

History of Redding AA Group “Last Call Lit”

Group #693671

Updated September 12, 2025 by Jamie S.

After the success of The WestSiders, which was established in April 2023, a few of its members decided they'd like to start a similar book-study meeting on Monday nights. In early December 2024, Pamela H., Jamie S., Nolan, and Josh D. began the paperwork and came up with the name Last Call Lit. The first meeting was held on Monday, December 16, 2024, at First Christian Church on Placer Street.

Both The WestSiders and Last Call Lit meet at that same church — The WestSiders on Tuesday nights and Last Call Lit on Mondays at 5:30 p.m. In addition, there is now a Meditation Meeting at the same church on Thursday evenings at 5:30, as well as another Meditation Meeting at 8:00 a.m. Sundays at the Presbyterian Church, and another AA group that meets at the Catholic Church nearby.

Together, these five meetings form a growing fellowship of AA gatherings on the west side of Redding — a part of town that once had few options for local recovery. One of the reasons Last Call Lit began was to help fill that need — to offer another welcoming space for people on the west side to gather, read, and grow spiritually in sobriety.

A Shared Foundation, Two Unique Paths

Both The WestSiders and Last Call Lit share a love for reading and discussion, yet each group follows its own spiritual path.

The WestSiders focuses on books that explore the Twelve Steps in depth — practical guides to applying the Steps to daily living. Their selections have included Drop the Rock, Drop the Rock: The Ripple Effect, Mindfulness and the Twelve Steps, Stools and Bottles, Religionless Spirituality of the Twelve Steps, and The Little Red Book.

Last Call Lit, on the other hand, focuses on the spiritual heart of the program — books that explore the themes of surrender, faith, and conscious contact with a Higher Power. In essence, The WestSiders strengthen our understanding of the Steps, while Last Call Lit deepens our experience of the spirit behind them.

The Books We Read and What They Offer

We began our journey with *Twelve Steps and Twelve Traditions* — the 12 & 12 — to ground ourselves in the foundation of the AA program. For newcomers, it offers a roadmap to spiritual living through action and principle. For those with more experience, it continues to reveal new layers of meaning about humility, self-awareness, and the grace of service.

Next, we read *Not-God: A History of Alcoholics Anonymous* by Ernest Kurtz — a deep exploration of how AA emerged as a fellowship centered on shared experience rather than authority or creed.

We are currently reading *New Frontiers in Alcoholics Anonymous: Emotional Sobriety, Volumes 1 & 2*, a collection of Grapevine articles written by AA members over many decades. These writings invite us to grow beyond abstinence into emotional and spiritual balance.

Our next book, *The Spirituality of Imperfection* by Ernest Kurtz and Katherine Ketcham, teaches that wisdom is born in humility and that true serenity comes from accepting our humanness.

Following that, we'll read *The Golden Book of the Spiritual Side* by Father Ralph Pfau, one of AA's earliest and most beloved spiritual writers.

And finally, our group will read *Daily Reflections: A Book of Reflections by AA Members for AA Members* — a daily guide for practicing Step Eleven and developing a deeper spiritual life.

How We Read Together

At Last Call Lit, we don't rush through these books. We read them together slowly and thoughtfully — pausing often for discussion, reflection, and shared experience. This deliberate pace allows each person to connect what we're reading to their own recovery. The conversation that follows each passage helps us grow in understanding, honesty, and fellowship.

In this slow, methodical way, we build one another up — not through teaching or preaching, but through listening, laughter, and shared insight. Through this process, Last Call Lit continues to explore how the spirit of AA reveals itself — not just in getting sober, but in learning to live with purpose, peace, and connection.

You can find AA group resources at:

https://www.aa.org/sites/default/files/literature/assets/smf-29_en.pdf

📖 Last Call Lit, where we gather 'round,
With stories and wisdom, our strength is found.
Like Huck Finn on a river so wide,
We navigate life, with friends by our side.

A fox in the night, clever and free,
We share our journeys, just you and me.
In the pages of hope, we find our way,
Last Call Lit — together we'll stay! 📖