



UNITY ~ SERVICE ~ RECOVERY ~ UNITY ~ SERVICE ~ RECOVERY ~ UNITY

**Districts 11 and 09  
Agenda  
Items Workshop!**  
12 Noon - 2:30 PM  
**Sunday, March 29, 2026**

**NEW LIFE DISCOVERY PROJECT**  
1205 Placer Street, Redding CA 96001

Featuring Area 07's Delegate,  
Claudio B.

Learn about **Agenda Items...**

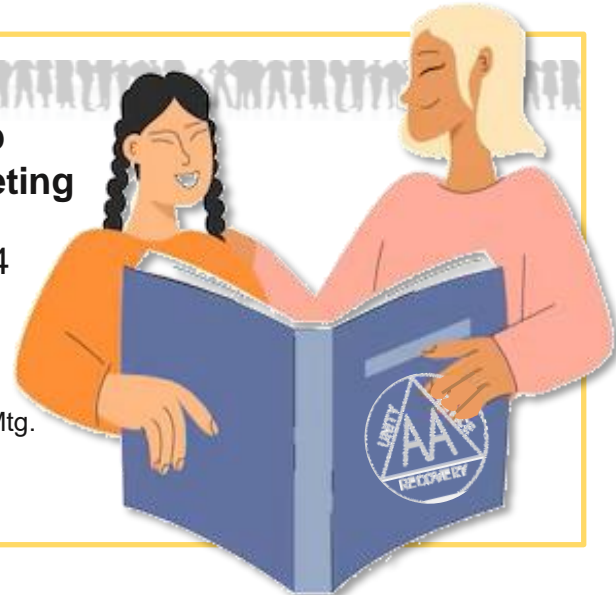
- What they are
- Why are they important
- How you can be of service
- How to conduct a group sharing session

R.S.V.P. By March 27<sup>th</sup>  
Alt-dcm11@CNIA.org

**NorCal Intergroup  
Speaker Birthday Meeting**

**SATURDAY, APRIL 4  
at 7:00pm**

Hosted by:  
Women's Carry the Message Mtg.  
Meet each Thurs. at 5:30pm  
All Saints Church  
2150 Benton Dr. - Redding



"True ambition is not what we thought it was. True ambition is the profound desire to live usefully and walk humbly under the grace of God." ~ Bill W.



**44<sup>th</sup> Annual Woman to Woman Conference**  
April 10, 11 & 12, 2026  
Wyndham Hotel  
5321 Date Avenue, Sacramento, CA 95841  
916-338-5800  
Room Rates \$109 plus tax  
Cutoff Date: March 17, 2026

**MAIN SPEAKERS**

AA	FRIDAY, APRIL 10	8:00 PM	KAY S.	SHERMAN OAKS, CA
AL-ANON	SATURDAY, APRIL 11	10:00 AM	LAURA L.	CITRUS HEIGHTS, CA
AA	SATURDAY, APRIL 11	1:00 PM	CYNDI G.	SACRAMENTO, CA
AA	SATURDAY, APRIL 11	8:00 PM	LORAIN M.	PLACERVILLE, CA
AA	SUNDAY, APRIL 12	10:00 AM	PAT Y.	SEAL BEACH, CA

SEND COMPLETED REGISTRATION FORM AND A CHECK, PAYABLE TO: NCWW  
PO BOX 2008, FAIR OAKS, CA 95628 - MUST BE RECEIVED BY MARCH 20, 2026

NAME: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

- Non-Refundable Pre-Registration:** \_\_\_\_\_ @ \$35.00 each  
 I would like to donate \$ \_\_\_\_\_ for the Scholarship Fund.
- Pre-Order Merchandise:**  
IMPORTANT: merchandise must be ordered by March 20, 2026  
T-Shirts: \_\_\_\_\_ S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ XXL \_\_\_\_\_ XXXL @ \$15.00 each  
Hats: \_\_\_\_\_ @ \$15.00 each  
Totes: \_\_\_\_\_ @ \$10.00 each  
**TOTAL Merchandise:** \$ \_\_\_\_\_
- Saturday Banquet Buffet** \_\_\_\_\_ @ \$73.00 per person (Gluten free options available):  
**Buffet Includes:** Salad, House Slaw, Roasted Chicken, Ribs, Meatloaf, Mashed Potato, Mac & Cheese, Corn Bread, Chocolate Cake  
**TOTAL Including Banquet and Merchandise:** \$ \_\_\_\_\_

I am attending as a Member of AA  I am attending as a Member of Al-Anon

**BANQUET AND PRE-REGISTRATION MUST BE RECEIVED BY MARCH 20, 2026**  
REGRETTABLY, NO CHILDREN ARE ALLOWED AT THIS EVENT  
**\$40.00 REGISTRATION AT THE DOOR**

If you would like to volunteer at the conference, please contact the Volunteer Chair: Jodi G. 916-600-1950

\*\* If you are interested in a scholarship, please submit a written request in advance to our Registration Chair. The scholarship covers registration only and requires a 2-hour service commitment.

SCAN THE QR CODE TO ACCESS  
<https://ncwomantowoman.org>  
OR TO REGISTER ONLINE



- Registration Chair:** Megan H. 916-529-9492
- Raffle Chair:** Candy T. 916-833-9086  
\*Please text to donate a gift basket.
- Conference Chair:** Brenda C. 916-812-3488

**REDYPAA**  
invites you to  
**MAFIA**

Mafia: a social game of mystery, teamwork, bluffing, and big laughs. Think you can spot the MAFIA? Come find out!

**April 18<sup>th</sup> 2026**

**1050 STATE STREET  
SPEAKER MEETING @ 8 EVENT TO FOLLOW  
\$7 SUGGESTED CONTRIBUTION**





# UNITY ~ SERVICE ~ RECOVERY ~ UNITY ~ SERVICE ~ RECOVERY

*"Self-support begins with me, because I am part of us – the group. We pay our rent and utility bills, buy coffee, snacks and A.A. literature. We support our central office, our area committee, and our General Service Office. If it were not for those entities, many new people would never discover the miracles of A.A." ~ General Service Pamphlet "Where Money & Spirituality Mix"*

## What is the NorCal Intergroup?

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 answers 12-step calls, provides meeting information and maintains the schedule for the area. Intergroup is supported through voluntary contributions. Its primary purpose is to carry the A.A. message to still suffering alcoholics.

## How is Intergroup supported?

Intergroup is supported through contributions from individuals and meeting groups. To help support A.A.'s essential services, the GSO suggests that groups make contributions tailored to meet the group's financial situation. Once your group expenses have been met (rent, coffee, A.A. literature) including a possible prudent reserve, it is recommended that the group support A.A. service entities by what is known as a "split." A split is defined by dividing up your remaining balance and sending it to Intergroup, GSO, District, and Area offices. The group donations report shows our donations through February 2026. Your generous help is appreciated!



NorCal Intergroup PayPal DONATE



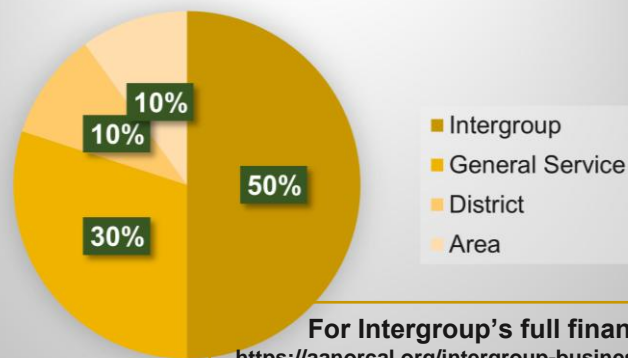
NorCal Intergroup VENMO

GROUP DONATIONS AS OF February 28, 2026

NAME	GROUP #	TO DATE
3 In 1 GROUP	90842	\$101.93
AM ANY LENGTHS GRP REDDING	133648	\$125.00
BAND OF BROS GROUP	461756	\$100.00
INTERGROUP BIRTHDAY MEETING	NO #	\$266.50
DAY AT A TIME	73873	\$102.20
EARLY BIRD	177235	\$232.20
FIRST THINGS FIRST	130801	\$100.00
FLIMSY REED GROUP	144128	\$41.76
LADIES NIGHT OUT GROUP	160486	\$200.00
MIXED BAG	625785	\$40.00
NEW START	136901	\$178.20
PRIMARY PURPOSE DISCUSSION	717255	\$83.50
RULE 62 GROUP	692976	\$80.00
STEPS WE TOOK	684714	\$126.25
TWELVE X TWELVE STUDY GROUP	743457	\$96.00
WED. NIGHT CANDLELIGHT GRP.	605139	\$50.00
WOMEN'S EASY DOES IT GRP.	10290	\$23.14
NO NAME	163055	\$30.00

\$1,976.68

## Split Distribution



For Intergroup's full financials, please visit: <https://aanorcal.org/intergroup-business/reports/financial-reports/>

## 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: PO 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 Office phone: 530-225-8955

**NORCAL H&I**, PO Box 192490, San Francisco, CA 94119-2490, [www.handinorcal.org](http://www.handinorcal.org)

**GEN 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**, PO 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.agrapevine.org](http://www.agrapevine.org)



Mark your calendar!  
Don't miss the Golden Anniversary!



# 50<sup>th</sup> ROGUE ROUNDUP

## MAY 1-3, 2026

JOSEPHINE COUNTY FAIRGROUNDS  
GRANTS PASS, OREGON

Info: Phillip M, 541-292-4325  
rogue roundup@yahoo.com



Scan this code for  
RogueRoundup.com

### SHARING MEETINGS

- AA Open
- AA Open Young People's
- AA Open LGBTQ+
- AA Closed Women's
- AA Closed Men's
- Night Owl
- AL-ANON Open
- SPEAKER PANEL

PLEASE leave your pets at home.  
They'll be so happy when you come home!  
SERVICE ANIMALS ONLY PLEASE!



Buy the limited edition  
COFFEE MUG and get free  
refills all weekend!

Order Roundup Merch at [roundup@myspreadshop.com](mailto:roundup@myspreadshop.com)

### INSPIRING SPEAKERS

- Trenton H Glendale, CA AA
- Caitlyn S Los Angeles, CA AA
- Peter M Boca Raton, FL AA
- Rusty M San Marcos, CA AA
- Julie M San Marcos, CA Al-Anon
- Deb H Akron, OH AA
- Flo F Cerritos, CA AA

April 30th Pre-Roundup Speaker meeting  
Open to all, no registration required

### Attend the Roundup in person or on ZOOM

Both are included with registration  
ZOOM meeting ID and password to follow  
Pre-Registration recommended, seats are limited  
And save \$5 when you register by April 24, 2026

Register online at [www.rogue roundup.com](http://www.rogue roundup.com), or by mail using the form below

50<sup>th</sup> ROGUE ROUNDUP One Day At A Time May 1-3, 2026  
Josephine County Fairgrounds, Grants Pass, OR

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

Please check here if this is an address change

Your preferred form of contact: Email

US Postal Service

Please list the name of each person included in this registration: \_\_\_\_\_

PRE-REGISTRATION RECOMMENDED!	Price	Qty	Total
Pre-Registration by April 24, 2026	\$30.00		
Registration after April 24, 2026	\$35.00		
Saturday Luncheon	\$18.00		
Saturday Vegetarian	\$23.00		
Banquet Turkey	\$23.00		
Prime Rib	\$35.00		
Sunday Breakfast	\$18.00		
Coffee Mug	\$12.00		
TOTAL \$			

Enclose check or money order payable to:  
ROGUE ROUNDUP PO BOX 1741, GRANTS PASS, OR 97528-0418  
No refunds after pre-registration closes April 24, 2026

# Area 23 Lake County H&I Round Up

HOSTING THE NORCAL H&I COMMITTEE MEETING

## When & Where Schedule of Events

JOIN US IN PERSON OR ONLINE:

DATE: APRIL 26TH, 2026

KELSEYVILLE RIVIERA CLUB

9689 Soda Bay Rd.  
Kelseyville, CA 95451

ZOOM INFORMATION:

Meeting ID: 828 7733 8114  
Password: service

- 9:30-10:30 AM – Committee Speaker Panel
- 11:00 AM-1:00 PM – NorCal H&I Committee Meeting
- 1:00-1:30 PM – Lunch Break
- 1:30-2:30 PM – Guest Speaker

Curious about H & I? Come learn what we're all about!  
All interested AA members welcome

SNACKS, LUNCH, AND REFRESHMENTS WILL BE PROVIDED

### RSVP & LODGING:

To RSVP or request lodging recommendations, please  
contact [chairnorcalhandi@gmail.com](mailto:chairnorcalhandi@gmail.com) by April 18, 2026

Why don't you drink?  
"I need to be home before Thanksgiving."  
~ Chad

### Open Positions at Intergroup:

- Secretary URGENT
- Secretary Co-chair
- Webmaster Co-Chair
- Twelve Step Chair
- Workshop Chair
- Unity Day Chair

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

I don't have trust issues  
— I have "group conscience" trauma.

"Let go and let God"- and then panic.

I'm allergic to alcohol. I break out in bad decisions.

## AL-ANON / ALATEEN MEETINGS SAME TIME & PLACE!!



MONDAYS ~ 7:00-8:00PM



ALL SAINTS EPISCOPAL CHURCH  
2150 BENTON DRIVE  
REDDING, CA 96003

★ AL-ANON MEETS IN  
EATON HALL-EAST

★ ALATEEN MEETS IN  
EATON HALL-WEST

ALATEEN MEETING:  
12-19 years of age  
& is CLOSED



Sponsored by Ayisha and Carol P.  
FOR QUESTIONS CONTACT  
AYISHA @ 530.521.6999



"William Duncan Silkworth ... supplied us with the tools with which to puncture the toughest alcoholic ego, those shattering phrases by which he described our illness: the obsession of the mind that compels us to drink and the allergy of the body that condemns us to go mad or die. Without these indispensable passwords, AA could never have worked."  
~ Bill W.



## April Step, Tradition & Concept Checklists for thought, discussion, and meditation

**Step Four:** *Made a searching and fearless moral inventory of ourselves*

1. What are the benefits of taking a thorough inventory?
2. How do I recognize my main problems?
3. Why do I need to list my assets as well as liabilities?
4. Have I been honest and thorough about resentments? Do I understand that this is a lifetime process?
5. What are the benefits of looking at the unhappiness I have caused others and myself?
6. Have I carefully reviewed my sex conduct?

**Tradition Four:** *Each group should be autonomous except in matters affecting other groups or AA as a whole.*

1. Do I insist that there are only a few right ways of doing things in AA?
2. Does my group consider the welfare of nearby groups in its actions and decisions? Of AA “as a whole”?
3. Do I judge or criticize other members’ behavior when it is different from mine, or do I learn from it?
4. Do I always bear in mind that, to those outsiders who know I am in AA, I may to some extent represent our entire beloved Fellowship?
5. Am I willing to help a newcomer go to any lengths—their lengths, not mine—to stay sober?
6. Do I ever criticize certain groups because I think they don’t do things how I believe AA should be done?

**Concept IV:** *At all responsible levels, we ought to maintain a traditional “Right of Participation,” allowing a voting representation in reasonable proportion to the responsibility that each must discharge.*

1. Do we understand the spiritual principles underlying the “Right of Participation”?
2. What does “in reasonable proportion” mean?
3. Do we understand when it is appropriate for A.A. paid staff to have a vote at the General Service Conference or in our local service structure?
4. Do we expect that, because we are A.A. members, we should be allowed to vote at any group, even if we are not active members of that group?

sources: [Twelve Steps Checklist No #s 07-18-2024, SMF-131 Traditions Checklist.pdf](#), [SMF-91 Concepts Checklist.pdf](#)



# April 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 at *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 at *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 Update!: 1<sup>st</sup> Friday of each quarter (Jan, April, July, Oct) - 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** at *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** at *St. Patrick's Catholic Church, 102 Church Street, Weaverville.* For more information on Tehama County H & I, please contact the Area Chair, Diane C. at 707-815-5042.

**Intergroup Business Meeting - 4<sup>th</sup> Tuesday of each month, 6pm** at *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 at *the Methodist Church, 1825 East St., Redding*

**REDYPAA 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.

## April 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1 H&I Area 18 Bus. Mtg. 7:30pm, St. Patrick's Catholic Church 102 Church St. in Weaverville	2	3 H&I Area 3 Bus. Mtg. 5pm Hi-Lo Café 88 S. Weed Blvd. in Weed	4 Intergroup Birthday Speaker Mtg.. 7pm 2150 Benton Dr in Redding
5 Dist.9 Bus. Mtg. 10am 161 E. Lincoln Ave. in Weed Zoom 666 067 6860	6	7 H&I Area 16 Orientation 5:30pm Bus. Mtg. 6pm 2150 Benton Dr in Redding	8	9 H&I Area 17 Bus. Mtg. 5:30pm Red Bluff Presbyterian 838 Jefferson St. Room 4 in Red Bluff	10	11
12	13 Archives Committee Mtg. 6pm Zoom 849 7747 2890 PW 7272727	14	15	16	17	18
19	20	21 Dist. 11 Bus. Mtg. 5:30pm Alano Club Upstairs	22	23	24	25
26 REDYPAA Bus. Mtg. 3pm Methodist Church 1825 East St. in Redding	27	28 Intergroup Bus. Mtg. 6pm 2150 Benton Dr in Redding	29	30	1	2 Intergroup Birthday Speaker Mtg.. 7pm 2150 Benton Dr in Redding

The mustard seed illustrates that faith does not need to be enormous to be powerful. Instead, even a little faith can accomplish astonishing things when placed in God's hands.



“The phrase “God as we understand him” is perhaps the most important expression to be found in our whole AA vocabulary. Within the compass of these five significant words there can be included every kind and degree of faith, together with the positive assurance that each of us may choose his own. Scarcely less valuable to us are those supplemental expressions—“a higher power” and “a power greater than ourselves.” For all who deny or seriously doubt a deity, these frame an open door over whose threshold the unbeliever can take his first easy step into a reality hitherto unknown to him —the realm of faith.

...To all these doubters has come the great discovery that as soon as they could cast their main dependence upon a “higher power”—even upon their own AA groups—they had turned that blind corner which had always kept the open highway from their view. From this time on—assuming they tried hard to practice the rest of the AA program with a relaxed and open mind—an ever deepening and broadening faith, a veritable gift, had invariably put in its sometimes unexpected and often mysterious appearance.

“...Therefore, faith is more than our greatest gift; its sharing with others is our greatest responsibility. So may we of AA continually seek the wisdom and the willingness by which we may well fulfill that immense trust which the giver of all perfect gifts has placed in our hands.”

~ The Language of the Heart by Bill W.



“The feeling of having shared in a common peril is one element in the powerful cement which binds us.”  
~ Bill W.

“If we are to find spiritual growth and serenity, we must dress our minds each morning as carefully as we dress our bodies. Only then can today become the glorious tomorrow we looked forward to yesterday.”

~ Emotional Sobriety: The Next Frontier

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

## H&I Orientation

### Northern California Hospitals & Institution Committee

**WHEN:** First Tuesday of the month at 5:30PM  
Business meeting follows at 6:00PM

**WHERE:** All Saints Church  
2150 Benton Street ~ Redding

*Orientation is required for all new H&I volunteers and highly recommended for existing volunteers and facility coordinators*

“There can be no absolute humility for us humans. At best, we can only glimpse the meaning and splendor of such a perfect ideal.”

~ Bill W.

To contribute stories, flyers, news, etc. to the newsletter, please contact Yana or Jude at [sunnysideyana@gmail.com](mailto:sunnysideyana@gmail.com) or [judesjava@yahoo.com](mailto:judesjava@yahoo.com)

### 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: 7272727

“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!

NORCAL INTERGROUP  
MONTHLY BUSINESS MEETING

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

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

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



RECOVERY READING GROUP  
Sundays on Zoom 8pm Pacific

Beginning Sun March 8, 2026  
we will be reading...

**The  
Courage  
to  
Change**

PERSONAL CONVERSATIONS  
ABOUT ALCOHOLISM WITH  
**Dennis & Wholey**

ROBERT BALDWIN • BOB BARNETT • FLORENCE CASAR  
MILY & STEVE CARTER • GRAHAM CHAPMAN • GARY CROBY  
JOHN DEERIN • ROBERTY FALWELL • HUCKY GREENE  
ELMORE LEONARDY • VOLKER MILES • DON NEVENSOME  
JACON & LISH ROBARDS • DOC SEVERINSEN  
GARY BUCK • GERRY SPENCE • BOB STEIGER  
CALE STORIE & LEE BONSELL • PETE TOWNSEND  
TOM TREMP • BOB VEECH • DANIEL ANDERSON, Ph.D.  
JOHN PHENNY DEER, M.D. • CORWAY HUNTER, Jr., M.D.  
JOHN KIRKPATRICK, Ph.D. • ROSCOLEMAN QUINN, O.M.L.  
GEORGE AS TILBOTE, M.D. AND  
MEMBER OF ALCOHOLICS ANONYMOUS

**The  
Courage  
to  
Change**

with  
Dennis Wholey

In 1984, Wholey began a successful career as an author with his book *The Courage to Change: Hope and Help for Alcoholics and Their Families*, which sold well and was on the New York Times bestseller list for several months. The book recounted Wholey's own struggles with alcohol, which reached serious proportions during the 1970s before he found help in an alcoholics' support group. The book also included interviews with other recovering alcoholics, including former Congressman Wilbur Mills, rock musician Pete Townshend, Monty Python performer Graham Chapman, and trumpeter Doc Severinsen.

ZOOM ID:  
**849-7747-2890**  
Password: **7272727**

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



District 11-Area 07

For more information  
contact Brandt C.  
530.560.4241

## Bridging the Gap

**Volunteers Needed!!!!  
Both Men and Women**

Bridging the Gap is a temporary contact program for individuals getting out of treatment or other facilities.

Contact the new-comer upon release. Accompany them to different meetings in the area. Explain AA and sponsorship.

### The Alcoholic Perfectionist

By his embracing the program of the 12 Steps and 12 Traditions of A.A, this gay man's life has experienced amazing changes.

The perfectionist trait was well in place by the start of my first employment at the age of 18 years with a multinational insurance company. My mother noticed it, and commented, my employer noticed it, and reaped the rewards. My friends saw it too, in my immaculately kept sports car and my general demeanor, and they had a chuckle about this noticeable characteristic.

True ambition is not what we thought it was. True ambition is the profound desire to live usefully and walk humbly under the grace of God.

~ Bill W.

“Indecision with the passing of time becomes decision.”

~ Bill W.

So this thing to excel and be a cut above the rest; to be a success and be noticed came naturally to me. Just, I suppose, as drinking did, once I got started. But I didn't commence my drinking when my school mates, neighborhood friends and scouting buddies started theirs. No, I resisted for a year or so until I was nearly 19 years as I had a deep seated fear that I could and would become the uncontrollable, irrational, unpredictable alcoholic that my father was. And my brother, three years my junior was already out of control and experiencing problems in many areas of his life, due to his alcoholism (he later died at 25, due to alcohol and drug abuse). However, my drinking was fairly civilized for quite some years. I found it a “good part of living” to drink large quantities at dinners, parties, pubs, barbecues and the

In compliance with Tradition 6 & Intergroup's Statement of Purpose, the Zoomer's page which includes global 24/7 meeting links is being removed April 1st. Instead, the page will reference the user to the Online Intergroup (OI) Meeting List - which only includes Zoom meeting links.

[Meeting Directory – Online Intergroup of Alcoholics Anonymous](#)

like. Eventually I experienced my first drink driving offence, followed by an arrest, a police charge and disqualification of my driver's license. What a shock this was. Especially on those cold winter mornings when I had to push bike it to work. There followed two more drink driving offences, the last one resulting in instant dismissal from a very rewarding sales representative position.

This termination of employment resulted from driving the company owned vehicle into a stone wall in a blackout (I have no recollection of the event). To be awakened in your own bedroom by uniformed police and ambulance officers after the car accident, which found the new vehicle a write off, is a singularly disturbing experience. These men did a quick assessment of the situation.

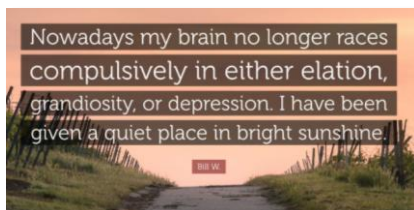
*Continued on page 8*

To my disgust I was taken away and locked in a cell, rather than by ambulance to the nearest hospital bed.

After a cold sad and lonely night in police headquarters, the next day I experienced the courtroom, the judge, and then later at work, the sacking from my position of four years. The next five weeks I drank in and out of oblivion with very little recollection of anything much at all. So alcohol was playing a large part in this alcoholic's life. In all areas, work, play, sex – all situations saw the gluttonous and persistent consumption of large quantities of alcohol. Being a single gay man with no commitment to a wife or family I believed gave me license to be absolutely undisciplined in drinking, with no moderation, or balance, or thought of the consequences of my behavior. A close friend frequently said, "You never think about the consequences of your actions when you are hopelessly drunk". And I didn't, I was totally out of control and life was progressively becoming more and more unmanageable.

Further time was to pass and many, many more crises were to occur before I reached the end of my 22 years of drinking. Many more car accidents, financial problems, relationship problems, police matters resulting from driving offences, and a hospitalization resulting from a nasty domestic accident whilst grossly intoxicated, came my way.

Work performance also suffered badly as I began to visit the "early openers" and have many drinks before arriving at work some mornings. Needless to say, I was warned, warned again, and after a third warning about drinking prior to work and during the day I was suspended (without pay) and ordered to a rehabilitation treatment center. "Not again", I thought, "I've already had one of these" – and I didn't particularly want another one. So for 18 months I attended for one hour a week meeting with a psychologist employed by the Government Drug and Alcohol Services Council. This had very little effect on my drinking habits, except to say as far as the job was concerned I became much more cunning about where, when and how I drank during the working day. Health problems, particularly mental and emotional difficulties surfaced and later became prevalent. So now all aspects of my life were being affected by this disease of alcoholism. My health, my relationships, my livelihood and law matters were becoming increasing "problems". Then, after so many devastating and difficult situations, a coincidence occurred. Or a miracle, or a set of unusual circumstances – at any rate, the answer to my prayers occurred. I found myself in a meeting of Alcoholic Anonymous.



# Red Bluff Recovery Round Up


Service is the Heart of AA

Saturday, June 20<sup>th</sup>, 2026  
9am - 9:30 pm  
Veterans Hall  
735 Oak Street  
Red Bluff, CA



9:00 am Speaker: Craig from Chico, CA  
10:45 am Old Timer Panel: Fran C., Jay & Tony M.  
12:00 pm Lunch (Potato Bar & Salad Bar)  
1:15 pm Newcomer panel: Joel, Josh, April F.  
2:30 pm Speaker: Keith R. from Reno, NV  
3:30 pm Al-Anon Speaker: Allie G. from Lake Tahoe, CA  
5:00 pm Dinner (Tri-Tip, Chicken, Grilled Veggies, Cowboy Beans, Salad and Garlic Bread. (Vegetarian Option: Stuffed Portobello Mushroom)  
7:00 pm Sobriety Countdown, Intergroup and Al-Anon Info  
7:15 pm Main Speaker: Jag J. from Vacaville, CA.  
Prize Drawing

Suggested Price: Pre-Registration before June 6<sup>th</sup>: \$30.00. After June 6<sup>th</sup> or at the door \$35.00

Name: \_\_\_\_\_ Square \_\_\_\_\_ Badge Name(s) \_\_\_\_\_  
Address: \_\_\_\_\_  1. \_\_\_\_\_  
Email: \_\_\_\_\_ 2. \_\_\_\_\_  
Phone: \_\_\_\_\_ Sponsor ticket? Y or N \_\_\_\_\_

	Suggested Price	Quantity	Total	
Registration	\$30.00/\$35.00	_____	_____	Note: Check here for Vegetarian dinner <input type="checkbox"/>
Lunch	\$15.00	_____	_____	
Dinner	\$20.00	_____	_____	
TOTAL		_____	_____	

Mail to: Recovery Roundup  
PO Box 264, Red Bluff, CA 96080

## WORD SEARCH

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

detachment apologies forgiveness awareness open minded  
willingness honesty balance amends communication  
harmony tolerance grief acceptance love gratitude  
boundaries martyr shame surrender vulnerable  
victim steps addiction drugs powerless anger