

**NORTHERN  
CALIFORNIA  
INTERGROUP  
Sept. 2025  
NEWSLETTER**



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.

### Unity Day Picnic 2025!

Sponsored by District 09

SATURDAY, SEPTEMBER 6TH

Carrick Park  
Maple Ave, Weed

Come Celebrate with Us!

Burgers, Dogs, Potluck!  
Best Dessert Contest!  
Games!  
Fellowship!  
50/50 Raffle!

Speaker Meeting Featuring "Otto W." with Over 65 yrs Sobriety!  
~ 08/20/1959 ~

Service Panels Represented by H&I, Grapevine, PICPC, Intergroup  
General Service!

\* Meeting from 1030-1130, followed by Lunch and a General Service Panel at 115



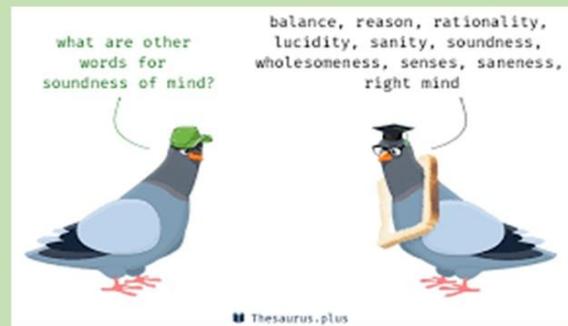
### NorCal Intergroup Monthly Speaker Birthday Meeting

Saturday, September 6, 2025

@ 7:00 pm

All Saints Church

2150 Benton Drive, Redding, CA



Hosted by Soundness of Mind, 6pm 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

### 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](http://www.aa.org)

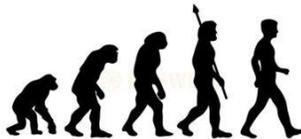
**NORCAL INTERGROUP**, Office Location: 1050 State Street, Redding, CA, Mailing Address: P.O. Box 991107, Redding, CA 96099, [www.aanorcal.org](http://www.aanorcal.org). **Office hours:** Before/After early AM meetings at the club; Tues. 3-6; Wed. 7-1; Thurs. 1-5 (effective 4/4/24). Office phone: 530-225-8955

**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)



## 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?

**THIS IS A REGULAR ZOOM MEETING THE 2ND MONDAY OF EACH MONTH @ 6PM. JOIN US!!**  
**Zoom Meeting ID: 849 7747 2890 / PW: 4545454**

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



Learn the History of A.A.!



Wanna learn the History of our area?



Wanna learn the History of your home group!

For information and to register, please send your email, phone and contact information to [aaboblogan982@yahoo.com](mailto:aaboblogan982@yahoo.com) or call 530-227-6479.



**REDYPAA**  
**BUSINESS MEETING**  
 4th Sunday  
 Every Month  
 3 PM  
**FIRST UNITED METHODIST CHURCH**  
 Come help us carry the message!

## FIND A.A. MEETINGS NEAR YOU



**Download the Meeting Guide App**

*The Official Meeting Finder of Alcoholics Anonymous*

Intergroup Volunteer Phone Schedule Open Slots available

|            | MONDAY            | TUESDAY           | WEDNESDAY         | THURSDAY          | FRIDAY            | Saturday          | Sunday            |
|------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|
| 7am - 9am  | filled            | filled            | filled            | filled            | filled            |                   |                   |
| 9am - 11am |                   |                   | filled            |                   |                   |                   |                   |
| 11am - 1pm | filled            | filled            | filled            | filled            | filled            |                   |                   |
| 1pm - 3pm  | filled            |                   | filled            | filled            |                   |                   |                   |
| 3pm - 5pm  |                   | filled            | filled            | filled            |                   |                   |                   |
| 5pm - 7pm  | filled            | filled            |                   | filled            |                   |                   |                   |
| 7PM-7AM    | Answering Service |

Revised: 8/22/25 Questions? call Volunteer Coordinator Nancy: 646-7985 or Lisa S: 917-5675

## Step 9. Made direct amends to such people wherever possible, except when to do so would injure them or others.

Step 9 can feel overwhelming and intimidating. Having lived with secrets, shame, and guilt, the idea of openly facing and repairing our past is scary. Acknowledging alcoholism has driven much of our wrong behavior is helpful. Thinking of ourselves as ill and symptomatic is more useful than believing we intentionally inflicted pain and suffering on others. It's not an excuse for our failings, but an explanation for their origin. A thorough understanding of powerlessness adds clarity to the process of making amends. We "functioned" the way we did because of "grave emotional and mental disorders." We were out of order and prisoners to alcoholism... We didn't sign up to become selfish, dishonest, and amoral. We were under a relentless compulsion. Healing starts with compassion for ourselves and accepting help to recover. Grace, a restored sense of freedom and self-respect gives us courage to begin the work of making things right.  
Cecile B. (nom de plume)



## Tradition 9. A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

### WE DO SET UP COMMITTEES AND BOARDS . . .

But whether they make coffee. . . or help organize



groups in deepest Africa. . . THEY ONLY SERVE



**Concept 9 - Good service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees.**

# September 2025 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, PW 4545454

**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   |
|--|--|--|--|---|---|--|
| 31   | 1  | 2 H&I Area 16<br>Orientation 5:30pm<br>Bus. Mtg. 6pm<br>2150 Benton Dr.<br>Redding, CA               | 3 - H&I Area 18<br>7:30pm, 102<br>Church St.,<br>Weaverville, CA | 4   | 5 - H&I Area 03<br>5pm – Hi-Lo Café<br>88 S. Weed Blvd.<br>Weed, CA | 6 – Intergroup<br>Birthday Speaker<br>Meeting – 7pm<br>2150 Benton<br>Redding, CA  |
| 7 - District 9<br>10am, 161 E.<br>Lincoln Ave.,<br>Weed, CA.<br>Zoom 666 067<br>6860 | 8 - Archives<br>Committee Mtg,<br>6pm via Zoom<br>849 7747 2890,<br>PW 4545454 | 9 –Holiday Party<br>Planning Mtg.<br>6pm, Alano Club,<br>(upstairs) 1050<br>State St, Redding,<br>CA | 10 -   | 11 -H&I Area 17<br>5:30 pm, 838<br>Jefferson, Room 4<br>(back courtyard)<br>Red Bluff, CA | 12  | 13   |
| 14   | 15   | 16 — District 11<br>5:30pm, Alano<br>Club (upstairs)<br>1050 State St.<br>Redding, CA                | 17   | 18  | 18  | 20 -REDYPAA<br>Speaker Meeting<br>8pm, Alano Club<br>1050 State St.<br>Redding, CA |
| 21   | 22   | 23 - Intergroup<br>Business Meeting<br>6pm, 2150<br>Benton, Redding,<br>CA                           | 24   | 25  | 26  | 27   |
| 28 – REDYPAA<br>Business Meeting<br>3pm, 1825 East St<br>Redding, CA                 | 28   | 29 – Unity Day<br>Planning<br>Meeting, 6pm,<br>484 Belvedere,<br>Redding, CA                         | 30   | 31  | 1   | 2  |

**We are not a glum lot!**  
**We have fun in Sobriety! Check out these events!**



**RECOVERY READING GROUP**  
 Sundays on Zoom 3pm Pacific

Beginning Sunday August 17th we will be reading...

**CHANGED BY GRACE**  
 V. C. Kitchen, the Oxford Group, and A.A.

**GLENN F. CHESNUT**  
 A new book from one of the best historians of the A.A. movement

**Changed By Grace**  
 A new book by one of the best historians of the AA movement  
 GLENN F. CHESNUT

Victor C. Kitchen was a New York City advertising executive who wrote one of the Oxford Group's most important books. He also went to the same Oxford Group meetings as Bill Wilson. This is a book about A. A.'s roots in the Oxford Group, as seen through the pages of Kitchen's work. It explains how the key ideas, which the two movements shared, arose out of the evolution of the modern evangelical movement. I believe strongly that Changed by Grace is going to prove one of the greatest of our present century. It does for us today what William James' Varieties of Religious Experience did for the world of a hundred years ago." *John Barleycorn in The Waymedale News.*

ZOOM ID:  
**849-7747-2890**  
 Password: 4545454

If you have any questions or to register, contact us at:  
[aaboblogan982@yahoo.com](mailto:aaboblogan982@yahoo.com)

**Northern California Unity Day!**

**"We are not a glum lot!"**

Saturday, September 27<sup>th</sup>, 2025, 10:30 am - 3:00 pm  
 Happy Valley Community Center  
 5400 Happy Valley Road, Anderson, CA 96007

A day of food (Hawaiian!) fun and fellowship hosted by your AA service entities (General Service, H&I, Intergroup, and REDYPAA)

Informational Tables! Speakers and Service Panels!  
 Lunch and Refreshments! 50/50 Raffle! Sobriety Countdown!  
 Suggested donation \$5.00 (no-one turned away for lack of funds)  
 Volunteers needed!  
 Reach out to Scott at 509-780-2876

and REDYPAA presents

**'Stick With The Winners' Softball Tournament!**

9 am - whenever we're done!

**Caldwell Park**  
 1155 Delta St.  
 Redding, CA 96003

**Saturday Sept. 20th**

Speakers TBA  
**BBQ LUNCH \$10**  
 Concessions also available!

Bring your own announcer!  
 Bring your walk up songs!  
 Win Spirit Awards!  
 Other games provided!

\$100 Team Registration

Reach Out To:  
 Daniel REDYPAA (910) 823-7646  
 Stephen BUTTEYPAA (559) 977-4044

Special Lineups TBA:  
 BUTTEYPAA, REDYPAA, & MORE TEAMS!

**SEPTEMBER 12-14**

**2<sup>nd</sup> Annual Juanita Lake AA Campout**

**JUANITA LAKE GROUP SITE**  
 HWY 97 TO BALL MOUNTAIN RD TO FOREST ROAD #46N04 3.2 MILES ON THE LEFT

CAMPFIRE MEETINGS, FELLOWSHIP, MAKE A GOD CAN, GAMES, LAKESIDE CAMPSITE SATURDAY POTLUCK \$20 SUGGESTED DONATION

QUESTIONS CONTACT CHRISTINE T 530-925-5597

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

## 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:

1. Serves as the relay of vital information between the home-group at the district level and at Area Conferences.
2. Informs the home-group on proposed changes and agenda items the General Service Conference may want to make to Alcoholics Anonymous (AA).
3. 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, 5:30 PM – 7:00 PM, Alano Club: 1050 State Street, Redding, CA 96001, and on Zoom - Meeting ID: 711 071 0711 Passcode: D11



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

**NORCAL INTERGROUP  
MONTHLY BUSINESS MEETING**

All Saints Church - 2150 Benton Drive,  
Redding, 96003 - Starts at 6:00pm  
Always 4<sup>th</sup> Tuesday of the month

[www.aanorcal.org](http://www.aanorcal.org)

**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 12<sup>th</sup>, September 9<sup>th</sup>, October 14<sup>th</sup>, & November 11<sup>th</sup>  
More to come!!



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

## 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.



## 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](mailto: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)

# Sobriety Calculator

COUNT YOUR DAYS

**How many days do you have today? See how many years, months, days and hours you have of sobriety.**

**It's amazing what can happen one day at a time.**

[https://www.aagrapevine.org/sobriety-calculator?sobriety\\_date=9%2F3%2F1992](https://www.aagrapevine.org/sobriety-calculator?sobriety_date=9%2F3%2F1992)

**RELAPSE:** My name is Jude, and I am an alcoholic. I wrote the following in February of 2008 because I needed to be reminded that I have recovered, but I am not cured of alcoholism.

"I have a disease called alcoholism that is chronic, progressive and fatal. I skittered around the rooms of Alcoholics Anonymous for 5 years before I completely understood and accepted this fact. During that period, I managed to put together 60 days of sobriety and then relapsed. The pain and remorse of losing what little sobriety I had was profoundly deep and painful. It was as if I had caught a shooting star of hope and let it seep through my fingers. But I wasn't ready yet.

When I did get sober, I didn't understand that alcohol and drugs would continue to affect my life. I never thought of anyone's recovery but my own, really. When I said "I do" to another alcoholic in recovery, relapse seemed like only some distant, far-off possibility that happened to other people. How naive I was, even at 38 years old. Almost 10 years have passed since then and the wreckage and fall out from active alcoholism and addiction lays in heaps around me like remnants of a tornado. Lies, deceit, infidelity, forgery, prison, foreclosure, bankruptcy, unwanted people have been brought into my life - bill collectors, law enforcement, tweaking squatters, bail bondsmen - a cast of characters I could not have imagined.

A pivotal moment for me came when I found a pink plastic tumbler of warm amber liquid on our kitchen counter last July. It looked like beer; it smelled like beer – but it can't be beer! So I had to taste it to make sure. I didn't swallow it, and it had been almost 15 years since I had that taste in my mouth. As I spit it out, I knew then that this was a very dangerous situation for me. Again, I have a disease that is chronic, progressive and fatal. It is cunning, baffling and powerful. Without help, it is too much for us.

Since then, I have been renewing my commitment to my recovery and getting back to the basics of Alcoholics Anonymous, surrendering a little more each day. I am overwhelmed sometimes by the love and support I have been given, for I found that I was not alone. God has provided me with loving and kind friends, family and even strangers during my darkest hours, all of whom have held me up when I could not stand on my own. I realize that "there but for the grace of God go I". I have been given a reprieve, and I do not take this lightly. One common thread that I hear from members in the rooms of AA returning from a relapse is that they stopped going to meetings and they stopped being honest.

**Discussion Topic:** Have you ever relapsed? What did you learn from that experience? What were you doing or not doing? What are the things that help you remember you can't drink no matter what? How do you stay "on the beam"? If someone close to you has relapsed, how did this affect your sobriety?

## Group Contributions thru Aug. 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   |
| 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 1                | 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   |
| 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   |
| 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                       | 150044  | \$280.00   |
| NO NAME                       | NO #    | \$90.00    |

**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/)**

### PRACTICE NOT PERFECTION

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

|               |             |            |              |
|---------------|-------------|------------|--------------|
| AFFIRMATIONS  | CONTENTMENT | MEDITATION | SERVICE      |
| ATTENTION     | EXERCISE    | MENTORSHIP | TRADITIONS   |
| AWARENESS     | HEALING     | NUTRITION  | TWELVE STEPS |
| BELIEFS       | INTENTION   | PRINCIPLES | VALUES       |
| CONCENTRATION | JOURNALING  | PROMISES   |              |

Like skilled navigators we continue to re-align ourselves with our values and our purpose.

REACHOUTRECOVERY.COM

### STEP NINE BODY LANGUAGE:



FINISHED HER AMENDS.



STILL THINKING ABOUT IT.

### Noteworthy dates in Alcoholics Anonymous' history in September:

**September 13, 1937:** Florence R. becomes the first female member of AA in New York.

**September 21, 1938:** Bill W. and Hank P. form Works Publishing Co.

**September 30, 1939:** The article "Alcoholics and God" appears in Liberty magazine, prompting a significant increase in Big Book sales and requests for help.

**September 11, 2001:** AA's first office at 30 Vesey St, New York, was destroyed during the World Trade Center attacks.

Read the current AA NorCal Intergroup Newsletter



Download the Newsletter by scanning the QR code