



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



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.

"...Sometimes the good is the enemy of the best..." ~ Daily Reading AA Happy Hour

NorCal Intergroup Speaker Birthday Meeting
SATURDAY, MAY 2
at 7:00pm
2150 Benton Dr. in Redding

Hosted by:
MEN'S BAND OF BROTHERS
Meet each Saturday at 8am
16538 Lower Springs Rd. in Redding

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

50th ROGUE ROUNDUP
MAY 1-3, 2026
JOSEPHINE COUNTY FAIRGROUNDS
GRANTS PASS, OREGON

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

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

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, or by mail using the form below

50th 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:

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

REDYPAA BUSINESS MEETING

4th Sunday
Every Month

3 PM

FIRST UNITED METHODIST CHURCH

Come help us carry the message!

"Nowadays my brain no longer races compulsively in either elation, grandiosity, or depression. I have been given a quiet place in bright sunshine." ~ Bill W.



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.

Intergroup needs volunteers to staff the phone line

Intergroup Volunteer Phone Schedule							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday	Sunday
7am - 9am	Volunteer	Volunteer	Volunteer	Volunteer	Volunteer		
9am - 11am							
11am - 1pm		Volunteer	Volunteer	Volunteer	Volunteer		
1pm - 3pm	Volunteer		Volunteer				Volunteer
3pm - 5pm	Volunteer	Volunteer	Volunteer	Volunteer			Volunteer
5pm - 7pm	Volunteer	Volunteer		Volunteer			
7pm - 7am	Answering Service	Answering Service	Answering Service	Answering Service	Answering Service	Answering Service	Answering Service

Intergroup Office Volunteers must have 6 months of sobriety, a sponsor, understand the 12 traditions, be working the steps and commit to 1 year of service answering phone in the Intergroup office.

Contact Nancy C: 646-7985 or email norcalintergroup@gmail.com



PAYPAL

GROUP DONATIONS AS OF March 31, 2026		
NAME	GROUP #	TO DATE
3 In 1 GROUP	90842	\$101.93
7 At 7	461673	\$20.00
AM ANY LENGTHS - REDDING	133648	\$125.00
BAND OF BROS GROUP	461756	\$100.00
DAY AT A TIME	73873	\$102.20
DOUBLE WINNERS GROUP		\$100.00
EARLY BIRD	177235	\$232.20
EXPERIENCE, STRENGTH, HOPE	103646	\$160.00
FIRST THINGS FIRST	130801	\$100.00
FLIMSY REED GROUP	144128	\$41.76
FREE AT LAST	77130	\$100.00
GUYS & GALS	8278	\$30.00
HOLE IN THE DONUT GROUP	625785	\$60.00
INTERGROUP BDAY MEETING	NO #	\$266.50
LADIES NIGHT OUT GROUP	160486	\$200.00
LEWISTON OPEN DISC	657162	\$110.00
MIXED BAG	625785	\$40.00
NEW START	136901	\$178.20
NO NAME	163055	\$30.00
NORTH VALLEY TRUDGERS	695447	\$85.42
PRIMARY PURPOSE LIT	717255	\$83.50
RULE 62 GROUP	692976	\$80.00
SISTERS BY CHOICE	101862	\$35.60
STEPPING OUT SISTERS - REDDING	699886	\$75.00
STEPS WE TOOK	684714	\$126.25
TWELVE & TWELVE STUDY GRP.	743457	\$96.00
WED. NIGHT CANDLELIGHT GRP.	605139	\$50.00
WOMEN'S EASY DOES IT GRP.	10290	\$23.14

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: PO 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 Office phone: 530-225-8955

NORCAL H&I, PO Box 192490, San Francisco, CA 94119-2490, 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

NEW YORK GENERAL SERVICE OFFICE, PO Box 2407, James Farley Station, New York, NY 10116-2407

AA GRAPEVINE/LA VINA, 475 Riverside Drive, 11th Floor, New York, NY 10115, www.agrapevine.org

**NORCAL INTERGROUP
MONTHLY BUSINESS MEETING**

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



"We merely organize our principles so that they can be better understood...that AA's lifeblood can be transfused into those who must otherwise die. That is the all-in-all of AA's "organization." There can never be any more than this."
~ Bill W. Language of the Heart



Open Intergroup Service Positions

- Secretary Co-Chair
- Webmaster Co-Chair
- Twelve Step Chair
- 12-Step-Chair
- Newsletter-Co-Chair

You can help the still suffering alcoholic.
Attend the Business Meeting.
4th Tuesday of each month @ All Saints Church
Eaton Hall, 2150 Benton Drive
norcalintergroup@gmail.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!

**Join the
Founder's Day
BBQ Committee**

Founder's Day Planning Meetings

Saturday April 25, 11am
Saturday May 9, 11am
Saturday May 23, 11am
Saturday June 6, 11am
19680 Boyd Ln.
Cottonwood, Ca 96022

These committee chairs are open:

- POTLUCK FOOD CHAIR
- BEVERAGE CHAIR
- SPEAKER/MUSIC CHAIR
*Speaker & music are arranged
- RAFFLE/7th TRADITION CHAIR
- ADULT ACTIVITIES CHAIR
- DECORATIONS CHAIR
- SET UP/CLEAN UP CHAIR

To join meeting via ZOOM
Meeting ID: 777 5478 1033 PW: Founders

To volunteer, contact Kris W. (530)561-9400 or
Priscilla A. (530)351-8044



**FOUNDER'S DAY
FAMILY BBQ & POTLUCK**



BROUGHT TO YOU BY NORCAL INTERGROUP



FOODS - GAMES - FUN

BBQ AND WATER WILL BE PROVIDED - SODAS \$1.00
PLEASE BRING A SIDE DISH OR DESSERT TO SHARE.
GRAB YOUR CAMP CHAIRS AND OR BLANKET.

10AM-12PM ~ GAMES & KID'S ACTIVITIES
12PM ~ BBQ/POTLUCK
1PM ~ SPEAKER MEETING ~ LAURIE E.
FROM SANTA ROSA
2PM ~ 50/50 DRAWING

SATURDAY
13
JUNE

ANDERSON RIVER PARK - GAZEBO
AT 10 AM - 2 PM
2800 RUPERT ROAD - ANDERSON, CA

TO VOLUNTEER CONTACT KRIS W. (530)561-9400
OR PRISCILLA A. (530)351-8044

May Step, Tradition & Concept Checklists for thought, discussion, and meditation

Step Five: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

1. What could happen if I put off doing this step?
 2. Why do I need to be open and honest when taking this Step?
 3. When choosing with whom I will confide on this Step, what qualities in another person are important?
 4. What rewards might I expect from Step Five?
-

Tradition Five: Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.

1. Am I willing to firmly explain to newcomers the limitations of AA help, even though they may get mad at me for not giving them a loan? Or dating advice? Or help with a job?
 2. Have I ever imposed on any AA member for a special favor or consideration simply because I am a fellow alcoholic?
 3. Am I willing to Twelfth-Step the next newcomer without regard to who or what is in it for me?
 4. Do I help my group in every way to fulfill our primary purpose?
 5. Do I remember that AA long-timers, too, can be alcoholics who still suffer? Do I try both to help them and to learn from them?
 6. Does our group ever use money from the basket for dinners or events or for memorials for members who have passed on?
-

Concept V: Throughout our structure, a traditional “Right of Appeal” ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.

1. Do we encourage the minority opinion, the “Right of Appeal,” to be heard at our home group, district committee meetings, area assemblies and the Conference?
2. What does our group accept as “substantial unanimity”?
3. Has our group experienced the “tyranny of the majority” or the “tyranny of the minority”?
4. Does our group understand the importance of all points of view being heard before a vote is taken?

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



May 2026 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 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 - 1st 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, contact Chair, Jude H. at 707-953-3132.

Siskiyou County (Area 3) H&I Business Meeting Update!: 1st 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 or by clicking [HERE](#).

Tehama County (Area 17) H&I Monthly Business Meeting - 2nd 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, contact Chair, Mike D. @ 707-479-1835.

Trinity County (Area 18) H & I Monthly Business Meeting - 1st Wednesday of each month, 7:30pm at *St. Patrick's Catholic Church, 102 Church Street, Weaverville.* For more information on Tehama County H & I, contact Chair, Diane C. @ 707-815-5042.

Intergroup Business Meeting - 4th Tuesday of each month, 6pm at *All Saints Church, Eaton Hall, 2150 Benton Drive, Redding*
Archives Committee Meeting - 2nd Monday of each month, 6pm, via Zoom: 849 7747 2890, New PW 7272727

REDYPAA Business Meeting - 4th Sunday of each month, at 3:00pm at *the Methodist Church, 1825 East St., Redding*

REDYPAA Monthly Speaker Meeting - 3rd Saturday each month at the Alano Club, 1050 State Street, Redding, CA. For more information, contact Chair, Brittany @ 530-710-5328. For Events, Katie B. @ 951-965-8727 or Dani B. @ 650-808-0808.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	1	2 Intergroup Birthday Speaker Mtg. 7pm 2150 Benton Dr in Redding
3 Dist. 9 Bus. Mtg. 10am 161 E. Lincoln Ave. in Weed Zoom 666 067 6860	4	5 H&I Area 16 Orientation 5:30pm Bus. Mtg. 6pm 2150 Benton Dr in Redding	6 H&I Area 18 Bus. Mtg. 7:30pm St. Pat's Catholic Church 102 Church St. in Weaverville	7	8	9
10	11 Archives Committee Mtg. 6pm Zoom 849 7747 2890 PW 7272727	12	13	14 H&I Area 17 Bus. Mtg. 5:30pm Red Bluff Presbyterian 838 Jefferson St. Room 4 in Red Bluff	15	16 REDYPAA Speaker Mtg. 8pm Alano Club 1050 State St. in Redding
17	18	19 Dist. 11 Bus. Mtg. 5:30pm Alano Club Upstairs	20	21	22	23
24 REDYPAA Bus. Mtg. 3pm Methodist Church 1825 East St. in Redding	25	26 Intergroup Bus. Mtg. 6pm 2150 Benton Dr. in Redding	27	29	29	30
31	1	2	3	4	5	6

REDYPAA

presents

Open mic
Karaoke

\$7 SUGGESTED CONTRIBUTION

Saturday May 16
Immediately following
8pm speaker meeting

1050 STATE ST.

H&I Orientation Nor. California Hospitals & Institutions Committee

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

WHERE: All Saints Church
2150 Benton Drive ~ Redding

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

Meeting at the Veteran's Home Needs Support



Veteran's Home
Wednesday Nights 7:30 - 8:30pm
at 3400 Knighton Road in Redding

Open Meeting ~ Speaker Discussion

Red Bluff Recovery Round Up

Service is the Heart of AA

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

9:00 am
10:45 am
12:00 pm
1:15 pm
2:30 pm
3:30 pm
5:00 pm


7:00 pm
7:15 pm

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



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

Name: _____
Address: _____
Email: _____
Phone: _____

Square  Badge Name(s) 1. _____
2. _____

Sponsor ticket? Y or N

	Suggested Price	Quantity	Total
Registration	\$30.00/\$35.00	_____	_____
Lunch	\$15.00	_____	_____
Dinner	\$20.00	_____	_____
TOTAL		_____	_____

Note: Check here for Vegetarian dinner

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

H&I Workshop!

Carrying the Message to those who are confined
Hosted by Area 16
Speakers! Tacos! Fellowship!

Speakers from facilities we serve:
(Sugar Pine Fire Camp & Restpadd)

Main Speaker: Penny C., Area 03 Chair
and NorCal H&I Policy Chair

Saturday, July 11, 2026
11:00 am – 2:00pm

Cottonwood Community Center
20595 Gas Point Road
Cottonwood, CA



The Alcoholic Perfectionist
Continued from the April edition...

Attempting to change my lifestyle in the hope I could bring back some control and curb this rotten compulsion to drink constantly, I started to introduce some new interests into my life. I started attending a Community Centre "Drop In" on Thursday nights for gay men and women. Here was a non-drinking, social environment with an emphasis on meeting new people, discussions, and guest speakers. On the top floor of this building, regularly on the same night, occurred a meeting of Alcoholics Anonymous. I soon heard the traditional hand clapping at about every 10 minutes and inquired what was on upstairs. Within a week or two I was sitting on the top floor in the AA meeting instead of the ground level Drop In Centre.

The rest is now history. Years have now passed since my last drink. And I am glad to say that I am a committed, dedicated and loyal member of this fellowship called Alcoholics Anonymous. AA must take all the credit for my nine years of continuous sobriety.

I have learnt a lot about the progressive fatal disease of alcoholism. The disease that affects me physically, mentally, emotionally, spiritually, socially and morally. I now understand that one in ten people are afflicted with alcoholism and that these people have a different chemical structure from the non-alcoholic. I now know about the disease concept and the alcoholic personality. I have also come to understand from our AA literature that personality traits common to most alcoholics involve grandiose attitudes, perfectionism, childish behavior and a highly sensitive personality. But more importantly for me, I have found a way of life, more satisfying than the drinking existence. This has been the answer to my problem.

This way of life involves attending numerous AA meetings on a weekly basis. It involves helping others in AA, particularly people who are new, and also assisting the fellowship financially and in the area of service work.

I have embraced the program of the 12 Steps, Traditions and principles of AA and amazing changes have occurred in my life.

To contribute stories, flyers, news, etc, to the newsletter, please contact Yana or Jude at sunnysideyana@gmail.com or judesjava@yahoo.com

AA has taught me to pray properly. I only ever prayed whenever I was in hot water and in trouble. I only ever asked for myself. Now through the program of Alcoholics Anonymous I pray daily and often frequently each day. I give thanks for my sobriety, my health and safety, my sanity and security. I pray for others who are battling this disease. I use our Serenity Prayer a lot and the Step Three and Step Seven prayers in our Big Book. I often, when alone on the beach, say the St Francis prayer from Step 11 in the AA book, 12 Steps and 12 Traditions. And there are many others I often use from the AA literature. I know them all off by heart and this helps in my communication with my Higher Power.

I no longer drink, desire a drink or think drink. I am assisted on a daily basis not to pick up a drink by my Higher Power, whom I call God. To overcome the compulsion for alcohol it has been necessary to change my whole attitude and outlook in line with the AA teachings.

This has involved a daily process of :

Doing things that I do not want to do.

Not doing things that I do want to do.

These two guidelines have brought about the changes in me that are necessary for me to remain on this planet, sober, sane and safe. In fact I think these two points are really the only means by which any alcoholic can change from their desperate drinking existence to one of happiness and serenity in abstinence from alcohol. Abstinence is the only answer for the alcoholic. Controlled drinking doesn't work. I've tried and so have thousands, and failed. They told me when I first attended AA that if I was an alcoholic and continued to drink then one of three things would happen to me. I would die, as a result of an accident or health problem; I would go to jail, due to a car having injured or killed someone; or I would go insane and end up in a mental institution or hospital. The three options didn't sound too inviting but they did also point out that the fourth option was to continue to go to Alcoholics Anonymous and do what was suggested. I chose the latter.

I was also told that if I continued drinking, if I was an alcoholic, then as an Australian male I would shorten my life span by approximately 12 years. This is the current statistic.

In Adelaide, where I live, we are fortunate to have a large selection of meetings to attend. On each night there is a choice of a least six meetings. Like most cities now we have many different types, ranging from Topic to Big Book & Step Study meetings, women's and gay groups, beginners and of course the traditional speaker

*The Alcoholic Perfectionist
Continued...*

identification gatherings. All ages, all backgrounds, ethnic origins and social status gather nightly through their common bond and common goal to share their experience and their recoveries in AA Not all stay in AA Some say it doesn't work and they get drunk again. Those who come to A.A and work the program get results.

I've heard it said that contained in the first 164 pages of the Big Book, Alcoholics Anonymous, is the answer to all life's problems today. Whether it be the drinking problem, or social, emotional, mental, moral, ethical, love or relationship matters, the answers for living can be found here.

So for me and thousands of others the fellowship of Alcoholics Anonymous is the answer to our problems. It's the most successful therapy for the treatment of alcoholism and a recipe for living a joyous, happy, sober and satisfying life. All we need to do is work at it and we will enjoy the positive results of a truly wonderful fellowship.

*The Alcoholic Perfectionist
From <https://aa.org.au/>*



The "Zoomers" page has been replaced by Online Intergroup of AA (OIAA). Here you can find groups to get involved in, tools and resources, service opportunities, and events for online meetings.

**QUEER & SOBER
AA MEETING**

Thursdays from **6-7 PM**

Alano Club
1050 State Street • Redding, CA
upstairs at the Alano Club

A safe, inclusive space for LGBTQ+ individuals and allies seeking recovery, connection, and support.

Come as you are. You are not alone.

**12th Annual
Mt Lassen Men's Retreat**
August 21 – 23rd 2026
A Design For Living



Registration fee \$90.00 includes Cabin, Meals, Snacks, Coffee
Great Meetings, Ping Pong, Horseshoes, Pickleball
Fellowshipping, Free Time to Explore, Hike or Fish.

Location 40550 Hwy 172 Mill Creek Ca. 96061

Check in time starts at 2pm on Friday

Directions Drive 4 miles past the town of Mineral on Hwy 36 turn right on Hwy 172 go 1 mile to camp Tehama on the right

Scan QR code to Register or use form on back of flyer
Questions call Mike at 530-492-2984.

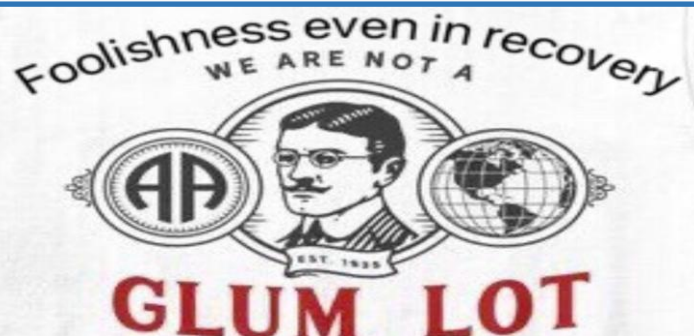
Once you unload, please park car in parking area.
Note: only Physical Service Dogs allowed, no Emotional support pets



Scan to register & purchase Retreat Items

Shirts, Hats & mugs.
Scan to see photos

Please let Mike know if you would like to sponsor a registration



This time –
it will be different!



"The sensation is so elusive that, while they admit it is injurious, they cannot after a time differentiate the true from the false."
~ Dr's Opinion, Big Book

"I was married once before I got sober. It helped me get to my bottom." ~ Anonymous

"The odds are good but the goods are odd." ~ Janet