
OPEN ON MONDAY
NIGHTS FOR THE
TIME BEING**

**Updated Business
Hours: Monday-Friday
10am-2pm**

**Let us celebrate your
Sobriety with you every last
Saturday of the month at
All Groups Birthday, 425
Hemlock St. Vacaville CA,
95688.
Doors open at 7pm,
Meeting at 8pm.**

**HAPPENINGS
SUBMISSIONS**

Email submissions to:
nsighappenings@gmail.com
Note: Sobriety Birthday submissions are for the month prior to the month of issue!

**Deadline for birthday
submissions is the 10th of
the month by 2pm**

**NORTH SOLANO
INTERGROUP
EMAIL CONTACTS**

**General
Mailbox-Intergroup Office**
nsigmmain@att.net

**Intergroup Board of
Directors**
nsigboard@att.net

Literature Related Info
nsig.lit@gmail.com

**Web/Happenings
Chairperson**
Inquiries/Flyers/
Announcements
nsighappenings@gmail.com

**NORTH SOLANO
INTERGROUP**

413 William St., P.O. Box 2355,
Vacaville, CA 95696
Main Number: (707) 446-2244
Email:
nsighappenings@gmail.com
Regular Business Hours:
Monday-Friday 10am-2pm



**Literature, Birthday chips, etc.
available at North Solano
Intergroup**

Are you a sponsor looking for a birthday chip? Or perhaps you are looking for a book or two to read with a sponsee(s)? Or are you a newcomer looking for Twelve step information? Then stop by the Intergroup Office during business hours to purchase these items and more.

Monday - Friday 10am-2pm

What is Intergroup?

The North Solano Intergroup of Alcoholics Anonymous is an A.A. service office that involves partnership among groups in a community – just as A.A. groups themselves are partnerships of individuals. It was established to carry out certain functions common to all the groups— functions which are best handled by a centralized office – and it is maintained, supervised, and supported by these groups in their general interest. It exists to aid the groups in their common purpose of carrying the A.A. message to the alcoholic who still suffers.

Services; AA books for purchase, AA pamphlets for purchase, special order items, AA Meeting Schedules, Happenings Newsletter, 24 Hour Hotline, hosting committee meetings & archives.



Looking to be of service at North Solano Intergroup?

Attend the Delegates meeting on the 3rd Wednesday of the month or contact the Intergroup Chair for service opportunities.

The Intergroup Office is always looking for alternates. 2 year sobriety requirement. Contact the Office Manager for more information and to be of service.

**NEED HELP
NOW?
CALL
(707)
446-2244**

Want to share a story with us?

North Solano wants to hear it! Have you recently experienced a spiritual experience? Did you drop a “rock” so to speak? Have you gone on a twelve step call recently? Did you pick up a new sponsor/sponsee? Perhaps you might have just worked the twelve steps for the first time, or maybe even the dozenth time and you want to share your experience, strength and hope with us. If so, and you’d like to share with North Solano, please send a short story (less than 500 words) to nsighappenings@gmail.com and it could be featured in a Monthly Happenings Report! Please keep the tradition of anonymity in mind as you write your stories. Happy writing!

-Your Happenings Chair,
Zoey G.

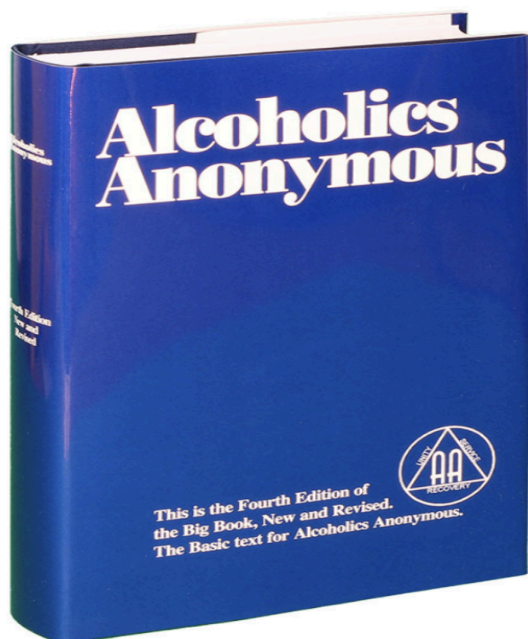
NSIG HAPPENINGS

VOLUME: 39 ISSUE: XX

WEBSITE: aasolanonorth.org

(MONTH) 2025

—YOUR STORY HERE—



Alcoholics Anonymous Fourth Edition (2001)

Rarely have we seen a person fail who has thoroughly followed our directions. Those who do not recover are people who cannot or will not completely give themselves to this simple program, usually men and women who are constitutionally incapable of being honest with themselves. There are such unfortunates. They are not at fault; they seem to have been born that way. They are naturally incapable of grasping and developing a way of life which demands rigorous honesty. Their chances are less than average. There are those, too, who suffer from grave emotional and mental disorders, but many of them do recover if they have the capacity to be honest.

Our stories disclose in a general way what we used to be like, what happened, and what we are like now. If you have decided you want what we have and are willing to go to any length to get it -then you are ready to follow directions.

At some of these you may balk. You may think you can find an easier, softer way. We doubt if you can. With all the earnestness at our command, we beg of you to be fearless and thorough from the very start. Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely.]