

**NORTHERN
CALIFORNIA
INTERGROUP
November 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.

Westside AA Group

Annual Potluck and Birthday Meeting

Potluck starts at 6:00 pm. Birthday Meeting Starts at 7:00 pm

Friday, November 1st

Location:

St. Joseph Roman Catholic Church
2040 Walnut Avenue Redding, CA 96001
Rear Parking Lot

All Birthday Meetings are Open
All are Welcome

One of the first and oldest meetings in Redding



NorCal Intergroup Monthly Speaker Birthday Meeting

Saturday, November 2nd,

@ 7:00 pm

**All Saints Church
2150 Benton Drive, Redding, CA**



Hey, where's the coffee?

Hosted by: YAKS 2.0

**Fridays 6:30 pm, New Life Discovery Building
1205 Placer Street, Redding, CA**

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 www.aanorcal.org. **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? ESH? Please reach out to Jude at judesjava@yahoo.com

Staying Sober through Thanksgiving...

1. Come up with a plan to stay sober on Thanksgiving ahead of time -

The best way to stay sober on Thanksgiving is to come up with a plan before the day arrives. What are you going to do on Thanksgiving? Where will you go? Who will you spend it with? Don't wait until Wednesday night or Thursday morning to decide what you're going to do!

2. Host your own Thanksgiving gathering - Hosting your own Thanksgiving gathering is one way to keep your day alcohol-free. If you're the host, you get to set the pace for the day and ensure you stay sober on Thanksgiving. You choose who gets to come and how the afternoon goes. This is a great way to keep your gathering small and limit the stress that comes with the unknown or unexpected.

3. Let people know ahead of time that you aren't drinking - You don't need to inform everyone there if you aren't open about your recovery. Keeping a few people in the loop will limit the external pressure to have a drink yourself. Those who know can also hold you accountable for your sobriety.

4. BYOB (Bring your own beverage) - Bringing your own beverage is a great way to stay sober on Thanksgiving. You don't have to worry about what the host has to drink if you bring something yourself. Having a drink in your hand throughout the day also keeps people from asking if they can get you something to drink.

5. Invite a friend to go with you - If you're able to, bring a sober friend to the gathering with you. This ensures you'll have at least one other person there who isn't drinking. It's easier to stay sober on Thanksgiving when you aren't the only person who isn't drinking. It helps to have some friendly backup there to support you and your recovery.

6. Have your recovery support system on call - Make sure the people in your recovery support system such as your sponsor, or friends in recovery are ready to pick up the phone if you need them. Remind them that you might need some extra support during the next few days so you can stay sober on Thanksgiving.

7. Don't forget your coping skills - Be prepared, physically, mentally and spiritually. Maybe you need to start out with a meditation practice to set the pace for your day. If exercise is a big part of your recovery, go for a run before you head out to the event you're going to attend. When you arrive at the event, find a place you can escape to if you need some quiet time while you're there.

8. Plan your exit before you arrive - Come up with an exit plan before you even arrive. Planning your exit before you get there relieves the inevitable pressure of people asking you to stay longer than you're comfortable with. **Drive yourself there** so you aren't reliant upon anyone to get you home.

9. Go to a meeting (or two)! - Attend a meeting or two to remind yourself why it's important that you stay sober on Thanksgiving. If you're traveling out of town - use the meeting app! Some areas host Marathon Meetings or "Alcathons" over the holidays.

10. It's okay to say no - You don't have to attend any gatherings that make you feel nervous or uncomfortable. Protecting your recovery is the most important thing you can do during the holiday season. If you think that going to an event will make it harder to stay sober on Thanksgiving, politely decline the invitation. Staying home on Thanksgiving with a few supportive friends is better than surrounding yourself with temptations to drink.

Note: No AA literature is available specifically addressing this topic. Article modified by Jude H. to conform with AA Traditions and includes suggestions from "Living Sober".



HISTORY / ARCHIVES GROUP

Are you interested in the History of A.A.?

Where it came from?

And, who it was that had an effect on the steps and traditions?

Do you know the history of our area?

Do you know the history of your home group?

**JOIN US MONDAY, NOVEMBER 4TH ON ZOOM @ 6PM
AND LEARN MORE ABOUT THESE THINGS.**

Zoom Meeting ID: 849 7747 2890 / PW: 4545454

For information and to register, please send your email, phone and contact information to aaboblogan982@yahoo.com.



Learn the History of A.A.!



Wanna learn the History of our area?



Wanna learn the History of your home group!

"I am responsible... When anyone, anywhere reaches out for help, I want the hand of A.A. always to be there."



Update: Unity Day on October 12th was a great success! The theme was "One Alcoholic Talking with Another Alcoholic". We had about 100 attendees, great food, amazing speaker panels from H&I, Redypaa, General Service and Intergroup - sharing their experience, strength and hope. At the sobriety countdown, a member with 43 years gave a Big Book to a member with 28 days. The roles were reversed at the 50/50 raffle when the same newcomer pulled the winning ticket of the member with 43 years. Thanks to all the volunteers and members who participated! Stay tuned on plans for next year's Unity Day event!

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, www.aanorcal.org

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, 11th Floor, New York, NY 10115, www.aagrapevine.org

REDYPAA Presents
FRIENDS GIVING POTLUCK

Saturday November 16
• Location to be determined
• Dinner at 6pm followed by Speaker meeting 8pm

\$7 SUGGESTED DONATION

NorCal Intergroup presents
"A Vision For You"

Holiday Party!

Saturday, December 14, 2024
Starts at 5:00 pm

Fusaro Hall, Shasta Fairgrounds
1690 2nd St, Anderson, CA 96007

Dinner! Entertainment! Prizes! Raffle!
Table Decorating Contest! Adult Only Event.

Speakers: Russ H. and Linda J.

To volunteer contact Rob at 415-517-8700

Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny. May God bless you and keep you – until then.

Alcoholics Anonymous Releases New Interviews with Military Members in Recovery (NEW YORK, NY)

Alcoholics Anonymous (A.A.) has announced the release of a series of audio interviews featuring U.S. and Canadian military members in recovery from alcoholism. Conducted between 2020 and 2022, the interviews explore the unique challenges of serving in the military while navigating recovery. They are now available on the A.A. website <https://www.aa.org/military-members-in-aa> and the A.A. YouTube channel: <https://www.youtube.com/c/AlcoholicsAnonymousWorldServicesInc/featured>

Looking for a service opportunity?
Come check out our monthly
business meetings!

INTERGROUP meets on the 4th Tuesday of each month, @ 6pm, All Saints Church, Eaton Hall, 2150 Benton Drive, Redding.

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. The zoom meeting ID is: 733 826 1415 / PW: 530530.
- **District 11** meets on the 3rd Sunday of each month, from 3:30-5pm at the Alano Club, downstairs, 1050 State St., Redding
- **District 11 PICPC** on hold until position is filled (meets directly after District 11 meeting from 5-6 pm at the Alano Club)

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.
- **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.*

GET INVOLVED

Step 11 – 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..



Tradition 11 – 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.

This Tradition is a constant and practical reminder that personal ambition has no place in A.A. In it, each member becomes an active guardian of our Fellowship.

If we look at the history of A.A., from its beginning in 1935 until now, it is clear that anonymity serves two different yet equally vital functions:

Anonymity at the Personal level - At the personal level, anonymity provides protection for all members from identification as alcoholics, a safeguard often of special importance to newcomers. As valuable as privacy is to new members, most of them are eager to share the good news of their A.A. affiliation with their families. Such a disclosure, however, is always their own choice.

Anonymity at the Public level - At the level of press, radio, TV, films, and on the internet practicing anonymity stresses the equality of all A.A. members. Maintaining anonymity at this level puts the brakes on those who might otherwise exploit their A.A. affiliation to achieve recognition, power, or personal gain. When using social media and other online platforms, A.A. members are responsible for their own anonymity and that of others. When we break our anonymity in online forums, we may inadvertently break the anonymity of others. Protecting anonymity is a major consideration for A.A. members who are moving online in ever-growing numbers.

November 2024 Service Meetings & Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1 H&I Siskiyou County (Area 3) 6pm, @ Weed Community Center, 161 E. Lincoln Ave., Weed,	2 Intergroup Birthday Speaker Meeting 7pm @ All Saints Church, 2150 Benton, Redding
3 General Service District 9 , 10am 161 E. Lincoln Ave., Weed, CA or zoom ID 733 826 1415 PW: 530530.	4	5 H&I Shasta -Area 16 6pm @ All Saints Church, Eaton Hall, 2150 Benton Drive, Redding.	6 H&I Trinity-Area 18 , 7:30pm @ St. Patrick's Catholic Church, 102 Church Street, Weaverville.	7	8	9
10	11	12	13	14 H&I Tehama-Area 17 5:30 pm Red Bluff Presb. Church, 838 Jefferson, Room 4 Red Bluff	15	16 Redypaa Friends Giving @ 6pm Location TBD
17 General Service District 11 3:30pm Alano Club, 1050 State St., Redding	18	19 Intergroup Holiday Planning Meeting , 6pm @ All Saints Church, 2150 Benton, Redding	20	21	22	23
24 REDYPAA 3:00pm @ the Methodist Church, 1825 East St., Redding.	25	26 Intergroup 6pm @ All Saints Church, 2150 Benton, Redding	27	28 Thanksgiving Day	29	30

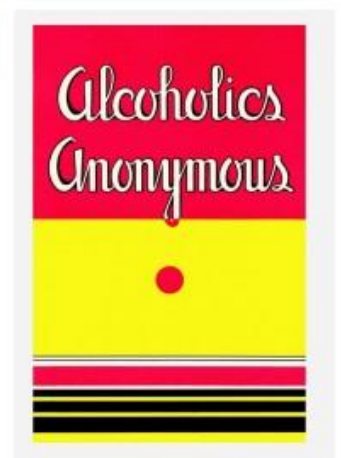
*INTERGROUP's Holiday Party
Committee Meetings*

Meets on the 2nd Tuesday of each month @
6pm, All Saints Church, Eaton Hall,
2150 Benton Drive, Redding.

If you'd like to volunteer or have any questions,
please contact Rob T., Chair @ 415/517-8700.

Special !!

Original Big Book Replica



\$ 6.00

While They Last!!

Group Contributions Jan – Sept. 2024

ANDERSON AM SATURDAY	150044	\$1,500.00
10:00 pm nightly zoomers	NO #	\$31.50
3 LEGACIES	649210	\$148.00
5 OCLOCK SOMEWHERE	347980	\$85.00
7 @ 7 ZOOM	431673	\$267.74
AM ANY LENGTHS REDDING	133648	\$150.00
ANY LENGTHS - Anderson	165242	\$510.00
ATTITUDES IN ACTION	156461	\$50.00
Band of Brothers	461756	\$200.00
BD MTG INTERGROUP		\$141.00
FIRST THINGS FIRST	130801	\$125.00
FLIMSY REED	144128	\$112.05
FREE AT LAST II	671021	\$450.00
FRI NIGHT YOUNG PEOPLE	686984	\$125.00
GET A GRIP GROUP	171034	\$100.00
GETTING WELL		\$4.00
HI RAILS	129169	\$90.00
Hole in the Donut	625785	\$40.00
HOT TOPICS	724675	\$50.00
LANDING ZONE HOPE	689079	\$100.00
LEWISTON OPEN DISC	657162	\$110.00
NAME NOT GIVEN	168663	\$40.00
NEW START	136901	\$190.00
No Name	36807	\$300.00
NOR CAL WINTERFEST MTG	650718	\$694.40
NORTH VALLEY TRUDGERS	695447	\$113.50
PALO CEDRO	602921	\$34.00
PRAYER AND MED	No #	\$0.00
PRIM. PURP. LIT & DISC	717255	\$195.00
REDDYPAA	686984	\$100.00
Saturday Sisters	686717	\$48.20
SHASTA LAKE SERENITY	101054	\$161.00
Shasta Newcomers	422555	\$250.00
SISTERS BY CHOICE	101862	\$101.89
SOUP BONE MEETING	662882	\$300.00
SOUTH MAIN	411729	\$240.00
SPIRITUAL PROGRESS	643816	\$385.00
STEP SISTERS	120391	\$177.50
STEPPING OUT SISTERS- RED	699886	\$50.00
STEPS WE TOOK	684714	\$143.36
THURS. MEN'S STAG	No #	\$200.00
TUES. NIGHT LIT.	717255	\$62.00
Way Out	487402	\$235.00
WE AGNOSTICS	713061	\$55.00
WOMEN FREEDOMBOUND	142038	\$942.80
WOMENS NO MATTER WHAT	690710	\$334.00
TOTAL		\$9,741.94

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

La Viña Price Increase effective January 1, 2025

AA GRAPEVINE, INC, will increase the price of La Viña magazine for the first time in over 10 years. The new price for a yearly print subscription is \$18.00, effective January 1, 2025. To learn more visit <https://www.aa.org/news-and-announcements>

Alcohol Awareness



Substance Abuse
Binge Drinking
Peer Pressure
Intoxication
Sober Driver
Dehydration
Depressant
Alcoholism

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

Addiction
Unhealthy
Hangover
Support
Nausea
Risks

