

# NorCal Intergroup Alcoholics Anonymous Newsletter

## AA History

1945

### A MAGAZINE'S ARTICLE'S REACH

"Maybe I Can Do It Too," an article about A.A. member Edward G. that ran in the October 1944 edition of *Reader's Digest*, appears in translation in several of the magazine's international editions, as it will for the next four years. As a result, alcoholics from around the globe write to the Alcoholics Foundation seeking to learn more about the Fellowship.

### FIRST MEETINGS IN AUSTRALIA

In a letter to Archie McKinnon, a psychiatric nurse interested in helping alcoholics in Sydney, Bobbie B. of the Alcoholics Foundation provides the names of two other men who share the same aim: Dr. Sylvester Minogue and Fr. Tom Dunlea, the founder of Boystown in Australia. The three nonalcoholics band together to form the country's first A.A. group, with Rex A. the first member to achieve and maintain sobriety.

### AFRICAN-AMERICAN GROUPS SPRING UP

Early in 1945, five African-American residents of St. Louis form a group that quickly expands. In Washington D.C., Jim S., sponsored by a local A.A. named Charlie, begins to hold meetings in a rented room at a local YMCA; Jim later helps start the first group in Harlem. By 1950, African-Americans will have formed groups in Detroit, Chicago, Philadelphia, Los Angeles, Cleveland, and other cities and towns. In a country of great diversity, A.A. groups will welcome all alcoholics who wish to stop drinking.

### AN ATLANTIC OUTPOST

After seeking advice from the Alcoholics Foundation, Steve V., an A.A. member formerly of Trenton, N.J., forms a group in St. Georges, Bermuda. It jumps from two to six members within a month and grows quickly thereafter. The next year, the Hamilton Mid-Ocean News will publish a series of twelve articles on Alcoholics Anonymous.

### THE LIGHTER SIDE

The reports and letters printed in the Grapevine are interspersed with the occasional alcohol-related cartoon, like the "Down Alibi Alley" submission by a member. Early editions of the magazine also include a jokes column called "Barley CORN!!"

NorCal Intergroup Monthly Birthday Speaker Meeting Invites You:

to share in your sober celebration by welcoming our host for the evening:

mt. Shasta's drumroll...  RECOVERY

**"the High Rails Group"**

When: Nov. 4th, 2023  
Where: 2150 Benton Dr. Redding, Ca.  
What Time: 7 to 8 pm

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

REDYPAA PRESENTS FRIENDSGIVING

Dinner @ 5:00 pm  
Meeting @ 8:00 pm

BRING A DISH!

Location  
2655 Bechelli Ln, Redding, CA  
November 18th, 2023

Speakers!  
Opening: Jamie W/ Redypaa  
Main: Julius W/ Advisory

DINNER \$10

DOWN ALIBI ALLEY: with Hal H. of Chicago . . . .





# Carry the Message

AA 24/7 HOTLINE 530.225.8955

Serving Shasta, Tehama, Siskiyou, and Trinity Counties



NORCAL INTERGROUP PRESENTS THE

**Holiday Party!**

December 9th, 2023

Shasta Co. District Fairgrounds  
Anderson • Fusaro Hall

- SPEAKER
- RAFFLE
- MUSIC
- DINNER
- TABLE DECORATING CONTEST

**5 pm**  
Adults Only Please

INTERGROUP'S Holiday Party Committee Meetings ~Tuesday, November 7th, 21st, and December 5th.

Committee meeting will be held 5:30 - 6:30 @ the Redding Library, Foundation Room. We need volunteers, please spread the word. The party will be December 9th @ Anderson Fairgrounds.

For more information or to inquire to help, contact Carmel at [carmel22@hotmail.com](mailto:carmel22@hotmail.com).



The 12/9 HOLIDAY PARTY is having a 50/50 cash prize raffle and ITEM RAFFLE

We're looking for members to bring "NEW" raffle items, such as:

- ELECTRONICS (T.V.'S, HEAD PHONES, VIDEO PRODUCTS, ETC.)
- GIFT CARDS (restaurants? Nursery items? Massage? Various stores? Amazon? ...)
- FISHING POLES
- TOOLS
- CAMPING ESSENTIALS LIKE: (TENTS, PROPANE STOVES, SLEEPING BAGS, ETC.)
- AA gifts (books, journals, coffee mugs...)
- Kitchen appliances

Contact Ron H. @ 530-215-6223 for more information.

**Table Decorating Contest!**

To adopt a table to decorate, please email Julie H. at [coodo089@gmail.com](mailto:coodo089@gmail.com). please provide her your phone number and the number of people sitting at your table. The tables can seat up to ten people. Table locations and chargers (green, red, gold, and silver) are on a first come first serve basis. You will need a centerpiece, battery operated candles are optional and any decorations of your choice.

The Hall opens Friday the 8th from 1:30 to 4:30 pm and Saturday the 9th from 10:00 to 4:00 pm to decorate.

NorCal Intergroup Holiday Party Dec. 9th, 2023

WE ARE LOOKING FOR VOLUNTEERS TO BRING THE FOLLOWING ITEMS:

- 17 COOKED HAMS \*
- 25 COOKED TURKEYS \*
- 20 GREEN BEAN CASSEROLES
- 20 PREPARED BAKED STUFFING
- 6 ITALIAN DRESSINGS
- 6 RANCH DRESSINGS
- 4 BAGS OF CROUTONS
- 8 2-POUND BAGS OF SALAD
- 35 16 PACKS OF DINNER ROLLS
- 22 SMALL CANS OF CRANBERRY SAUCE
- 53 CAKES, PIES AND DESSERTS

\* PLEASE DROP OFF TURKEYS AND HAMS BY 5 PM AT THE BACK DOOR OF FUSARO HALL, ANDERSON FAIRGROUNDS

Please contact Heather L. to coordinate your donation at [heather.zanola@yahoo.com](mailto:heather.zanola@yahoo.com) Thank You!

## November 2023 Volume 5 Issue 11 Business Meetings

**Shasta County (Area 16) H & I** ~ 1<sup>st</sup> 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** ~ 1<sup>st</sup> 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)** ~ 1<sup>st</sup> 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** ~ 2<sup>nd</sup> 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** ~ 3<sup>rd</sup> Sunday of each month, 3:30-5pm @ the Alano Club, downstairs, 1050 State St., Redding

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

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

**REDYPAA** ~ 4<sup>th</sup> 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

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



**Fall is Here!**



# NorCal Intergroup Alcoholics Anonymous Newsletter

November 2023 Volume 5 Issue 11

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](mailto:norcalintergroup@gmail.com)  
Office Hours: Please call Lisa S. 530-225-8955  
or email [norcalintergroup@gmail.com](mailto:norcalintergroup@gmail.com)  
Website: [aanorcal.org](http://aanorcal.org)  
Newsletter: [carrythemessageredding@gmail.com](mailto:carrythemessageredding@gmail.com)



When anyone, anywhere reaches out for help, I want the hand of AA always to be there. And for that, I am responsible. Bill W.

Give Thanks with a Grateful heart Everyday

## Carry the Message

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



### Gratitude

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

- |              |              |            |           |
|--------------|--------------|------------|-----------|
| Volunteering | Appreciation | Thoughtful | esteem    |
| engaged      | loyalty      | joyful     | Encourage |
| Thanksgiving | Compassion   | friendship | family    |
| kindness     | respect      | loving     | Excited   |
| Relationship | Acknowledge  | compliment | good      |
| thankful     | honesty      | carings    | Grateful  |
|              |              | Happiness  |           |

\*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](mailto: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



NorCal Intergroup Venmo Code

Northern California Intergro...  
@NorthernCaliforniaIntergroup



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

NOR CAL INTERGROUP FINANCIAL STATEMENT				2023 GROUP DONATIONS As of September 2023					
JANUARY TO DECEMBER 2023				NAME	GROUP #	AUG	SEPT	TODATE	
	INCOME	AUGUST*	SEPT*	YEAR TO DATE					
GROUP DONATIONS	\$1,783.80	1203.54	\$1,420.14		ANDERSON AM SATURDAY	150044	400.00	0.00	\$1,417.00
INDIVIDUAL DONATIONS/PAY PAL	55.00	56.58	\$1,343.81		ANY LENGTHS GROUP - Anderson	165242	0.00	850.00	\$850.00
LITERATURE SALES	\$624.50	735.75	\$6,775.80		ATTITUDES IN ACTION	156461	0.00	0.00	\$60.00
COIN SALES	\$106.75	64.75	\$817.20		Beginnings Shasta Group	422555	0.00	0.00	\$168.00
LITERATURE/ DONATIONS	\$0.00	0.00	\$108.80		Double Winners Group		50.00	0.00	\$140.00
BIRTHDAY MTG 7TH TRADITION	\$0.00	0.00	\$208.00		FIRST THINGS FIRST	130801	0.00	125.00	\$225.00
7TH TRADITION BUSINESS MTG	\$37.00	5.00	\$278.00		FLIMSY REED GROUP	144128	0.00	0.00	\$115.15
FOUNDER DAY DONATIONS/DEPOSIT	\$0.00	0.00	\$1,733.68		FLOATING GROUP	125364	0.00	0.00	\$165.08
FOUNDERS DAY EVENT DAY	\$0.00	0.00	\$391.00		FREE AT LAST II	617021	0.00	0.00	\$350.00
REPLACEMENT CHECK AND FEES	\$0.00	0.00	\$245.87		FRIDAY NIGHT YOUNG PEOPLE	686384	0.00	0.00	\$100.00
TOTAL INCOME	\$2,557.05	2065.62	\$23,322.30		HI RALLS GROUP	129169	0.00	0.00	\$30.00
EXPENSES					HOW IT WORKS GROUP	654736	0.00	0.00	\$75.00
WAGES	\$602.24	602.24	\$5,425.92		3 In 1 Group	30942	0.00	0.00	\$8.00
LITERATURE PURCHASES	\$120.55	1466.05	\$8,363.56		IT'S ALL GOOD	112146	0.00	0.00	\$301.00
COIN PURCHASES	\$160.75	61.80	\$906.50		LADIES NIGHT OUT GROUP	160486	0.00	0.00	\$50.00
RENT	\$300.00	\$300.00	\$3,140.00		3 LEGACIES GROUP	643210	0.00	0.00	\$100.00
ANSWERING SERVICE	\$0.00	\$200.00	\$1,000.00		LEWISTON GROUP	157162	0.00	0.00	\$100.00
EVENT DEPOSITS/FOUNDER'S DAY/ INS	\$0.00	0.00	\$595.00		Made A Decision Group		0.00	0.00	\$82.62
SPECTRUM-PHONE	\$0.00	\$79.98	\$399.90		MIXED BAG	625785	0.00	0.00	\$15.00
OFFICE SUPPLIES/OUTSIDE SERV	\$0.00	816.22	\$1,759.85		Monday Big Book Study	No #	100.00	0.00	\$100.00
QRTLY STATE TAXES	\$0.00	0.00	\$213.37		MONDAY MENS STAG 164267	55932	0.00	0.00	\$240.00
SALES TAX-ANNUAL	\$0.00	0.00	\$908.82		MUSTARD SEED GROUP	101010	0.00	0.00	\$50.00
WEB/COMP EXPENSES/NEWSLETTER	\$0.00	0.00	\$0.00		NOR CAL WINTERFEST MTG	No #	0.00	0.00	\$1340.50
P.O. BOX	\$0.00	248.00	\$248.00		NORTH VALLEY TRUDDERS	639886	0.00	60.00	\$215.00
BUSINESS LICENSE	\$0.00	0.00	\$0.00		PALO CEDRO GROUP	602821	0.00	0.00	\$15.00
WORKMANS COMP	\$0.00	0.00	\$846.84		PRAYER AND MEDITATION SPD		0.00	0.00	\$56.12
CHRISTMAS PARTY	\$0.00	0.00	\$0.00		PRIMARY PURPOSE BB STDY	717255	0.00	0.00	\$160.00
EVENT: FOOD/SUPPLIES	\$0.00	66.81	\$1,025.26		PROF. "DOC" MEETING	No #	0.00	0.00	\$35.80
SALES TAX-ANNUAL	\$0.00	0.00	\$715.00		RED BLUFF RECOVERY Roundup		150.00	0.00	\$250.00
TO PRUDENT RESERVE	\$206.00	0.00	\$1,010.10		REDDYPAA	686384	0.00	0.00	\$100.00
TOTAL EXPENSES	\$1,389.54	\$3,841.10	\$26,558.12		Solutions Group	140933	0.00	0.00	\$100.00
TOTAL INCOME	\$2,557.05	\$2,065.62	\$23,322.30		Saturday Sisters Group	686717	0.00	0.00	\$115.40
TOTAL EXPENSES	\$1,389.54	\$3,841.10	\$26,558.12		SISTERS BY CHOICE	101862	0.00	46.54	\$196.54
NET PROFIT/LOSS	\$1,167.51	-\$1,775.48	-\$3,235.82		SOUNDNESS OF MIND GROUP	120933	0.00	0.00	\$50.00
BEGINNING BALANCE	\$11,433.17	\$12,600.68	\$15,215.11		STEP SISTERS	120331	66.58	0.00	\$261.24
MONTH NET INCOME	\$1,167.51	-\$1,775.48	-\$3,235.82		STEPPING OUT SISTERS- REDDI	639886	0.00	0.00	\$186.03
ENDING BALANCE	\$12,600.68	\$10,825.20	\$10,825.20		STEPS WE TOOK	684714	100.50	57.00	\$529.17
PRUDENT RESERVE BALANCE	\$5,692.25	\$5,692.25	\$5,692.25		SPIRITUAL PROGRESS	643816	0.00	0.00	\$200.00
ENDING BALANCE + PRUDENT RESERVE	\$18,292.93	\$16,517.45	\$16,517.45		SUNDAY MORNING MTG	1051245	0.00	0.00	\$83.50
					Sunday Morning Gratitude Mtg	702701	140.00	0.00	\$140.00
					Tue. Night Lit. Study	119684	0.00	0.00	\$55.00
					5 O'CLOCK SOMEWHERE	347380	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	140339	0.00	0.00	\$112.21
					T @ 2:00PM GROUP	431673	158.50	0.00	\$420.16
					ZOOM BIG BOOK	386485	0.00	0.00	\$105.50
					ZOOM NEW START	136301	122.67	0.00	\$122.67
					MEN'S NO NAME GROUP	666814	0.00	0.00	\$570.00
					No Name	630710	400.00	0.00	\$400.00
					Young People Group	No #	35.55	0.00	\$35.55

### Members Speak

Today I'm taking on my past, present, and future self. The parts I've left behind, the parts I hold dear, as well as the parts I've yet to experience. Today is just like any other day, yet somehow different. A different smell. A different feeling. Today I truly feel that I'm healing. Healing from the pain I've caused myself. Healing from the pain I've caused others. So much change in such little time, with my higher power by side I shouldn't be surprised. Today I get to take on the world. Today I get to be a better man. Today I have more than I ever have. Today I'm full of gratitude. Tomorrow may have a different vibe. I might wake up & want to cry. Yet I know with the tools I have & the people in my life. I know I'll find a reason to want to survive, because today I know, I am truly alive. Submitted by Brandon G.

### Step Eleven

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

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### Tradition Eleven

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

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