

NorCal Intergroup Alcoholics Anonymous Newsletter

AA History

1944

BOX 459 OPENS TO RECEIVE MAIL

"About Your Central Office," a bulletin distributed to A.A. groups by the Alcoholic Foundation, announces "As of May 1, 1944, our new address will be P.O. Box 459, Grand Central Station." Box 459 will become both the post office address and symbolic address of Alcoholics Anonymous. In its early days A.A. is an organization that must rely heavily on communication by mail.

MARTY M. AND THE NCEA

Inspired largely by the efforts of Marty M., Dr. E. M. Jellinek, America's premier researcher on alcoholism, joins two other medical authorities to form the National Committee for Education on Alcohol (NCEA). NCEA is headquartered in a Yale University Building in New Haven, CT. On behalf of the NCEA, Marty embarks on a nationwide tour to tell of her struggle with alcoholism.

WOMEN'S PRISON GROUPS BEGIN TO MEET

The first reported women's prison group meets on March 18, 1944, at Clinton Farms in Clinton, New Jersey.

THE FIRST FRENCH SPEAKING GROUP

Dave B. of Montreal, an ex-bank clerk and accountant who had slipped far down the ladder because of alcoholism, sobers up after reading the Big Book sent to him by his sister. He contacts A.A. in New York and soon starts holding meetings in his home, launching the first French-speaking A.A. group in the world.

1945

A.A.'S TENTH ANNIVERSARY

More than 2,500 of the Fellowship's members and friends from 36 states and two Canadian provinces gather in Cleveland to honor Bill W. and Dr. Bob and to celebrate ten years of Alcoholics Anonymous. Sponsored by the city's 44 groups, the two-day event includes open-house meetings, parties, a tea, an assembly at Severance Hall, and a closing dinner at the Carter Hotel. According to a Grapevine reporter, the speeches of Bill and Dr. Bob trace the development of A.A. with "gratitude, humility, and simplicity."

~ INTERGROUP'S Holiday Party Committee Meeting ~

Tuesday, October 10th

Committee meeting will be held October 10th, 5:30 - 6:30 @ the Redding Library, Foundation Room.

We need volunteers, please spread the word.

The party will be December 9th @ Anderson Fairgrounds. Flyer is coming!

We need help with setup and clean up!!

For more information or to inquire to help, contact Carmel at carmelk22@hotmail.com.



Carry the Message

AA 24/7 HOTLINE 530.225.8955

Serving Shasta, Tehama, Siskiyou, and Trinity Counties



The October 24th Intergroup business meeting will be held at the Redding Library, Foundation Room, same time.

NorCal Intergroup Presents
the Monthly Birthday Speaker Meeting!

When: Oct 7th, 2023
Host: the "No Name Group"
Where: 2150 Benton Dr.
Redding, Ca.
What Time: 7 to 8 pm

Share Your Sober Celebration!

If your group is interested in hosting this meeting contact:
Chris M. (707) 548-1817



DISTRICT 09
PRESENTS:
LET'S TACO-BOUT
BEING OF SERVICE

SATURDAY
OCTOBER
14TH
11 AM-2PM

TACOS PROVIDED
POTLUCK SOMETHING
TO SHARE IF
DESIRED
FINLANDIA CAFE CONFERENCE ROOM
AT THE LOGE
1612 S MT SHASTA BLVD
QUESTIONS CONTACT:
CHRISTINE T 530-925-5597 OR DEBBIE D 530-459-0160

My Nightly Inventory

Help me to constructively review my day. Where was I:

Resentful?	Anger <input type="checkbox"/>	Calm <input type="checkbox"/>
Selfish?	Dishonest <input type="checkbox"/>	Honest <input type="checkbox"/>
Dishonest?	Doubt <input type="checkbox"/>	Faith <input type="checkbox"/>
Afraid?	Envy <input type="checkbox"/>	Content <input type="checkbox"/>
What secrets am I keeping?	Fear <input type="checkbox"/>	Courage <input type="checkbox"/>
Who will I tell?	Gluttony <input type="checkbox"/>	Moderate <input type="checkbox"/>
Was I thinking of myself or what I could do for others?	Grandiose <input type="checkbox"/>	Modest <input type="checkbox"/>
Was I kind and loving toward all?	Greed <input type="checkbox"/>	Giving <input type="checkbox"/>
What could I have done better?	Harmful <input type="checkbox"/>	Helpful <input type="checkbox"/>
Did I cause any harm?	Hate <input type="checkbox"/>	Love <input type="checkbox"/>
To whom do I owe an apology?	Impatient <input type="checkbox"/>	Patient <input type="checkbox"/>
Today I am grateful for:	Inconsiderate <input type="checkbox"/>	Considerate <input type="checkbox"/>
Today I accept/surrender:	Intolerant <input type="checkbox"/>	Tolerant <input type="checkbox"/>
	Jealous <input type="checkbox"/>	Confident <input type="checkbox"/>
	Lazy <input type="checkbox"/>	Productive <input type="checkbox"/>
	Lust <input type="checkbox"/>	Chaste <input type="checkbox"/>
	Pride <input type="checkbox"/>	Humble <input type="checkbox"/>
	Procrastinate <input type="checkbox"/>	Motivated <input type="checkbox"/>
	Resentful <input type="checkbox"/>	Forgiving <input type="checkbox"/>
	Self-Condemn <input type="checkbox"/>	Self-accept <input type="checkbox"/>
	Self-Justified <input type="checkbox"/>	Humble <input type="checkbox"/>
	Self-pity <input type="checkbox"/>	Self-Forgive <input type="checkbox"/>
	Self-Seeking <input type="checkbox"/>	Selfless <input type="checkbox"/>
	Suspicious <input type="checkbox"/>	Trust <input type="checkbox"/>
	Unfaithful <input type="checkbox"/>	Faithful <input type="checkbox"/>

Date: ___ / ___ / ___

TODAY'S ACTION LIST

Morning Prayer/Meditation Y N
Read Scripture/Recovery Lit Y N
Attended a Meeting Y N
Called my Sponsor Y N

SELF-WILL SPIRIT-WILL

Self-will: Anger, Dishonest, Doubt, Envy, Fear, Gluttony, Grandiose, Greed, Harmful, Hate, Impatient, Inconsiderate, Intolerant, Jealous, Lazy, Lust, Pride, Procrastinate, Resentful, Self-Condemn, Self-Justified, Self-pity, Self-Seeking, Suspicious, Unfaithful.

Spirit-will: Calm, Honest, Faith, Content, Courage, Moderate, Modest, Giving, Helpful, Love, Patient, Considerate, Tolerant, Confident, Productive, Chaste, Humble, Motivated, Forgiving, Self-accept, Humble, Self-Forgive, Selfless, Trust, Faithful.

10th STEP AMENDS PRAYER

Please forgive me for my failings today. I know that because of my failings, I was not able to be as effective as I could have been for you. Please forgive me and help me live your will better today. I ask you now to show me how to correct the errors I have just outlined. Guide me and direct me. Please remove my arrogance and my fear. Show me how to make my relationships right and grant me the humility and strength to do your will. (86:1)

For the wise have always known that no one can make much of his life until self-searching has become a regular habit, until he is able to admit and accept what he finds, and until he patiently and persistently tries to correct what is wrong.

~ Bill W.

October 2023 Volume 5 Issue 10 Business Meetings

Shasta County (Area 16) H & I ~ 1st Tuesday of each month, 6:00pm @ All Saints Church, Eaton Hall, 2150 Benton Drive, Redding. For more information, please contact the Shasta County Area Chair, Renee P. @ 530-227-5445

Trinity County (Area 18) H & I ~ 1st Wednesday of each month, 7:30pm @ St. Patrick's Catholic Church, 102 Church Street, Weaverville. For more information, please contact the Trinity County Area Chair, Diane C. @ 707-815-5042

DISTRICT 9 (Siskiyou County) ~ 1st Sunday of each month, 10:00-11:30 am. The meeting is hybrid. The physical meetings are held at the Weed Community Center, 161 E. Lincoln Ave., Weed, CA. The zoom meeting ID is: 733 826 1415 / PW: 530530

Tehama County (Area 17) H & I ~ 2nd Tuesday of each month, 7pm @ Red Bluff Presbyterian Church, 838 Jefferson St., Room 4 (in back of courtyard), Red Bluff. For more information, please contact the Tehama County Area Chair, Michael V. @ 530-200-6872

District 11 ~ 3rd Sunday of each month, 3:30-5pm @ the Alano Club, downstairs, 1050 State St., Redding

District 11 "PI/CPC" ~ 3rd Sunday of each month, 5-6pm @ the Alano Club, upstairs, 1050 State St., Redding

NorCal Intergroup ~ 4th Tuesday of each month, 6pm @ All Saints Church, Eaton Hall, 2150 Benton Drive, Redding

REDYPAA ~ 4th Sunday of each month, 3:00pm @ the Methodist Church, 1825 East St., Redding. For more information, please contact the Chair, Jordon B. @ 530-691-6015

SISKYPAA PRESENTS A SPOOKTACULAR EVENING OF SOBRIETY!
OCT 28TH
potluck starts at 5pm
Speaker meeting to follow at 6:30pm
\$5 Suggested Donation
Dancing, karaoke, Costume Contest, 50/50 Raffle
SEE YOU THERE!
1836 APSUUN, YREKA, CA 96097

REDYPAA PRESENTS HALLOWEEN SCAVANGER HUNT & COSTUME CONTEST
Scavenger Hunt Meet at Alano @ 4:00 pm and return by 6:30 pm
Speaker Meeting 8:00 pm
Costume contests and scavenger Hunt WINNERS will be announced after the meeting.
LOCATION 1050 STATE STREET, REDDING, ca
Suggested Donation \$7
Any questions contact Nicole - (707) 972-1277
Judith - (530) 276-5028



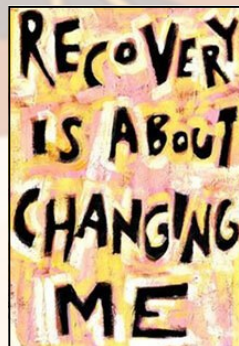
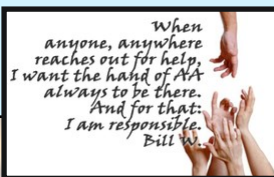
We are looking for input for the newsletter. Please submit your recovery related story, article, or suggestions via Email: Carrythemessageredding@gmail.com or contact Amy E at 307.752.4232

Northern California Intergroup is a service board of Alcoholics Anonymous serving A.A. groups of Shasta, Tehama, Siskiyou, and Trinity Counties. Intergroup provides alcoholics with services that an individual group can not provide. Intergroup maintains a website and a 24/7 telephone service. It also answers 12 Step calls, provides meeting information and maintains the schedule for the area. Intergroup is supported through voluntary contributions, and it's primary purpose is to carry the message of Alcoholics Anonymous to alcoholics who still suffer.

We, at Intergroup, urge all A.A. members to look to intergroup as a place of doing service work. We highly encourage all A.A. meetings to have an Intergroup Representative so that your meeting's voice can be heard and so that up-to-date information about Intergroups' activities can be passed on to your meeting.

At this time Intergroup has revolving positions open: please refer to the website for available positions. Our business meeting are the 4th Tuesday of the month at 6pm, All Saints Church ~ Eaton Hall, 2150 Benton Drive, Redding.

Intergroup office is located at
1050 State Street, Redding, CA, 96001
P O Box 991107
Redding, CA 96099
Email: norcalintergroup@gmail.com
Office Hours: Please call Lisa S. 530-225-8955
or email norcalintergroup@gmail.com
Website: aanorcal.org
Newsletter: carrythemessageredding@gmail.com



Carry the Message

AA 24/7 HOTLINE 530.225.8955
Serving Shasta, Tehama, Siskiyou, and Trinity Counties



Addiction and Recovery

P K Z N B K O W T F L K C F V L E G A L W Y Z A
R F U F W L O V R B I S I Z K A U D U A P Z Z S
E X A T H P H A O B T I N L A P T A A N G E R O
V H C I M B K L F K O R T Y R E V O C E R D L X
E X K H T S C J F T E G E Y C W J I R Y L O F Z
N Z N D P H A S E R C N R H P T F A L C O H O L
T A U O E L L N A B O A N A Y A R O S N O P S O
I I R T I K A C C I N I A O R I E N T A T I O N
O Q S C B T R R V T Q L L S H F E S E L C Y C J
N C W E O E C T E U I N Z E R X V R C T U O A
E B Z X T T E I E L S O O U S E L U R M S L U E
M T R F P A I S D C A E N K N R E I G E D T N R
N B A F M T N C L D C P G S N Y E P S T H M S M
P B Y E L L K D S I A P S A I O G I J R U W E A
V M F G M L I T S U Z I E T L N F S O B D L N
K Z D O X M B U S O K W K U I S A A R P G Y I A
H C R U H C E E R P G E D L O M H M E P N P N G
E U E J Z P R G Y G R C H T A I C I G U I A G E
X X B E A T N O I T A C U D E N F L G S K R S M
T T J R S C U K M E E T I N G S R Y I C N E I E
I W E J T N N Q B S Q E R R O R S E R M I H B N
U H H K A T D F J B U L P Y I B N V T F H T Z T
T K V M S Y X Y T I N U M M O C I D S X T N I M
M T R E A T M E N T Z K V B B U I N R K E E Y E

- | | | | | | |
|-------------|-------------|-----------|------------|------------|-----------|
| Effort | Orientation | Education | Counseling | Faith | Church |
| Support | Family | Aftercare | Stress | Techniques | Peers |
| Therapeutic | Team | Cycles | Management | Anger | Internal |
| External | Triggers | Risk | Therapy | Group | Meetings |
| Sponsor | Prevention | Relapse | Rules | Sanctions | Community |
| Legal | Narcotics | Alcohol | Stages | Errors | Thinking |
| Treatment | Change | Addiction | Recovery | | |

We are not CURED of alcoholism.
What we really have is a
DAILY reprieve contingent on the
MAINTENANCE of our spiritual condition.
Big Book page 85



NEW Website update - A Contributions page has been added to the Home page. Here you can make digital contributions through PayPal and Venmo for Single Donations, Birthday Club (where members donate \$1 for each year sober), Faithful

Fivers (a member pledges to contribute \$5 or more monthly to support NorCal Intergroup), and Group Contributions (where the group can decide to send money to the local Intergroup). We ask when a Group Contribution is made, please email our office

at norcalintergroup@gmail.com with the group name, group number and amount donated. Currently, PayPal doesn't allow this notation, but we're working on it!

These are challenging economic times! Your contributions help keep our office running! You can make

NorCal Intergroup
Paypal QR Code



*Takes 15% of profit for Prudent Reserve beginning in July 2023

NOR CAL INTERGROUP FINANCIAL STATEMENT			
JANUARY TO DECEMBER 2023			
	JULY*	AUGUST*	YEAR TO DATE
INCOME			
GROUP DONATIONS	50.13	\$1,783.80	\$10,216.60
INDIVIDUAL DONATIONS/PAY PAL	23.23	\$5.00	\$1,300.81
LITERATURE SALES	875.50	\$624.50	\$6,040.05
COIN SALES	108.75	\$106.75	\$752.45
LITERATURE/ DONATIONS	77.00	\$0.00	\$108.80
BIRTHDAY MITG 7TH TRADITION	0.00	\$0.00	\$208.00
7TH TRADITION BUSINESS MITG	0.00	\$37.00	\$273.00
FOUNDER DAY DONATIONS/DEPOSIT	350.00	\$0.00	\$1,733.68
FOUNDERS DAY EVENT DAY	0.00	\$0.00	\$391.00
REPLACEMENT CHECK AND FEES	67.37	\$0.00	\$245.87
TOTAL INCOME	1549.00	\$2,557.05	\$21,270.26
EXPENSES			
WAGES	602.24	\$602.24	\$4,823.68
LITERATURE PURCHASES	966.49	\$120.55	\$6,897.51
COIN PURCHASES	79.45	\$160.75	\$844.70
RENT	300.00	\$300.00	\$2,840.00
ANSWERING SERVICE	200.00	\$0.00	\$800.00
EVENT DEPOSITS/FOUNDER'S DAY/ INS	0.00	\$0.00	\$595.00
SPECTRUM-PHONE	79.88	\$0.00	\$319.92
OFFICE SUPPLIES/OUTSIDE SERV	42.81	\$0.00	\$943.63
QRTLY STATE TAXES	70.00	\$0.00	\$213.37
QRTLY FED TAXES	302.94	\$0.00	\$908.82
SALES TAX-ANNUAL	0.00	\$0.00	\$715.00
WEB/COMP EXPENSES/NEWSLETTER	0.00	\$0.00	\$0.00
P.O. BOX	0.00	\$0.00	\$0.00
BUSINESS LICENSE	0.00	\$0.00	\$0.00
WORKMANS COMP	675.40	\$0.00	\$846.84
CHRISTMAS PARTY	0.00	\$0.00	\$0.00
FOUNDERS DAY FOOD/SUPPLIES	0.00	\$0.00	\$958.45
TO PRUDENT RESERVE	0.00	\$206.00	\$1,010.10
TOTAL EXPENSES	\$3,319.31	\$1,389.54	\$22,717.02
TOTAL INCOME	1549.00	\$2,557.05	\$21,270.26
TOTAL EXPENSES	3319.31	1389.54	22717.02
NET PROFIT/LOSS	-1770.31	\$1,167.51	-\$1,446.76
BEGINNING BALANCE	\$13,203.48	\$11,433.17	\$15,215.11
MONTH NET INCOME	-\$1,770.31	\$1,167.51	-\$1,446.76
ENDING BALANCE	\$11,433.17	\$12,600.68	\$12,600.68
PRUDENT RESERVE BALANCE	\$5,486.25	\$5,692.25	\$5,692.25
ENDING BALANCE + PRUDENT RESERVE : \$16,919.42 ; \$18,292.93 ; \$18,292.93			

2023 GROUP DONATIONS				
NAME	GROUP #	JULY	AUG	TO DATE
ANDERSON AM SATURDAY	150044	\$0.00	400.00	\$1417.00
ATTITUDES IN ACTION	156461	\$0.00	0.00	\$60.00
Beginings Shasta Group	422555	\$0.00	0.00	\$168.00
Double Winners Group		\$0.00	50.00	\$140.00
FIRST THINGS FIRST	130801	\$0.00	0.00	\$100.00
FLIMSY REED GROUP	144128	\$0.00	0.00	\$115.75
FLOATING GROUP	125364	\$0.00	0.00	\$165.08
FREE AT LAST II	671021	\$0.00	0.00	\$350.00
FRIDAY NIGHT YOUNG PEOP	686984	\$0.00	0.00	\$100.00
HI RAILS GROUP	129169	\$0.00	0.00	\$90.00
HOW IT WORKS GROUP	654796	\$0.00	0.00	\$75.00
3 In 1 Group	90842	\$0.00	0.00	\$8.00
IT'S ALL GOOD	112146	\$0.00	0.00	\$301.00
LADIES NIGHT OUT GROUP	160486	\$0.00	0.00	\$50.00
3 LEGACIES GROUP	643210	\$0.00	0.00	\$100.00
LEWISTON GROUP	167162	\$0.00	0.00	\$110.00
LEWISTON OPEN DISC	657162	\$0.00	0.00	\$0.00
Made A Decision Group		\$0.00	0.00	\$82.62
MIXED BAG	625785	\$0.00	0.00	\$15.00
Monday Big Book Study	No #	\$0.00	100.00	\$100.00
MONDAY MENS STAG 16426	55932	\$0.00	0.00	\$240.00
MUSTARD SEED GROUP	101010	\$0.00	0.00	\$500.00
NOR CAL WINTERFEST MTG	No #	\$0.00	0.00	\$1,340.50
NORTH VALLEY TRUDGERS	695447	\$0.00	0.00	\$155.00
PALO CEDRO GROUP	602921	\$0.00	0.00	\$15.00
PRAYER AND MEDITATION GRP		\$0.00	0.00	\$61.12
PRIMARY PURPOSE BB STD	717255	\$0.00	0.00	\$95.00
PROF. "DOC" MEETING	No #	\$0.00	0.00	\$95.90
RED BLUFF RECOVERY Roundup		\$0.00	150.00	\$100.00
Solutions Group	140933	\$0.00	0.00	\$100.00
Saturday Sisters Group	686717	\$0.00	0.00	\$15.40
SISTERS BY CHOICE	101862	\$0.00	0.00	\$150.00
SOUNDNESS OF MIND GROU	120933	\$0.00	0.00	\$50.00
STEP SISTERS	120391	\$0.00	66.58	\$261.24
STEPPING OUT SISTERS-RE	639886	\$0.00	0.00	\$186.03
STEPS WE TOOK	684714	\$50.13	100.50	\$372.27
SPIRITUAL PROGRESS	643816	\$0.00	0.00	\$200.00
SUNDAY MORNING MTG	1051245	\$0.00	0.00	\$83.50
Sunday Morning Gratitude Mtg	702701	\$0.00	140.00	\$140.00
Tue. Night Lit. Study	119684	\$0.00	0.00	\$65.00
5 O'CLOCK SOMEWHERE	347980	\$0.00	0.00	\$50.00
WE AGNOSTICS	713061	\$0.00	0.00	\$40.00
WED NIGHT LIVE	100856	\$0.00	0.00	\$50.00
WOMEN FREEDOMBOUND	142038	\$0.00	0.00	\$112.21
7 @ 7 ZOOM GROUP	431673	\$0.00	168.50	\$420.76
ZOOM BIG BOOK	386485	\$0.00	0.00	\$105.50
ZOOM NEW START	136901	\$0.00	122.67	\$122.67
MEN'S NO NAME GROUP	666814	\$0.00	0.00	\$570.00
No Name	690710	\$0.00	400.00	\$400.00
Young People Group	No #	\$0.00	95.55	\$95.55

Treasurer Training Synopsis

Intergroup did a workshop on Saturday the 9th of September. Its focus was on teaching anyone interested in understanding the ins and outs of being a group treasurer. It was the first of what we hope will become a regular event every few months.

There were detailed instructions on topics such as: sobriety requirements and service periods, and experience with the traditions when choosing a group treasurer, the various methods used to record transactions, all about splits, prudent reserves, and much more. Literature and other written information were handed out.

Pizza and punch were served so there was a great time to visit, ask questions and share information among the participants. Suggestions for upcoming workshops were made; among them: Group Secretary, the 12-Step call, Sponsorship, GSR. If you have a topic you'd like to have covered, please let us know! You can reach us at (530) 225-8955 or email us at norcalintergroup@gmail.com.

I am beginning to see that all my troubles have their root in a habitual and absolute dependence upon my personal prestige, security, and romantic attachment. When these things go wrong, there is depression. Now this absolute dependence upon people and situations for emotional security is, I think, the immense and devastating fallacy that makes us miserable. This craving for such dependencies, this utter dependence upon people and situations, can only lead to conflict. Both on the surface and at depth. We are making demands on circumstances and people that are bound to fail us. The only safe and sure channel of absolute dependence is upon God himself.
Bill Wilson Letter, April, 1953
whytheyuse.com

Step Ten

Continued to take personal inventory and when we were wrong promptly admitted it.

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Tradition Ten

Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.