NORTHERN
CALIFORNIA
INTERGROUP
DEC. 2024
NEWSLETTER



Get the latest news, meeting info, upcoming events and more at aanorcal.org

**Northern California (NorCal) Intergroup** is a service board of alcoholics serving groups in Shasta, Tehama, Siskiyou and Trinity Counties. Intergroup provides alcoholics with services that individual groups can't 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 its primary purpose is to carry the A.A. message to alcoholics who still suffer.



Northern California Hospital and Institution Committee
Carrying the message of A.A. to the alcoholic in
Corrections and Treatment facilities
and facilities serving alcoholics in Northern CA

Come find out how you can be of service at

Area 16's H&I Orientation

(All Areas are Welcome)

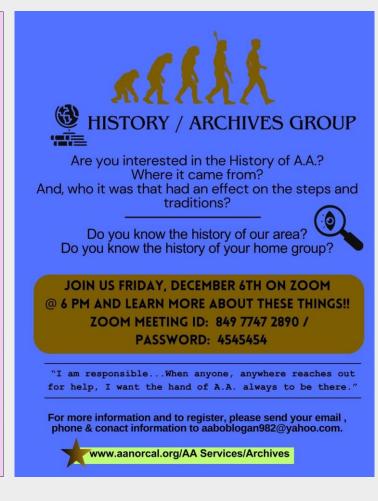
Every 1st Tuesday, starting December 3<sup>rd</sup>, 5:30 p.m. Business meeting to follow at 6:00pm

All Saints Episcopal Church 2150 Benton, Redding, CA

Orientation required for all new volunteers Highly recommended for existing volunteers and facility coordinators

- We'll give you a brief history of our Committee
- learn about the various service positions available
- · review some guidelines for H&I service
- answer any questions you might have AND
- · Get you set up with a commitment!





The NorCal Intergroup Newsletter is free. It is made possible by contributions of our members to Intergroup. Read this newsletter, pass it on and contribute! The Newsletter is also available at <a href="www.aanorcal.org">www.aanorcal.org</a>. DISCLAIMER: Opinions contained herein are strictly those of the authors. The publication of opinions, articles and announcements does not necessarily represent endorsement, approval, or affiliation of NorCal Intergroup. We reserve the right to edit submissions for clarity, language, length and any content that may violate the AA Traditions.

That said, do you have something you'd share in the Newsletter? An event? A brief story? News? Please reach out to Jude at <a href="mailto:judesjava@yahoo.com">judesjava@yahoo.com</a>

### **Intergroup Holiday Party**



One of Intergroup's annual traditions is hosting the Holiday Party – a night of fellowship, recovery and fun! This year's theme is "A Vision For You" ... give freely of what you find and join us.... We shall be with you in the Fellowship of the Spirit ...

See below for ways to volunteer and make this another great event!





TO DECORATE/RESERVE A TABLE: Contact Julie H. at coodoo89@gmail.com or 503-816-1317

Tables will be available to decorate on Friday, December 13th, from 10am - 4pm Saturday, December 14th from 9am - 3pm

#### Table themes and trophies for:

- Most original Most nostalgic Most whimsical Best of show
- - Chargers (red. gold, silver and areen) are available
  - (first come, first serve). Tablecloths will be provided, but you can add your own.
  - You will need a centerpiece. **Battery operated candles** only and any decorations of your choice.



#### A.A. 24/7 HOTLINE: 530-225-8955

MAILING ADDRESSES/LINKS: ALCOHOLICS ANONYMOUS, www.aa.org

**NORCAL INTERGROUP,** Office Location: 1050 State Street, Redding, CA, Mailing Address: P.O. Box 991107, Redding, CA 96099, <a href="www.aanorcal.org">www.aanorcal.org</a>. **Office hours:** Before/After early AM meetings at the club; Tues. 3-6; Wed. 7-1; Thurs. 1-5 (effective 4/4/24). Office phone: 530-225-8955

NORCAL H&I, P.O. Box 192490, San Francisco, CA 94119-2490, www.handinorcal.org

GENERAL SERVICE AREA 07 - CALIFORNIA NORTHERN INTERIOR (CNIA) CNIA Contributions, PO Box 161712,

Sacramento, CA 95816-1712, www.cnia.org/cnia-area-07

**NEW YORK GENERAL SERVICE OFFICE,** P.O. Box 2407, James Farley Station, New York NY 10116-2407 **AA GRAPEVINE/LA VINA**, 475 Riverside Drive, 11<sup>th</sup> Floor, New York, NY 10115, <a href="https://www.aagrapevine.org">www.aagrapevine.org</a>



Step 12 – Having had a spiritual awakening as the result of these steps, we tried carry the message to alcoholics, and to practice these principles in all our affairs.



"I spend a great deal of time passing what I learned to others for four reasons: 1) a sense of duty; 2) It is a pleasure; 3)
Because in so doing I am paying my debt to the man who took time to pass it on to me; 4) Because every time I do it I take out a little more insurance for myself against a possible slip"

Dr. Bob's Nightmare, Alcoholics Anonymous

Tradition 12 – Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.



"Let us always remember that anonymity —not taking credit for our own or others' recovery— is humility at work." Terry L. Suffolk Intergroup Bulletin, December, 2008, Volume 35 Number 8

"Humility is perpetual **quietness of heart**. It is to have no trouble. It is never to be fretted, or vexed, or irritated, or sore, or disappointed"

Partial quote from plaque on Dr. Bob's desk.

# LOOKING FOR A SERVICE OPPORTUNITY? WANT TO PUT THE 12<sup>TH</sup> STEP INTO ACTION? CHECK OUT ONE OF OUR BUSINESS MEETINGS!

- INTERGROUP meets on the 4th Tuesday of each month, @ 6pm, All Saints Church, Eaton Hall, 2150 Benton Drive, Redding. Note: Intergroup will not meet in the month of December.
- GENERAL SERVICE District 9 (Siskiyou County) meets on the 1st Sunday of each month from 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. zoom meeting ID is: 666 067 6860 / No password. Attendees enter into a waiting room, and Host will let the attendee in.
   District 11 meets on the 3rd Tuesday of each month, from 5:00 6:30 pm at the Alano Club, downstairs, 1050 State St., Redding
- HOSPITALS & INSTITUTIONS (H&I)

Shasta County – Area 16 meets on the 1st Tuesday of each month, 6pm @ All Saints Church, Eaton Hall, 2150 Benton Drive, Redding. Orientation for new volunteers starts at 5:30 pm (NEW) before the business meeting.

Siskiyou County (Area 3) meets on the 1st Friday of the month, 6pm, at the Weed Community Center, 161 E. Lincoln Ave., Weed, CA 96094.

**Tehama County – Area 17** meets on the 2nd Thursday of the month, 5:30 pm @ Red Bluff Presbyterian Church, 838 Jefferson St., Room 4 (in back of courtyard), Red Bluff.

Trinity County – Area 18 meets on the 1st Wednesday of the month, 7:30pm @ St. Patrick's Catholic Church, 102 Church Street, Weaverville.

• REDYPAA meets on the 4th Sunday of the month at 3:00pm @ the Methodist Church, 1825 East St., Redding.

### December 2024 Service Meetings & Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 – Holiday Party Planning Meeting – All Saints Church 2150 Benton, Redding	3 – <b>H&amp;I Area 16 Orientation</b> 5:30 <b>Business Mtg</b> 6pm – All Saints Church, 2150 Benton, Redding	4 – <b>H&amp;I Area 18</b> 7:30pm, St. Patrick's Church, 102 Church St, Weaverville	5	6 H&I Area 03 6pm, Weed Community Ctr, 161 Lincoln Ave, Weed. History/Archives 6pm zoom: 849- 7747-2890, pw: 4545454	7
8 District 9 – 10am, 161 E. Lincoln Ave., Weed, CA or ZOOM: 666 067 6860, no password	9	10	11	12 <b>H&amp;I Area 17</b> 5:30pm, Red Bluff Presbyterian, 838 Jefferson, back courtyard, Red Bluff, CA	13	14 Intergroup Holiday Party 5pm – Fugaro Hall, Shasta Fairgrounds, Anderson
15	16	17 – <b>District 11, 5pm</b> Alano Club, downstairs, 1050 State St., Redding	18	19	20	21 – Redypaa White Elephant Gift Exchange, 8pm – Alano Club 1050 State S. Redding
22 <b>Redypaa</b> 3:00pm @ the Methodist Church, 1825 East St., Redding	23	24 – Christmas Eve – Marathon Meetings, Alano Club, 1050 State St. Redding	25 – <b>Christmas</b> Marathon Meetings, Alano Club, 1050 State St. Redding	26	27	28
29	30	31 <b>New Years Eve</b> Marathon Meetings, Alano Club, 1050 State St. Redding	1 – New Years Day Marathon Meetings, Alano Club, 1050 State St. Redding	2	3	4

### Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober—an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.



Line up extra A.A. activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.



Be host to A.A. friends, especially newcomers. If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.



Keep your A.A. telephone list with you all the time. If a drinking urge or panic comes—postpone everything else until you've called an A.A.



Find out about the special holiday parties, meetings, or other celebrations given by groups in your area, and go. If you're timid, take someone newer than you are.



Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.



If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.



Don't think you have to stay late. Plan in advance an "important date" you have to keep.



Worship in your own way.



Don't sit around brooding. Catch up on those books, museums, walks, and letters



Don't start now getting worked up about all those holiday temptations. Remember— "one day at a time."



Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts—but this year, you can give love.



"Having had a . . ." No need to spell out the Twelfth Step here, since you already know it.

Reprinted from Box 459 with permission.

Happy Holidays

History | Archives RECOVERY READING GROUP Sundays on Zoom 3pm Pacific Beginning Sunday October 6th we will be reading... the Phrit Lady of Alcoholics Anonymous This is a story of one woman's indefatigable effort and indomitable spirit, compellingly told by Sally and David Brown. Born in Chicago in 1905, Marty was favored with beauty, brains, charisma, phenomenal energy, and a powerful will. She could also out drink anyone in her group of social elites. When her father became penniless, she was forced into work, landed a lucrative public relations position, and a decade later was destitute because of her drinking. She was committed to a psychiatric center in 1938-a time when the term alcohol-SALLY BROWN DAVID R. BROW ism was virtually unknown, the only known treatment was "drying out," and two men were compiling the book Alcoholics Anonymous. Marty read it ZOOM ID: on the recommendation of psychiatrist Dr. Harry Tiebout: it was her first step 849-7747-2890 toward sobriety and a long, illustrious career as founder of the National Password: 4545454 Council on Alcoholism, or NCA. In the early 1950s, journalist Edward R. If you have any questions Murrow selected Marty as one of the 10 greatest living Americans, Marty or to register, contact us at: died of a stroke in 1980, shortly after addressing the AA international conaaboblogan982@yahoo.com vention in New Orleans.

Since Sunday, 10/6/24, the Recovery Reading Group is reading Mrs. Marty Mann the First Lady of Alcoholics Anonymous ~ Every Sunday at 3pm. See above flyer for details or visit the NorCal Intergroup website at <a href="https://aanorcal.org/archive-events/">https://aanorcal.org/archive-events/</a>

Also, the Group History Form – Guidelines from GSO for writing an A.A. group history was added to our website @ https://aanorcal.org/archives-forms/ & https://aanorcal.org/intergroup-business/resources-2/. This form is beneficial for groups hosting the Intergroup Speaker Meeting, as a copy needs to be sent to Archives @ aaboblogan892@yahoo.com .

A Video, GSO Archives: Celebrating 85 years of A.A. history – was made available on our website at <a href="https://aanorcal.org/archive-videos/">https://aanorcal.org/archive-videos/</a>

Since 2019 H&I's IVSS committee has been implementing a sponsorship service in state prisons in Northern CA. This is a vital and life-saving effort to carry the message of AA to our incarcerated | members. This year we introduced a new evolution of our service which utilizes the electronic tools of phone calls, text messaging and video calling which are now provided to prisoners throughout most of CA. These tools also allow H&I volunteers to sponsor anonymously at any NorCal prison from the convenience and security of their own homes without requiring in-person visits, although that option is available as well. To learn more, check out the flyers below:





### Why Does Your Home-Group Need a GSR?

A General Service Representative (GSR) is a member of your home-group who is selected to represent your meeting's voice on proposed actions affecting the fellowship's unity, health and growth.

- → Serves as the relay of vital information between the home-group at the district level and at Area Conferences.
- → Informs the home-group on proposed changes and agenda items the General Service Conference may want to make to Alcoholics Anonymous (AA).
- → Echoes the group's voice and sentiments on proposed changes to AA literature at the District and Area levels.

AA meeting groups are encouraged to select a group representative who can attend the monthly district meeting, held every third Tuesday, of each month, 5:00 p.m. – 6:30 p.m., Alano Club: 1050 State Street, Redding, CA 96001.



"The A.A. groups today hold ultimate responsibility and final authority for our world services."  $\sim$  Bill W., AA Founder

"The strength of our whole AA service structure starts with the group and with the general service representative (GSR) the group elects. I cannot emphasize too strongly the GSRs importance." Co-founder Bill W.

## **General Service**

General Service starts with an active general service representative (GSR) In order for me, an AA member, to have a voice in what is happening in Alcoholics Anonymous, I need to be part of a Home Group that has a GSR linking my group to AA as a whole. The attraction for me to get sober was the results of the programs of AA that I could see in sober members. As I have become involved in General Service the attraction to me is the incredible results of being a part of the future of AA. I invite all members of Alcoholics Anonymous in our District to consider getting involved with service as a GSR or encouraging your home group to elect a GSR. This will ensure your voice, expressed in your group conscious, be part of directing the future of our fellowship. Zack C. Alt-DCM

#### **Group Contributions Jan - Oct 2024**

GROUP DONATIONS AS OF OCT 31ST, 2024 NAME GROUP # TO DATE 10:00 PM NIGHTLY ZOOMERS NO# \$31.50 3 In 1 GROUP 90842 \$16.00 3 LEGACIES GROUP 649210 \$148.00 5 OCLOCK SOMEWHERE 347980 \$85.00 7 @ 7 ZOOM GROUP AM ANY LENGTHS GRP REDDING 133648 \$150.00 ANDERSON AM SATURDAY 150044 \$1,950.00 \$510.00 ANY LENGTHS GROUP - Anderson 165242 ATTITUDES IN ACTION 156461 \$50.00 461756 \$200.00 BAND OF BROS GROUPS BIRTHDAY MEETING (INTERGROUP) \$141.00 FIRST THINGS FIRST 130801 \$125.00 FLIMSY REED GROUP 144128 \$112.05 FLOATING GROUP 125364 \$100.00 FREE AT LAST II 671021 \$500.00 FRIDAY NIGHT YOUNG PEOPLE 686984 \$150.00 GET A GRIP GROUP 171034 \$325.00 GETTING WELL GROUP \$4.00 HI RAILS GROUP 129169 \$90.00 HOLE IN THE DONUT GROUP 625785 \$40.00 HOW IT WORKS GROUP 654796 \$50.00 112146 IT'S ALL GOOD \$0.00 LADIES NIGHT OUT GROUP 160486 \$50.00 LAKE SHASTINA GROUP No# \$50.00 LANDING ZONE HOPE 689079 \$100.00 LEWISTON OPEN DISC 657162 \$110.00 MONDAY MENS STAG 164267 55932 \$200.00 NAME NOT PROVIDED 168663 \$40.00 **NEW START** NO NAME MEN'S STAG 36807 \$350.00 NOR CAL WINTERFEST MTG 650718 \$694.40 NORTH VALLEY TRUDGERS 695447 \$262.50 PALO CEDRO GROUP 602921 \$184.00 PRAYER AND MEDITATION GRP \$50.00 No# 717255 \$195.00 PRIM. PURP. LIT & DISCUSSION REDDYPAA 686984 \$100.00 SATURDAY SISTERS GROUP 686717 \$48.20 SHASTA LAKE SERENITY GROUP 101054 \$161.00 SHASTA NEWCOMERS GROUP 422555 \$16.351.23 SISTERS BY CHOICE 101862 \$201.89 SOUP BONE MEETING 662882 \$450.00 SOUTH MAIN GROUP \$240.00 SPIRITUAL PROGRESS 643816 \$385.00 STEP SISTERS 120391 \$177.50 STEPPING OUT SISTERS- REDDING 699886 \$50.00 684714 \$649.98 STEPS WE TOOK THURS. MEN'S STAG GROUP \$200.00 No# TUES, NIGHT LIT, GROUP 717255 \$62.00 VISION FOR YOU GROUP 474541 \$54.00 WAY OUT GROUP 487402 \$265.00 WE AGNOSTICS 713061 \$55.00 WED NEWCOMERS No# \$75.00 WOMEN FREEDOMBOUND 142038 \$746.80 WOMENS NO MATTER WHAT GRP 690710 \$334.00 \$12,055.06

Full Financial Report available at aanorcal.org/intergroup-business/reports/financial-reports/



Marathon Meetings for Thanksgiving, Christmas and New Years! At the Alano Club, 1050 State Street, Redding, CA – contact Jess R for more info.

### **AA HISTORY**

Henrietta Seiberling St Thomas hospital Doctor silkworth Mayflower hotel Serenity prayer Primary purpose Ardmore avenue migner power HOW IT WORKS OXTORA group iweive steps AA preamble Bill Wilson Lois Wilson Akron Ohio Alcoholics Anne smith Doctor bob Fellowship Anonymity Grapevine Powerless Sobriety Big book Honesty Purity Unity Love



"No matter how hard I tried to quit, I kept drinking like a fish."