

Northern California  
Intergroup Newsletter  
January 2026



Get the latest news,  
meeting info, upcoming  
events and more at  
[aanorcal.org](http://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.

## NorCal Intergroup Monthly Speaker Birthday Meeting

Saturday, January 3, 2026

@ 7:00 pm

All Saints Church

2150 Benton Drive, Redding, CA



Hosted by **TUESDAY EVENING MEN'S STAG**  
Tuesdays, 7:30pm at the Alano Club  
1050 State Street, Redding, CA

If your group would like to host the Intergroup Birthday meeting, please call Sam M. at 530-949-4054

## 2026 Shasta Winterfest

Shasta Winterfest is a weekend-long gathering for members and non-members of Alcoholics Anonymous, Al-Anon, and Alateen. Inspired by recovery, the event features guest speakers, marathon meetings, special activities, prize drawings, literature, and other helpful resources.

Shasta Winterfest will take place January 23-25 at the Shasta District Fairgrounds, 1890 Briggs Street, Anderson, CA 96007.

**PRE-REGISTRATION ONLINE**

- Online pre-registration is only \$35.00
- [www.shastawinterfest.com](http://www.shastawinterfest.com)

**REGISTRATION DAY OF EVENT**

- Registration the day of the event is \$40.00
- Tickets sold at the Lassen Hall

**ACCOMMODATIONS**

- Room reservations can be made by calling the Gaia Hotel (530) 365-7077
- Discount Code: Shasta Winterfest
- Address: 4125 Riverside Place, Anderson, CA 96007

**PRE-REGISTRATION**

### These are challenging economic times.

Calls for help with alcoholism have increased. NorCal Intergroup is on the front lines of bringing hope to the alcoholic in and outside of the rooms! Your contributions to NorCal Intergroup keep our office running. Using the PayPal DONATE QR Code or VENMO QR Code, you can contribute by a Single Donation, Birthday Club, Faithful Fivers, or a Group Contribution. **If the donation is for a specific event, please specify when making your donation. You can make the difference!**

NorCal  
Intergroup  
PayPal



Northern California Intergro...  
@NorthernCaliforniaIntergroup



Read the current AA NorCal  
Intergroup Newsletter



Download the  
Newsletter by  
scanning the QR code

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



**MAILING ADDRESSES/LINKS:** ALCOHOLICS ANONYMOUS, [www.aa.org](http://www.aa.org)

**NORCAL INTERGROUP**, Office Location: 1050 State Street, Redding, CA, Mailing Address: P.O. Box 991107, Redding, CA 96099, [www.aanorcal.org](http://www.aanorcal.org). **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](http://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](http://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, [www.aagrapevine.org](http://www.aagrapevine.org)



**California Northern Interior Area**  
Winter Assembly | January 17 & 18, 2026

**Área Interior Norte De California**  
Asamblea de Invierno | 17 y 18 de Enero, del 2026

**Orangevale Community Center**  
6826 Hazel Ave, Orangevale, CA 95662

1/17/2026 10:30 AM – Registration opens / Registros  
12:00 PM – Call to order/ Orden del Día

1/18/2026 9:00 AM – 12:00 PM

**Dinner/Cena:**  BBQ Chicken and/or Pulled Pork Sandwiches  
 Pollo en Barbacoa y/o Sandwich de Camitas  
 Stuffed Pepper (Vegetarian)  
 Pimiento Relleno (Vegetariano)

**Online Registration**  
due by **January 10**  
**Registro en Línea**  
hasta el **10 de Enero**  
[www.cnia.org](http://www.cnia.org)

**Send form & payment to: / Enviar formulario y pago a:**  
District 27—CNIA, P.O. Box 41, Citrus Heights, CA 95611

Make check payable to: District 27—CNIA / Haga los cheques pagables a Distrito 27—CNIA

**Mail Pre-Registration due 01/10/26 / Pre-Registación por Correo hasta el 01/10/26**

**Name/Nombre:**

**District/Distrito #:**

**Name on badge/ Nombre en el Gafete:**

**Email/Correo Electrónico:**

**Phone/Teléfono:**

**Registration Type/Tipo de Registro:**  in person / en persona  online / en línea

**Service Position:**  GSR/AI.  DCM/AI.  Officer  Appointed  Past Delegate  Member

**Pocision de Servicio:**  RSG/AI.  MCD/AI.  Oficiales  Designado  Delegado Pasado  Miembro

Registration/Registación: \$25.00

Dinner/Cena: \$22.00

Coffee/Café ilimitado: \$3.00

Total: \$ \_\_\_\_\_



**Hotel Room Options**  
**Alquiler de Habitaciones de Hotel**

**Roseville 7 miles**  
Best Western Orchid Hotel & Suites  
130 N. Sunrise Ave.  
Roseville, CA 95661  
916-784-2222  
Room Block Code: CNIA07  
\$139 plus tax

**Rancho Cordova 7 miles**  
La Quinta Inn & Suites by Wyndham  
11131 Folsom Blvd.  
Rancho Cordova, CA 95670  
916-638-1111  
Room Block Code: CNIA07  
\$105 plus tax

**Folsom 8 miles**  
Hilton Garden Inn Folsom  
221 Iron Point Rd.  
Folsom, CA 95630  
916-353-1717  
Room Block Code: CNIA07  
\$129 plus tax

**RV / Trailer Parking**  
Folsom Lake State Recreational Area  
Beals Point Campground  
7806 Folsom Auburn Rd.  
Folsom, CA 95630  
800-444-7275  
[reservecalifornia.com](http://reservecalifornia.com)  
Search "Folsom SRA"  
\*First come first serve\*



Contact [accessibilities@cnia.org](mailto:accessibilities@cnia.org) for any assembly accessibility related question.  
invia un correo a [accessibilities@cnia.org](mailto:accessibilities@cnia.org) para preguntas relacionada con la accesibilidad.

**H&I Orientation**  
hosted by Area 16 (Shasta County)  
(All Areas are Welcome)

We meet every 1st Tuesday at 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

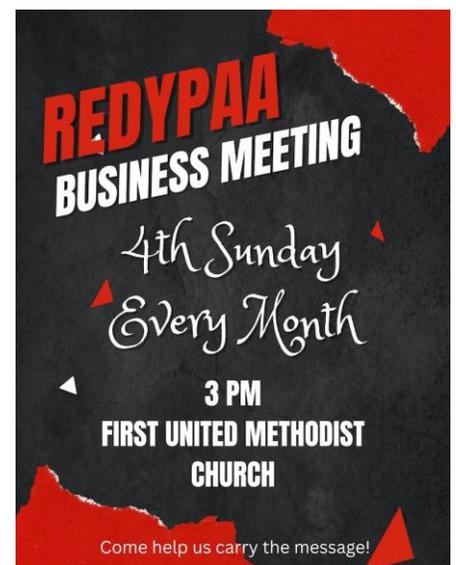
Northern California Hospital and Institution Committee

*Carrying the message of A.A. to the alcoholic in  
Corrections and Treatment facilities  
and facilities serving alcoholics in Northern CA*

**Open Positions at Intergroup:**

**Secretary & Secretary Co-chair**  
**Webmaster Co-Chair**  
**Newsletter Co-Chair**  
**Founders Day Co-Chair**  
**Outreach Chair**

Interested in serving? Attend the  
**Business Meeting the 4th Tuesday of  
the month @ All Saints Church, Eaton  
Hall, 2150 Benton Drive, or contact  
[norcalintergroup@gmail.com](mailto:norcalintergroup@gmail.com).**



# January 2026 Business Meetings and Events

**General Service: District 9 (Siskiyou County) Business Meeting – 1<sup>st</sup> Sunday of each month 10:00 – 11:30am.** The meeting is hybrid. The physical meetings are held at *the Weed Community Center, 161 E. Lincoln Ave., Weed, CA. Zoom ID# 666 067 6860 / No password.* Attendees enter into a waiting room, and Host will let the attendee in. **District 11 Business Meeting – 3<sup>rd</sup> Tuesday of each month – 5:30 pm;** upstairs @ *the Alano Club, 1050 State St., Redding, CA.* For more information, see our [District 11 page](#).

**Northern California Hospitals and Institutions (H&I) Shasta County (Area 16) H&I Business Meeting – 1<sup>st</sup> Tuesday of each month –** Orientation for new volunteers at 5:30pm, business meeting to follow at 6:00pm @ *All Saints Church, Eaton Hall, 2150 Benton Drive, Redding.* For more information on Shasta County H & I, please contact the Area Chair, Jude H at 707-953-3132.

**Siskiyou County (Area 3) H&I Business Meeting ~ 1<sup>st</sup> Friday of each month - 5pm,** at the *Hi-Lo Cafe, 88 S. Weed Blvd., Weed, CA 96094.* For any questions, please contact the Area Chair at: [https://www.handinorcal.org/contact-us?recipient=area\\_03](https://www.handinorcal.org/contact-us?recipient=area_03) or by

clicking [HERE](#). **Tehama County (Area 17) H&I Monthly Business Meeting ~ 2<sup>nd</sup> Thursday of each month, 5:30 pm @ Red Bluff Presbyterian Church, 838 Jefferson St., Room 4 (in back of courtyard), Red Bluff.** For more information on Tehama County H & I, please contact the Area Chair, Mike D. @ 707-479-1835. **Trinity County (Area 18) H & I Monthly Business Meeting ~ 1<sup>st</sup> Wednesday of each month, 7:30pm @ St. Patrick's Catholic Church, 102 Church Street, Weaverville.** For more information on Tehama County H & I, please contact the Area Chair, Diane C @ 707-815-5042.

**Intergroup Business Meeting – 4<sup>th</sup> Tuesday of each month, 6pm, All Saints Church, Eaton Hall, 2150 Benton Drive, Redding.**

**Archives Committee Meeting, 2<sup>nd</sup> Monday of each month, 6pm,** via Zoom: 849 7747 2890, **New PW 7272727**

**REDYPAA Business Meeting – 4<sup>th</sup> Sunday of each month, at 3:00pm @ the Methodist Church, 1825 East St., Redding. Monthly Speaker Meeting, 3<sup>rd</sup> Saturday each month at the Alano Club, 1050 State Street, Redding, CA.** For more information on REDYPAA, please contact the Chair, Brittany @ 530-710-5328. For Events, Katie B. @ (951)-965-8727 or Co-Events Chair, Dani B. @ (650) 808-0808.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	2 - <b>H&amp;I Area 03</b> 5pm – Hi-Lo Café 88 S. Weed Blvd. Weed, CA	3 – <b>Intergroup Birthday Speaker Meeting – 7pm</b> 2150 Benton Redding, CA
4 - <b>District 9</b> 10am, 161 E. Lincoln Ave., Weed, CA. Zoom 666 067 6860	5	6 - <b>H&amp;I Area 16</b> Orientation 5:30p Bus. Mtg. 6pm 2150 Benton Dr. Redding, CA	7 - <b>H&amp;I Area 18</b> 7:30pm, 102 Church St., Weaverville, CA	8	9	10
11	12- <b>Archives Committee Mtg,</b> 6pm via Zoom 849 7747 2890, PW 7272727	13 – <b>District 11</b> 5:30pm, Alano Club (upstairs) 1050 State St. Redding, CA	14	15 - <b>H&amp;I Area 17</b> 5:30 pm, 838 Jefferson, Room 4 (back courtyard) Red Bluff, CA	16	17 - <b>REDYPAA Speaker Meeting</b> 8pm, Alano Club 1050 State St. Redding, CA
18	19	20	21	21	23	24
25 – <b>REDYPAA Business Meeting</b> 3pm, 1825 East St Redding, CA	26	27 – <b>Intergroup Business Meeting</b> 6pm, All Saints, 2150 Benton, Redding, CA	28	29	30	31

# January Step, Tradition & Concept Checklists

## Step 1 – Admitted we were powerless over alcohol and that our lives had become unmanageable.

1. Have I ever tried to prove unsuccessfully that I can drink like normal drinkers?
2. Is my life unmanageable as a result of my drinking (thinking)?
3. As a result of my drinking, have I ever felt “pitiful and incomprehensible demoralization?”
4. Have I tried various ways to stop to no avail?
5. Do I understand that recovery can’t be done alone, and do I acknowledge that I need help?
6. Does/did life ever get so unbearable I think/thought the only way to deal with it is to get drunk? Do/did I have the phenomenon of craving?
7. Have I ever thought, “I just don’t know how to deal with life?”
8. Do I have consequences from my drinking?
9. Am I willing to accept that something is wrong in my life and that I no longer have control?
10. Have I admitted to my inner most self that I am an alcoholic?

## Tradition 1 - Our common welfare should come first; personal recovery depends on AA unity.

1. Am I in my group a healing, mending, integrating person, or am I divisive? What about gossip and taking other members' inventories?
2. Am I a peacemaker? Or do I, with pious preludes such as "just for the sake of discussion," plunge into arguments?
3. Am I gentle with alcoholics who rub me the wrong way, or am I abrasive?
4. Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?
5. Do I put down some AA activities as if I were superior for not participating in this or that aspect of AA?
6. Am I informed about AA as a whole? Do I support, in every way I can, AA as a whole or just the parts I understand and approve of?
7. Am I as considerate of AA members as I want them to be of me?
8. Do I spout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility?
9. Do I go to enough AA meetings or read enough AA literature to really keep in touch?
10. Do I share with AA all of me, the bad and the good, accepting as well as giving the help of fellowship?

## Concept 1 - The final responsibility and the ultimate authority for AA world services should always reside in the collective conscience of the Fellowship

1. Does our group have a general service representative (GSR)?
2. Do we feel that our home group is part of A.A. as a whole and do our group’s decisions and actions reflect that?
3. Do we hold regular group conscience meetings encouraging everyone to participate?
4. Do we pass that conscience on to the district, area, or the local intergroup meetings?
5. Is the “collective conscience” of Alcoholics Anonymous at work in my home group? In my area?
6. Where do we fit in the upside-down triangle of A.A.?
7. Are we willing to do what it takes to insure that our democracy of world service will work under all conditions?

## **The Visitor**

**BY: BUTCH M. | YUMA, AZ**

That Sunday, a man mysteriously showed up at an AA's door. What wasn't mysterious was how this member responded.

"I'm finally going to do it," the man said.



I'm a church musician and was just closing up at the end of a busy Sunday morning. I flipped the light switch off and opened the door to leave. A man was standing there. He was dressed in sweats and flip-flops and had a three-day growth of beard. Now, I'd never seen this man before and I had no idea what he was talking about, so I decided to play along.

"What are you going to do?" I asked. His response was epic: "I'm finally going to go to a detox."

I had been on lots of Twelfth Step calls before. They often start with a phone call from our Central Office from someone who wants to talk to an AA member. Some requests for help start with a casual conversation with a friend. I usually have a chance to ease into the moment. But this one was different. I had absolutely no time to think, to switch gears or to decide how to approach the topic. I think God just took over my body, because I said, "Let's go. I'll give you a ride."

As I drove the 15 miles from my church to our local detox facility in downtown San Diego, I shared my experience, strength and hope with this man. When we arrived, he was accepted into the then five-day detox program.

I never saw that man again. I don't know what became of him after our encounter. Did he get kicked out on day two for fighting with the staff? Did he get through the program there and then relapse? Did he get sober and go on to sponsor dozens of men? I may never know.

What was significant for me about meeting this man was that he knocked on the only door on the church campus where anyone would still be present right then because everything was locked up. How did he know where to go? How could he possibly have known to knock on the only door on the property where the person answering really *did* know exactly what he was talking about?

I learned that when God wants to use me, he doesn't send me a telegram giving me a heads-up. He just puts me in a position to be useful. But what I do get to do is choose my response. I could have said that I didn't have the time to deal with him—even though I did. I could have said I had no idea what he was talking about—but I did know. I could have responded in a self-centered way and left the guy hanging—but I didn't do that either.

Instead, directly and seamlessly, I did what AA taught me to do. I moved into loving one of God's kids who has the same problem I do.

## Notice: AA Book prices going up February 1, 2026

AAWS Book prices are going up, which in turn will cause Intergroup's prices to increase as well. Please see the letter from AAWS and GSO below.

December 22, 2025

Dear A.A. Friends:

:

Warm greetings – we hope this letter finds you well.

We are writing to inform you of an upcoming literature price increase affecting our English, Spanish, and French books, booklets, pamphlets, and other literature items. At the December meeting of the A.A. World Services Board, the board approved a price increase of \$3 per item for books and a 15 percent increase for all other literature items, with standard rounding applied.

The new prices will go into effect on February 1, 2026.

For historical perspective, the last price increase occurred in April 2023, and the previous increase was in 2014. As with the 2023 increase, this decision is the result of prudent fiscal planning and the goal of long-range stability. Like organizations everywhere, Alcoholics Anonymous is impacted by current economic changes and challenges. One of the most significant challenges we continue to face, as we did in 2023, is the increasing costs associated with the sale of literature.

It is important to note that before the COVID-19 pandemic, the combined costs of production, materials, warehousing, and shipping—collectively referred to as the cost of goods sold—generally ranged between 31% and 34% of sales. Over the past several years, those costs have fluctuated between 42% and 56% of sales, resulting in an annual revenue loss exceeding \$1.8 million. We do not expect these costs to return to pre-pandemic levels. This impact is especially significant given that the General Service Office is supported through both voluntary contributions and revenue generated from literature sales.

We continue to diligently and carefully monitor and reduce expenses where possible, always mindful of the profound significance of each “nickel in the basket” sent to the General Service Board.

Updated pricing will be reflected in the online store when the increase goes into effect.

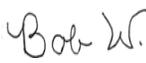
For this increase, the following guidelines will apply:

- **Books** are defined as any item whose item number begins with **B, SB, or FB**. These items will receive a **\$3 per-item increase**, excluding B-0 (*Alcoholics Anonymous* Facsimile First Printing of the First Edition—recently reduced to a discounted \$2 USD List Price) and B-28 (*A.A. for the Older Alcoholic*).
- **B-0** will remain unchanged and is the only exception to the book price increase.
- **B-28** will receive a **15% price increase**.
- **All other literature items** will receive a **15% price increase**.
- **Literature sets** will reflect a **\$3 increase per book**.

We appreciate your understanding and continued support.

With gratitude for your service,

**Ken T.**   
Chair, AAWS Board

**Bob W.**   
General Manager, G.S.O.

# Group Contributions thru Dec. 1, 2025

NAME	GROUP #	TO DATE
3 In 1 GROUP	90842	\$199.44
5 OCLOCK SOMEWHERE	347980	\$195.00
7 @ 7 ZOOM GROUP	431673	\$113.00
ANDERSON AM SAT GRANGE	150044	\$719.46
ANY LENGTHS GROUP - Anderson	165242	\$50.00
ATTITUDES IN ACTION	156461	\$50.00
BAND OF BROS GROUPS	461756	\$450.00
BIRTHDAY MEETING (INTERGROUP)	NO #	\$322.00
CARRY THIS MESSAGE GRP	706892	\$103.00
EXPERIENCE, STRENGTH, HOPE	103646	\$280.00
FIRST THINGS FIRST	130801	\$150.00
FLIMSY REED GROUP	144128	\$316.06
FREE AT LAST 1	699675	\$150.00
FREE AT LAST II	671021	\$700.00
Friday Happy Hour group	144811	\$12.35
HI RAILS GROUP	129169	\$210.00
HOLE IN THE DONUT GROUP	625785	\$80.00
LADIES NIGHT OUT GROUP	160486	\$200.00
LAKE SHASTINA GROUP	665062	\$10.00
LANDING ZONE HOPE	689079	\$540.00
LEWISTON OPEN DISC	657162	\$100.00
MEN'S NO NAME GROUP	666814	\$450.00
MIDDLE OF THE ROAD GRP	698574	\$20.00
MIXED BAG	625785	\$50.22
MUSTARD SEED GROUP	101010	\$150.00
NEW START	136901	\$50.00
NOR CAL WINTERFEST MTG	650718	\$1,432.20
NORTH VALLEY TRUDGERS	695447	\$300.00
PALO CEDRO GROUP	602921	\$100.00
PRIM. PURP. LIT & DISCUSSION	717255	\$310.00
RED BLUFF LIVE & LET LIVE	632057	\$200.00
REDDYPAA	686984	\$100.00
SATURDAY SISTERS GROUP	686717	\$79.91
SERENITY RIVER GROUP	613973	\$315.56
SHASTA LAKE SERENITY GROUP	101054	\$274.00
SHASTA NEWCOMERS GROUP	422555	\$215.65
SISTERS BY CHOICE	101862	\$40.65
SISTERS OF SOBRIETY	223509	\$20.00
SOBER SISTERS	NO #	\$1,840.86
SOLUTIONS GROUP	140933	\$100.00
SOUP BONE MEETING	662882	\$470.00
SOUTH MAIN GROUP	411729	\$435.50
STEPPING OUT SISTERS- REDDING	699886	\$500.00
STEPS WE TOOK	684714	\$350.65
Trinity Alps Group	633526	\$190.84
TUE CANDLELIGHT GROUP	NO #	\$231.00
VISION FOR YOU GROUP	474541	\$60.00
WOMEN FREEDOMBOUND	142038	\$212.25
YAKS 2.0 GROUP	674718	\$375.00
NO NAME	699675	\$70.00
No Name	#73873	\$62.00
NO NAME	NO #	\$90.00
Total		\$14,046.60

**Intergroup thanks you for your contributions!**  
**Full Financial Report available at [aanorcal.org/intergroup-business/reports/financial-reports/](http://aanorcal.org/intergroup-business/reports/financial-reports/)**

## KEEPING OUR WORD

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

AUTHENTICITY	EMOTIONS	INTUITION	RELIABILITY
AUTHORITY	FACILITIES	MEANINGFUL	SELF SUFFICIENT
AUTONOMY	FRIENDSHIP	MESSAGES	STEADFAST
AWARENESS	HELPFUL	ORGANIZATION	SUPPORT
CODEPENDENCE	HONESTY	PERSEVERANCE	TRADITIONS
CONTRIBUTION	HUMILITY	PERSONALITIES	
DECISIONS	INSTINCTS	PRINCIPLES	

Keeping promises to yourself and others aids our path to recovery.

REACHOUTRECOVERY.COM



Man crawls into bed. Woman says  
 "You're drunk".  
 Man says "How do you know?"  
 Woman says "You live next door."



*Let It Go*  
  
*One Day At A Time*