

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

ASPIRE  
 BELONGING  
 CAMARADARIE  
 COMMUNICATION  
 COMMUNITY  
 COMPANIONSHIP  
 COMPASSION  
 COMPOSURE  
 CONTEMPLATION  
 CONVICTION  
 COOPERATION  
 DECENCY  
 DEDICATION  
 DEPENDABLE  
 DREAM  
 ENTHUSIASM  
 ENTRUSTING  
 FOUNDATION  
 HONOR  
 IMAGINE  
 INDEPENDENCE  
 MINDFUL  
 PASSION  
 QUALITY  
 REASSURING  
 REFLECTION  
 RELEASE  
 RELIANCE  
 RIGHTEOUS  
 SOLACE  
 TRANQUILITY  
 VIGOR  
 VIRTUE  
 VITALITY  
 VIVACITY  
 ZEST

**PRAASA 2024!!!**  
 Pacific Region A.A. Service Assembly  
**March 1-3 San Francisco**  
 See [aanorcal.org](http://aanorcal.org) for more info

**"CARRY the MESSAGE"**  
 Northern California  
 Alcoholics Anonymous  
 Newsletter



**NORCAL INTERGROUP PRESENTS YOUR MONTHLY Birthday Speaker Meeting!**  
 Host: Experience, Strength and Hope Group  
**FEBRUARY 3RD, 2024**  
 7pm to 8pm Speaker: Kay F.  
 Come celebrate your sobriety birthday!  
 All Saints Church 2150 Benton Dr., Redding, Ca

**REDYPAA PRESENTS**  
 Valentine Dessert Competition  
 Create Your Best Valentines Day Dessert **Feb. 17th**  
 SPEAKERS: DAN FROM BUTTEYPAA AND KRISTEN FROM SWACYPAA  
 Alano Club 1050 State St., Redding Ca  
 8pm (meeting) Event to follow

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

Office Location: 1050 State St. at Favratto, Redding Ca, P.O. Box 991107 Redding Ca. 96099  
 Email: [norcalintergroup@gmail.com](mailto:norcalintergroup@gmail.com)  
 Office Hours: please call Lisa S. (Intergroup Office Manager) at (530) 225-8955  
 website: [aanorcal.org](http://aanorcal.org)

Step 2: "Came to believe that a power greater than ourselves could restore us to sanity."

"Once we become aware that there are other people and things -- and forces--outside ourselves, it becomes a matter of searching until a power that does good is found. ...we have acquired a belief in some force that is external, more powerful than we are, and capable of helping us to return to sanity."

by P.S. 1970, AA Grapevine inc.

**THE PURPOSE OF STEP 2 IS TO HAVE HOPE, AN OPEN MIND AND KNOW YOU ARE NOT ALONE.**

**ROGUE ROUNDUP**  
 MAY 3-5 2024  
 GRANTS PASS, OREGON

A Convention Full Weekend of: Speakers Meetings Meals Fellowship and Service Opportunities

For more info and registration:  
[HTTPS://ROGUEROUNDUP.COM](https://rogueroundup.com)

**Tradition Two**

For our group purpose there is but one ultimate authority -- a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants: they do not govern.

"If God is in my heart and He speaks to me through other people, then I must be a channel of God to other people. I should seek to do His will by living spiritual principles and my reward will be sanity and emotional sobriety."

Justin Kunst 7/1970

to view NorCal Intergroup's financial records go to [aanorcal.org](http://aanorcal.org)  
**GROUP DONATIONS FOR 2023**

ANDERSON AM SATURDAY	\$2,117.00	LANDING ZONE	\$0.00	SOUNDNESS OF MIND GROUP	\$281.03
ANY LENGTHS GROUP - Anders	\$1,020.00	3 LEGACIES GROUP	\$50.00	SOUP BONE MEETING	\$658.94
AS BILL SEES IT	\$0.00	LEWISTON GROUP	\$348.29	STEP SISTERS	\$514.00
ATTITUDES IN ACTION	\$60.00	LEWISTON OPEN DISC	\$50.00	STEPPING OUT SISTERS- REDDING	\$83.50
Band of Brothers Group	\$200.00	Made A Decision Group	\$0.00	STEPS WE TOOK	\$140.00
Beginings Shasta Group	\$268.00	MIDDLE OF THE ROAD GRP	\$420.76	SPIRITUAL PROGRESS	\$0.00
Big Book Study	\$0.00	MIXED BAG	\$105.50	SUNDAY MORNING MTG	\$0.00
CARRY THIS MESSAGE GRP	\$0.00	Monday Big Book Study	\$122.67	Sunday Morning Gratitude Mtg	\$100.00
Double Winners Group	\$140.00	MONDAY MENS STAG 164267	\$570.00	THREE LEGACIES	\$0.00
Down Stairs Group	\$0.00	MUSTARD SEED GROUP	\$400.00	THURS. MEN'S STAGG GROUP	\$0.00
EXPERIENCE, STRENGTH, HOPE	\$200.00	NEW START	\$95.55	THURS SAINT MICHAELS	\$65.00
FIRST THINGS FIRST	\$225.00	NOR CAL WINTERFEST MTG	\$1,340.50	TUES CONNECTION	\$152.50
FLIMSY REED GROUP	\$215.75	NORTH VALLEY TRUDGERS	\$215.00	Tue. Night Lit. Study	\$90.00
FLOATING GROUP	\$165.08	PALO CEDRO GROUP	\$15.00	5 O'CLOCK SOMEWHERE	\$100.00
FREE AT LAST I	\$325.00	PRAYER AND MEDITATION GRP	\$56.12	WE AGNOSTICS	\$0.00
FREE AT LAST II	\$650.00	PRIMARY PURPOSE BB STDY	\$225.00	WED. NIGHT CANDLELIGHT GRP.	\$50.00
FRIDAY NIGHT YOUNG PEOPLE	\$100.00	PROF. "DOC" MEETING	\$95.90	WED NEWCOMERS	\$0.00
HAPPY VALLEY	\$0.00	RED BLUFF LIVE & LET LIVE	\$0.00	WED NIGHT LIVE	\$348.29
HI RAILS GROUP	\$180.00	RED BLUFF RECOVERY Roundup	\$250.00	WOMEN FREEDOMBOUND	\$50.00
Hole in the Donut Group	\$40.00	REDDYPAA	\$100.00	WNL GROUP	\$0.00
HOT TOPICS GROUP	\$125.00	RULE 62 GROUP	\$50.00	WOMEN ON THE WAGON GRP	\$420.76
HOW IT WORKS GROUP	\$75.00	Solutions Group	\$100.00	7 @ 7 ZOOM GROUP	\$105.50
3 In 1 Group	\$8.00	SASTA GROUP, MT. SHASTA	\$0.00	ZOOM BIG BOOK	\$122.67
IT'S ALL GOOD	\$301.00	Saturday Sisters Group	\$115.40	ZOOM NEW START	\$570.00
LADIES NIGHT OUT GROUP	\$50.00	Shasta Beginners Group	\$50.00	MEN'S NO NAME GROUP	\$400.00
Lake Shastina Group	\$0.00	SISTERS BY CHOICE	\$296.31	No Name	\$95.55
LANDING ZONE	\$100.00			Young People Group	

**NORCAL INTERGROUP THANKS YOU...**

**Business Meetings**

NorCal Intergroup monthly business meetings:  
 4th Tuesday, 6 pm All Saints Church 2150 Benton Dr., Redding

REDYPAA monthly business meetings: 4th Sunday, 3pm 1825 East St., Redding.  
 REDYPAA Event and meeting following: 3rd Saturday 8pm Alano Club/1050 State St., Redding

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. @ 7078155042

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 zoommeeting 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



IS IT WRONG TO DROP DRUNKS OFF AT HOUSES THAT AREN'T THEIRS?

**FLASH from the PAST**

NUMEROUS IDEAS BY WELL MEANING FOLKS CONCERNING CHANGING THE MANUSCRIPT OF THE BIG BOOK WERE SET ASIDE.  
 But... Dr. Howard E. (Feb. 1939) suggested that an authoritarian (controlling) "You Must" style be changed to reflect a "this is how it worked for us" approach - required a host of revisions throughout, even to alterations in seven of the Twelve Steps." Editor's note: How many of us would of cringed at perhaps this passage.... "Remember you (we) are dealing with alcohol - cunning. baffling. powerful. Without help it is too much for (you) us. but there is one who has all power - That One is God. You must (May you) find Him Now. *Ha!* Or how about this one:  
 "IF YOU ARE NOT CONVINCED ON THESE VITAL ISSUES, YOU NEED TO RE-READ THE BOOK TO THIS POINT OR ELSE THROW IT AWAY!"

**FEB. 1939**

Whatever Keeps You Sober



Do More Of That!