

NORTHERN CALIFORNIA INTERGROUP
Oct. 2025 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.

Sobriety in the Siskiyou's 2025

TRUSTING THE JOURNEY

OCT. 4TH, 10:30-5 PM

Hosted at
 Karuk Tribe Housing Authority
 1836 Apsuum Vreka, ca

FEATURING SPEAKERS

Dallas P - Grants Pass, OR
 Vicki B - Vreka, CA
 Marlene B - Georgetown, CA
 Brian F - Redding, CA

Albert T as our MC

APPETIZERS, LUNCH &
 DESSERT WILL BE SERVED

\$20 Donation Suggested

RAFFLE'S &
 50/50

NorCal Intergroup Monthly Speaker Birthday Meeting

Saturday, October 4, 2025
 @ 7:00 pm
 All Saints Church
 2150 Benton Drive, Redding, CA

Hosted by LADIES NIGHT OUT, Mondays
6:30pm at St. Peter's Episcopal Church, 510
Jefferson St., Red Bluff, CA 96080

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

These are challenging economic times. Calls for help with alcoholism have increased. NorCal Intergroup is on the front lines of bringing hope 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



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

“I am Responsible, when anyone, anywhere reaches out for help, I want the hand of AA to be there....

NorCal Intergroup desperately needs your help, especially on Fridays, Saturdays and Sundays.

We need office volunteers to answer the phones for the alcoholic who still suffers. Right now, all weekend 2 hour Slots are available. If you have at least 6 months of sobriety and are working with a sponsor and want to help, Please call Nancy C. at 530-646-7985.

...and for that I am responsible.”

Excerpts from “The Next Frontier: Emotional Sobriety” by Bill Wilson

“I think that many oldsters who have put our AA "booze cure" to severe but successful tests still find they often lack emotional sobriety ... Those adolescent urges that so many of us have for top approval, perfect security, and perfect romance -- urges quite appropriate to age seventeen -- prove to be an impossible way of life when we are at age forty-seven or fifty-seven ...

Suddenly I realized what the matter was. My basic flaw had always been dependence -- almost absolute dependence -- on people or circumstances to supply me with prestige, security, and the like. Failing to get these things according to my perfectionist dreams and specifications, I had fought for them. And when defeat came, so did my depression....

My stability came out of trying to give, not out of demanding that I receive. Thus I think it can work out with emotional sobriety. If we examine every disturbance we have, great or small, we will find at the root of it some unhealthy dependency and its consequent unhealthy demand. Let us, with God's help, continually surrender these hobbling demands. Then we can be set free to live and love; we may then be able to Twelfth Step ourselves and others into emotional sobriety. Of course I haven't offered you a really new idea -- only a gimmick that has started to unhook several of my own "hexes" at depth. Nowadays my brain no longer races compulsively in either elation, grandiosity or depression. I have been given a quiet place in bright sunshine. “

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**FIND A.A. MEETINGS
NEAR YOU**



**Download the
Meeting Guide App**
The Official Meeting
Finder of Alcoholics
Anonymous

Step 10 – Continued to take personal inventory, and when we were wrong promptly admitted it.

Principle: Perseverance

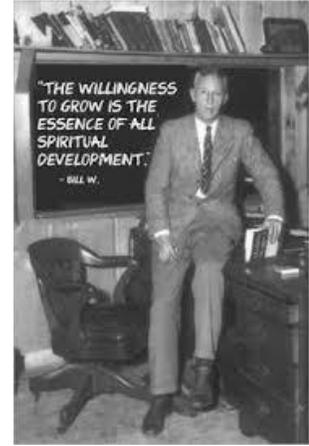
Problem: Selfishness and self-centeredness

Process: Pray, discuss, amend, do service

Practice: Continue to watch for selfishness, dishonesty, resentment and fear

Promise: Emotional Sobriety

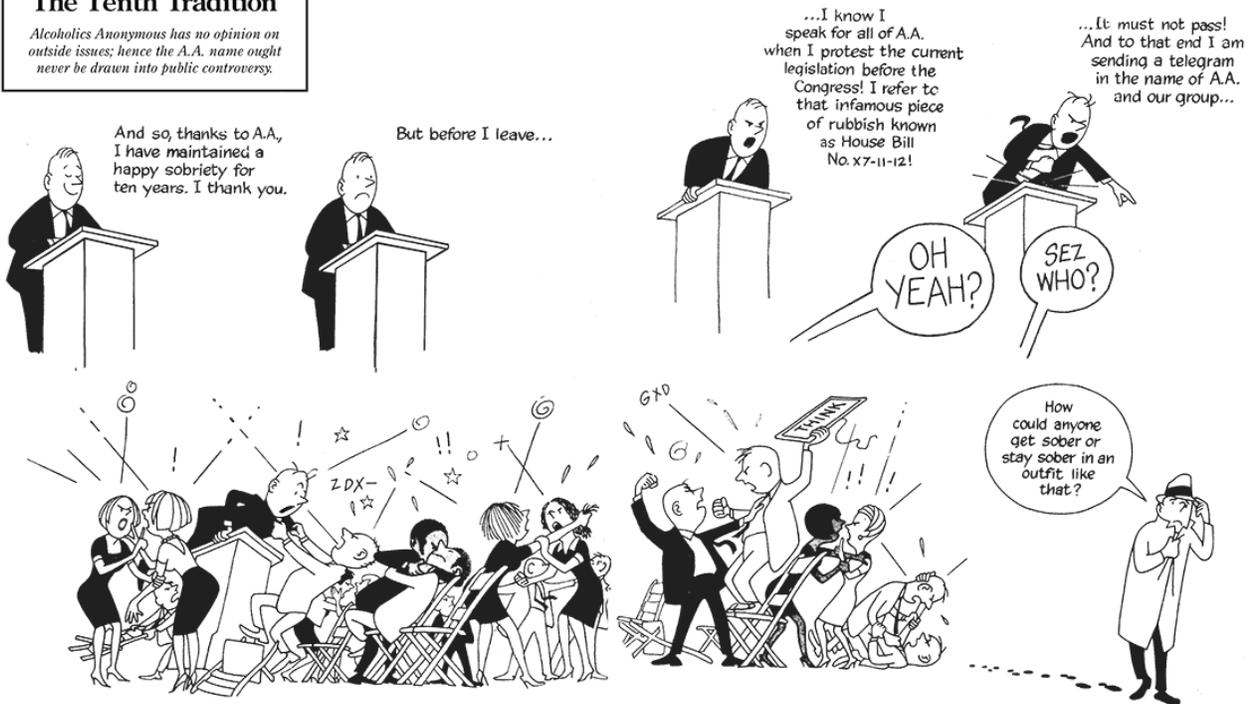
Every day is a day when we must carry the vision of God's will into all of our activities.



Tradition 10 - Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.

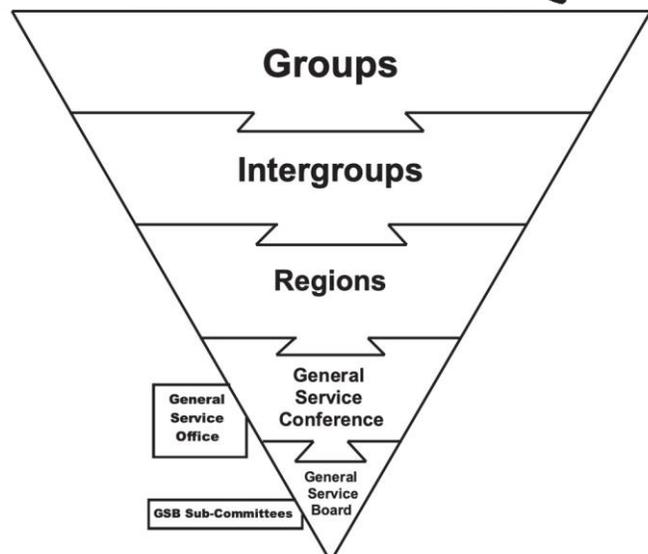
The Tenth Tradition

Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.



Concept 10

Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.



October 2025 Business Meetings and Events

General Service

District 9 (Siskiyou County) Business Meeting – 1st 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 – 3rd 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 – 1st 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 ~ 1st 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 or by clicking [HERE](#).

Tehama County (Area 17) H&I Monthly Business Meeting ~ 2nd 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 ~ 1st 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 – 4th Tuesday of each month, 6pm, All Saints Church, Eaton Hall, 2150 Benton Drive, Redding.

Archives Committee Meeting, 2nd Monday of each month, 6pm, via Zoom: 849 7747 2890, PW 4545454

REDYPAA Business Meeting – 4th Sunday of each month, at 3:00pm @ the Methodist Church, 1825 East St., Redding. Monthly Speaker Meeting, 3rd 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 |
|---|---|---|--|--|---|---|
| 28 | 29 | 30 [*] | 1 | 2 | 3- H&I Area 03 5pm – Hi-Lo Café 88 S. Weed Blvd. Weed, CA | 4 – Intergroup Birthday Speaker Meeting – 7pm 2150 Benton Redding, CA |
| 5 - District 9 10am, 161 E. Lincoln Ave., Weed, CA. Zoom 666 067 6860 | 6- Archives Committee Mtg, 6pm via Zoom 849 7747 2890, PW 4545454 | 7 - H&I Area 16 Orientation 5:30p Bus. Mtg. 6pm 2150 Benton Dr. Redding, CA | 8- H&I Area 18 7:30pm, 102 Church St., Weaverville, CA | 9 - H&I Area 17 5:30 pm, 838 Jefferson, Room 4 (back courtyard) Red Bluff, CA | 10 | 11 |
| 12 | 13 | 14– Holiday Party Planning Mtg. 6pm, Alano Club, (upstairs) 1050 State St, Redding, CA | 15 | 16 | 17 | 18 - REDYPAA Speaker Meeting 8pm, Alano Club 1050 State St. Redding, CA |
| 19 | 20 | 21– District 11 5:30pm, Alano Club (upstairs) 1050 State St. Redding, CA | 22 | 23 | 24 | 25 |
| 26 – REDYPAA Business Meeting 3pm, 1825 East St Redding, CA | 27 | 28- Intergroup Business Meeting 6pm, 2150 Benton, Redding, CA | 29 | 30 | 31 | 1 |

Opportunities to be of Service! Jump in the middle and get involved!

GSR School!

Sunday, Oct 19 @ 12-2pm

Alano Club (downstairs)
1050 State Street, Redding, CA

Hosted by District 11
facilitated by Emily, Area 07 Alternate Chair

District will provide food!

Come join us to learn about the roles and responsibilities of AA General Service Representatives (GSRs) within the AA service structure. We will help GSRs understand how to effectively represent their groups at various levels of AA service, from local district meetings to the General Service Conference.

GSRs, prospective GSRs, and other interested AA members are encouraged to attend.

For more info reach out to Angi at 530-408-8015.



Sunday 11/2/2025 at 10 AM
Weed Community Center
161 E Lincoln Ave. Weed



DISTRICT 09

COMMITTEE ELECTIONS

DISTRICT 09 WANTS YOU TO BE INVOLVED AND BE THE VOICE FOR YOUR GROUPS

POSITIONS AVAILABLE

- DCM: DISTRICT COMMITTEE MEMBER
- ALTERNATE DISTRICT COMMITTEE MEMBER
- TREASURER
- SECRETARY
- PI/CP PUBLIC INFORMATION COOPERATION WITH THE PUBLIC
- SISKIYOU UNITY EDITOR
- ALTERNATE PI/CP
- INTERGROUP LIAISON
- ALTERNATE INTERGROUP LIAISON



**QUESTIONS: CHRISTINE T. 530-925-5597
OR GLEN H. 209-617-3633**



2025 INTERGROUP Holiday Party

Save The Date Saturday, December 13th

**Wanna get involved in fun service?
Come join us!!**

Our planning meeting are the 2nd Tuesday of the month,
6pm, Alano Club, upstairs, 1050 State St, Redding 96001.

Below are some upcoming planning meetings dates:
August 12th, September 9th, October 14th, & November 11th
More to come!!



Any questions, contact the Holiday Party Chair, Angi @ 530-408-8015,
or the Co-Chair, Janet @ 707-533-3245.

WANT TO SPONSOR AN AA MEMBER IN PRISON?

IT'S EASIER THAN
YOU THINK!



YOUR ANONYMITY
IS PROTECTED!

There's a vital need for AA members from the outside to sponsor AA members in prisons.
In order to understand this need, all you need to ask yourself is:

Could I have gotten sober without the help of a sponsor?

If your answer is 'maybe not', then you understand the vital need.

Inside members frequently tell our volunteers they're not comfortable sharing their deepest secrets with other alcoholics in prison due to the chance that the information may not remain confidential. The consequences of the wrong information being revealed on the inside can be catastrophic. This is why H&I pioneered our groundbreaking Inside Visiting Sponsorship Service (IVSS).

SPONSOR AN INSIDE MEMBER FROM ANYWHERE IN NORTHERN CA

(Due to prison regulations, meeting volunteers are ineligible to participate at the facility where they volunteer)

The requirements for IVSS volunteers are:

Minimum five years' sobriety; Solid sponsorship experience; Knowledge & practice of AA's Steps & Traditions; Willingness to anonymously text, receive phone calls and exchange letters.
~ We match same gender sponsors, but ANYONE can help us with recruiting efforts. ~

For more information: **EMAIL US AT: HANDI.IVSS@GMAIL.COM**

Sign up to volunteer here



!!TELL YOUR FRIENDS, TELL YOUR SPONSEES, TELL YOUR SPONSOR!!

I AM RESPONSIBLE

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

A service of the NorCal Hospital & Institution Committee (H&I)

Group Contributions thru Sept. 1, 2025

| NAME | GROUP # | TO DATE |
|-------------------------------|---------|------------|
| 3 In 1 GROUP | 90842 | \$110.44 |
| 5 O'CLOCK SOMEWHERE | 347980 | \$75.00 |
| 7 @ 7 ZOOM GROUP | 431673 | \$113.00 |
| ANDERSON AM SAT GRANGE | 150044 | \$719.46 |
| BAND OF BROS GROUPS | 461756 | \$300.00 |
| BIRTHDAY MEETING (INTERGROUP) | NO # | \$165.00 |
| CARRY THIS MESSAGE GRP | 706892 | \$103.00 |
| EXPERIENCE, STRENGTH, HOPE | 103646 | \$280.00 |
| FIRST THINGS FIRST | 130801 | \$50.00 |
| FLIMSY REED GROUP | 144128 | \$264.56 |
| FREE AT LAST I | 699675 | \$75.00 |
| FREE AT LAST II | 671021 | \$450.00 |
| Friday Happy Hour group | 144811 | \$12.35 |
| HI RAILS GROUP | 129169 | \$210.00 |
| HOLE IN THE DONUT GROUP | 625785 | \$40.00 |
| LADIES NIGHT OUT GROUP | 160486 | \$150.00 |
| LAKE SHASTINA GROUP | 665062 | \$10.00 |
| LANDING ZONE HOPE | 689079 | \$290.00 |
| MEN'S NO NAME GROUP | 666814 | \$450.00 |
| MIDDLE OF THE ROAD GRP | 698574 | \$20.00 |
| 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 | \$200.00 |
| 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 NEWCOMERS GROUP | 422555 | \$75.00 |
| SISTERS OF SOBRIETY | 223509 | \$20.00 |
| SOBER SISTERS | NO # | \$1,840.86 |
| SOLUTIONS GROUP | 140933 | \$100.00 |
| SOUP BONE MEETING | 662882 | \$300.00 |
| SOUTH MAIN GROUP | 411729 | \$107.50 |
| STEPPING OUT SISTERS- REDDING | 699886 | \$300.00 |
| 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 | NO # | \$90.00 |

Intergroup thanks you for your contributions!
Full Financial Report available at aanorcal.org/intergroup-business/reports/financial-reports/

ON THE WALLS

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

| | | | |
|--------------------|--------------------|-------------------|---------------------|
| EASY DOES IT | JUST FOR TODAY | ONE DAY AT A TIME | THIS TOO SHALL PASS |
| FIRST THINGS FIRST | KEEP COMING BACK | PROGRAM OF ACTION | TIME TAKES TIME |
| HALT | KEEP IT SIMPLE | SLIP | TURN IT OVER |
| HOW | LET IT GO | SERENITY | WILLINGNESS IS KEY |
| IMPERMANENT | MISERY IS OPTIONAL | THINK | |

What are the principles that keep you going? What elevates you to be your best self?

REACHOUTRECOVERY.COM



Noteworthy dates in Alcoholics Anonymous' history in October:

October 21, 1939: The Cleveland Plain Dealer began a series of articles about Alcoholics Anonymous written by Elrick Davis.

October 21, 1941: In Oakland, California, an "educational meeting for beginners" was started in a room at the YMCA on Thursday nights.

October 30, 1951: Alcoholics Anonymous was presented with the prestigious Lasker Award in San Francisco for its "unique and highly successful approach" to alcoholism.

October 1953: Bill Wilson noted that the "Twelve Steps and Twelve Traditions" book, which he had written, was proving to be effective even for newcomers, though he had initially been uncertain of its broad appeal.

Read the current AA NorCal Intergroup Newsletter

Download the Newsletter by scanning the QR code