



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

**NorCal Intergroup
Speaker Birthday Meeting**

SATURDAY.
July 4th at 7:00pm

2150 Benton Dr. in Redding

“Happiness is a by-product – the extra dividend of giving without any demand for a return.”

~Bill W



“With a recovering alcoholic, action has to come before understanding and faith... We have to act our way to right thinking, rather than the reverse.”

~Best of the Grapevine Vol 1

Hosted by the
11th Step Meditation Meeting

held each Sunday at 8am at the Presbyterian Church 2315 Placer St in Redding

Freedom

When I asked God to relieve me of the BONDAGE OF SELF, I wasn't sure what I was asking for—it was just part of the Third Step Prayer, but my sponsor instructed me ask God's help for writing down where I had been resentful, fearful, etc. This was done in a spontaneous manner without mind-filtering. This allowed honest and unchangeable information for use in my Fourth and Fifth Steps. Consequently, on Steps Six and Seven, there it was: the bare and exposed ingredients of THE BONDAGE OF SELF!

“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 Wilson



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





UNITY ~ SERVICE ~ RECOVERY ~ UNITY ~ SERVICE ~ RECOVERY

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.aagrapevine.org

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 Fellowshiping, 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



“The alcoholic slip is not a symptom of a psychotic condition. There’s nothing screwy about it at all. The patient simply didn’t follow directions.”

~William Silkworth, MD, Best of Grapevine, Vol. 1

13th Annual Women's Retreat

Northern California Women in Recovery “founded by” Red Bluff Women in AA invite you to attend:
Friday Sept. 18th – Sunday Sept. 20th
Check-in at 10 am Check-out at noon

Where: Camp Tehama - a group camping area set among the pines on Mill Creek, at the base of Mt Lassen, with a multi-purpose building, kitchen, showers, flush toilets & bunkhouse type cabins that can sleep multiple people.

Cost: \$90 for 2 nights / \$45 for 1 night
Includes Food & Lodging, Recovery Meetings, Spiritual Campfires, Crafts, Prayer & Meditation, Hiking, Fun, Food, Fellowship & More!

Prize Drawing: The proceeds provide seed money for next year’s retreat and help with scholarships. Prize baskets gratefully accepted.

What to Bring: Warm sleeping bag & pillow (or bedding), personal toiletries (soaps, towels, etc), lawn chairs, sunscreen, mosquito repellent, flashlight, warm camping attire. **Days are normally warm, but nights are chilly.**

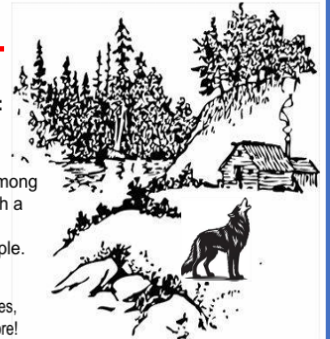
Don't Bring: Gas lights, stoves or grills; dogs (except service dogs), candles or resentments.

SMOKING: Only in Designated areas, never in the buildings and dispose in butt cans.

Directions: Located half-way between Red Bluff & Susanville on Hwy 36. From Red Bluff – take Hwy 36 East about 40 miles to Mineral, continue straight on Hwy 36 about 10mi. (Do NOT turn onto Hwy 172 “LOOP” at Mineral)

**about 10 miles past Mineral you'll turn right onto Hwy 172 – Camp Tehama is less than a mile on your right.

CONTACTS: Jonnie C 530-953-6385 or Jessica L. 209-210-8539



“Resentment is the “number one” offender. It destroys more alcoholics than anything else. From it stem all forms of spiritual disease, for we have been not only mentally and physically ill, we have been spiritually sick. When the spiritual malady is overcome, we straighten out mentally and physically.”

~Page 64 of the Big Book of Alcoholics Anonymous

PLEASE REGISTER

by August 6th

	[]	2 Nights @ \$90 per person	\$ _____
	[]	1 nights @ \$45 per person	\$ _____
Scholarship requests due July 30 th	[]	I am requesting a partial scholarship and am aware that if granted I am to help during the retreat and during final clean-up.	
NO late registrations	[]	I have included \$ _____ to put towards a scholarship.	
No refunds unless retreat is canceled	[]	T-Shirt for \$25	Size: _____
	[]	Hoodie Sweatshirt for \$45	Size: _____

Make Checks payable to:

Jonnie Cardwell
P.O. Box 990394
Redding, CA 96099

* Payment arrangements can be made with Jonnie C. (Reg. only)

Name: _____ Phone: _____

A Message from AA World Services about the Everything AA App

Alcoholics Anonymous World Services (AAWS) recently acquired the Everything AA app.

This represents an exciting opportunity to make A.A. literature and other resources available in a format that reflects how people communicate and seek information today, particularly members and still-suffering alcoholics who increasingly engage with A.A. digitally.

We would like to express sincere gratitude to the app's creator, Ben S., for the vision, service, and loving care that helped grow the app over the years. We are especially grateful for his willingness to work collaboratively with AAWS during this transition in the spirit of service to the Fellowship.

As AAWS and the General Service Office continue to review and develop the app, members will notice phased changes to content and features, along with the addition of new resources. Material existing on the app at the time of purchase is being reviewed to ensure that the app serves as a trusted source for AAWS literature and resources published and distributed through AAWS and is consistent with A.A.'s Twelve Traditions and existing AAWS and GSO policies and practices.

Members will notice opportunities to subscribe to support the app and its ongoing development. Subscriber support may help fund app maintenance, accessibility, digital resources, Conference approved content, and services provided through the General Service Office and General Service Board.

We appreciate the Fellowship's patience and understanding during this transition and are grateful for the many ways members support carrying the message into the future.

~Alcoholics Anonymous World Services



**TO DOWNLOAD
EVERYTHING AA**

[https://everythingaa.com/
norcalintergroup.com](https://everythingaa.com/norcalintergroup.com)

REDYPAA PRESENTS
SUMMER CARNIVAL

JULY 18TH
2:00 P.M. TO 4:00 P.M.

THE PAVILION AT LAKE REDDING PARK

ACTIVITIES

FACE PAINTING	RING TOSS
BALLOON ANIMALS	BEAN BAG TOSS
BOUNCE HOUSE	GIANT CONNECT FOUR
GIANT JENGA	CORNHOLE
HORSESHOES	BUBBLE FUN
TUG OF WAR	APPLE BOBBING
LIMBO	PHOTO BOOTH
POTATO SACK RACES	

SUGGESTED CONTRIBUTION

- \$10 PER ADULT
- \$5 PER CHILD
- \$20 PER FAMILY OF FOUR OR MORE

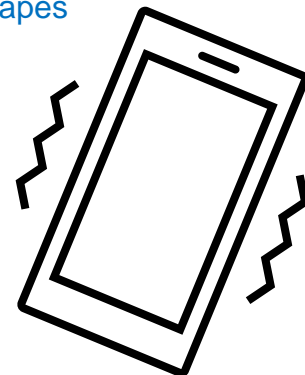
FOOD SERVED
HOT DOGS • POPCORN • SNOW CONES

MONTHLY SPEAKER MEETING @ 8PM AT 1050 STATE ST

EVERYTHING AA

The most comprehensive Alcoholics Anonymous App available for iOS and Android. Completely free, without any ads.

- AA online Meeting Finder
- Big Book text and audio
- 12 Step & 12 Traditions text and audio
- Joe and Charlie tapes
- Daily Reflections
- Living Sober
- Sobriety tracker
- Pamphlets
- And more!



GROUP DONATIONS THRU MAY 2026

NAME	GROUP #	TO DATE
3 In 1 GROUP	90842	\$101.93
7 At 7	461673	\$20.00
AM ANY LENGTHS GRP REDDING	133648	\$125.00
ANDERSON AM SAT GRANGE	150044	\$784.00
BAND OF BROS GROUPS	461756	\$100.00
BIRTHDAY MEETING (INTERGROUP)	NO #	\$311.38
DAY AT A TIME	73873	\$167.90
EARLY BIRD	177235	\$232.20
EXPERIENCE, STRENGTH, HOPE	103646	\$160.00
FIRST THINGS FIRST	130801	\$100.00
FLIMSY REED GROUP	144128	\$125.62
FREE AT LAST 1	699675	\$100.00
FREE AT LAST II	671021	\$250.00
Free At Last	77130	\$100.00
GUYS & GALS	8278	\$30.00
HOLE IN THE DONUT GROUP	625785	\$60.00
INTERGROUP BUSINESS MTG		\$73.00
LADIES NIGHT OUT GROUP	160486	\$200.00
LANDING ZONE HOPE	689079	\$200.00
LEWISTON OPEN DISC	657162	\$110.00
MIXED BAG	625785	\$40.00
NEW START	136901	\$178.20
NORTH VALLEY TRUDGERS	695447	\$85.42
PRIM. PURP. LIT & DISCUSSION	717255	\$83.50
RULE 62 GROUP	692976	\$80.00
SATURDAY NIGHT LIVE	64098	\$69.90
SISTERS BY CHOICE	101862	\$116.36
SISTERS OF SOBRIETY	223509	\$52.00
SOBER SISTERS	NO #	\$0.00
SOLUTIONS GROUP	140933	\$0.00
SOUNDNESS OF MIND GROUP	120933	\$0.00
SOUP BONE MEETING	662882	\$100.00
SOUTH MAIN GROUP	411729	\$0.00
SPIRITUAL PROGRESS	77061	\$0.00
SPIRITUAL PROGRESS	643816	\$0.00
STEP SISTERS	120391	\$50.61
STEPPING OUT SISTERS- REDDING	699886	\$75.00
STEPS WE TOOK	684714	\$344.25
TWELVE & TWELVE STUDY GROUP	743457	\$96.00
WED. NIGHT CANDLELIGHT GRP.	605139	\$50.00
Womens Easy Does it Group	10290	\$23.14
WOMENS NO MATTER WHAT GRP	690710	\$500.00
NO NAME	163055	\$30.00

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.





Open Intergroup Service Positions

Webmaster Co-Chair
PI / CPC
Newsletter-Co-Chair
12 Step Volunteer

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

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

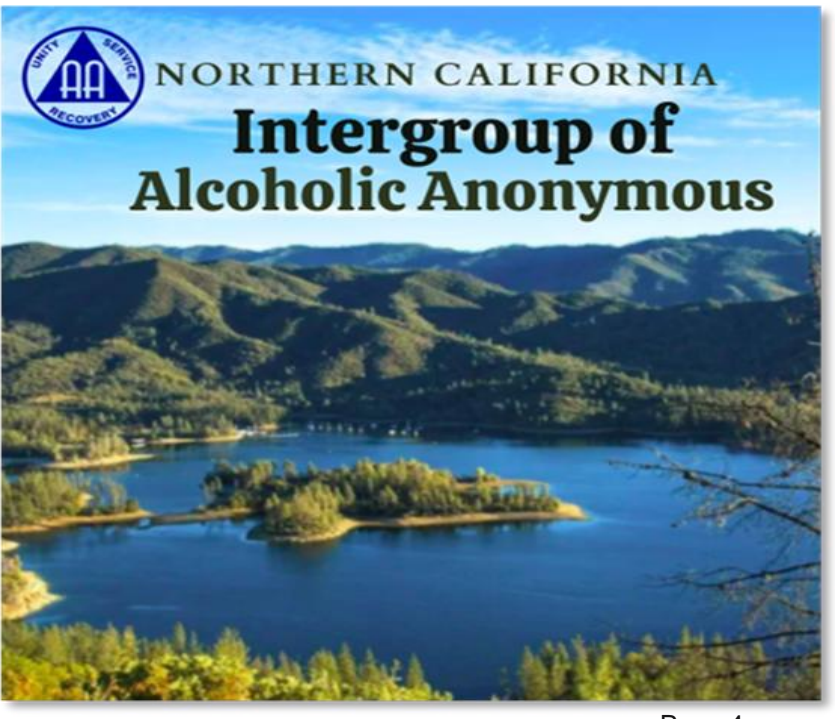
To Donate to NorCal Intergroup:



venmo



PAYPAL



July 2026 Business Meetings and Events

General Service: District 9 (Siskiyou County) Business Meeting - 1st Sunday of each month 10:00 - 11:30am. 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;** HYBRID, upstairs at *the Alano Club, 1050 State St., Redding, CA.* <https://meet.google.com/bzc-oxcb-xoh> 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 *Pizza Factory, 132 N. 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, Deanna B. @ 530-921-7120. For Events, Michele G. @ 530-209-1589 or Madison F. @ 530-902-1439.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
JULY		1 H&I Area 18 Bus. Mtg. 7:30pm St. Pat's Church 102 Church St. in Weaverville	2	3 H&I Area 3 Bus. Mtg. 5:00pm Pizza Factory 132 N. 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 REDYPAA Speaker Mtg.8pm Alano Club 1050 State St. in Redding	19
20	21 Dist. 11 Bus. Mtg.5:30pm Alano Club Upstairs Google Meet	22	23	24	25	26
27 REDYPAA Bus. Mtg. 3pm Methodist Church 1825 East St. in Redding	28 Intergroup Bus. Mtg. 6pm 2150 Benton Dr. in Redding	29	30	31		



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

Step Seven: Humbly asked Him to remove our shortcomings

1. Why do I respectfully ask Him to remove my shortcomings?
 2. Do I think it is necessary to seek humbleness as a personal quality?
 3. How can humbleness bring me serenity?
 4. In what areas have I stopped making unreasonable demands on myself and others?
 5. How am I able to be tolerant and understanding of other people's defects and viewpoint?
-

Tradition Seven: Every AA group ought to be fully self-supporting, declining outside contributions.

1. Honestly now, do I do all I can to help AA (my group, my central office, my GSO) remain self-supporting? Could I put a little more into the basket on behalf of the new person who can't afford it yet? How generous was I when drunk in a barroom?
 2. How do I (or my group) support our International Journals of Alcoholics Anonymous, Grapevine and La Viña?
 3. If GSO runs short of funds some year, wouldn't it be OK to let the government subsidize AA groups in hospitals and prisons?
 4. Is it more important for a group to get a big AA collection from a few people, or a smaller collection in which more members participate?
 5. Is a group treasurer's report unimportant AA business? How does the treasurer feel about it?
 6. Does my group have a "prudent reserve"? If yes, do I know what that amount is?
 7. If a family member, work colleague or close friend who is not an AA member wants to make a financial contribution to my group, should the group accept it?
 8. What if my group is short on funds?
-

Concept VII: The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final effectiveness.

1. Do we act responsibly regarding the "power of the purse"?
2. Do we realize that the practical and spiritual power of the Conference will nearly always be superior to the legal power of the GSB?

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





What Does "Drop the Rock" Mean?

"Imagine you're swimming toward a boat called Recovery. You're almost there, but something is pulling you under. That "rock" dragging you down? It's fear, resentment, anger and self-pity—the emotional weights you carried around in active addiction to help justify your actions. When you finally let go, you rise. You reach the boat. You begin to heal.

That's the heart of Drop the Rock, a beloved metaphor in Alcoholics Anonymous. It's more than a story: it's a call to release the burdens that keep you stuck. And it's deeply tied to AA's Steps 6, 7 and 10.

You've probably felt it—the sting of regret, the grip of fear, the loop of self-pity. These aren't just passing emotions. They're patterns that sabotage your recovery.

Step 6 asks you to become entirely ready to let go of these defects. Step 7 invites you to humbly ask your Higher Power to remove them.

But this isn't a one-time fix. You don't wake up one morning free from anger or fear. You grow by practicing these steps every day—by noticing when you've picked up those "rocks" again and choosing to let them go, one moment and one day at a time.

Step 10 keeps you honest. It's about taking personal inventory and admitting when you're wrong. This step helps you stay alert to the subtle ways your character defects creep back in.

You might notice tension in a conversation or guilt after a decision. Step 10 helps you pause, reflect and reset. It's your daily check-in with yourself and your recovery.

When you stay honest about how you're showing up—and how those "rocks" are manifesting—growth becomes inevitable..."

"...As we're taught in the Twelve Steps, the chief activator of our defects has been self-centered fear. Mainly fear that we would lose something we already possessed or that we would fail to get something we demanded. Living on the basis of unsatisfied demands, we obviously were in a state of continual disturbance and frustration. Therefore, we are taught, there will be no peace unless we are able to reduce these demands."

~Drop the Rock: Removing Character Defects

"My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength as I go out from here, to do your bidding. Amen."

~Page 76 of the Big Book of Alcoholics Anonymous

ANNUAL REDYPAA Campout
Conscious Contact & Campfires

AUGUST 7-9TH
TRINITY LAKE FAWN GROUP CAMPGROUND

REGISTRATION

PRE-REGISTRATION NOW UNTIL JULY 1ST	\$25
JULY 1ST – AUGUST 6TH	\$30
AT THE GATE	\$35
KIDS 12 AND UNDER	FREE

Main Speakers
 JEREMY L. FROM SACRAMENTO
 WILL J. FROM SOCPAA
 AND DEANNA B. FROM REDYPAA

Icons: CAMPFIRES | MEETINGS | GAMES | MEMORIES

We're not a glum lot. We absolutely insist on enjoying life.

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."

Icons: Learn the History of A.A. | Wanna learn the History of our area? | Wanna learn the History of your home group!

H&I Orientation
Nor. California Hospitals & Institutions Committee

WHEN: First Tuesday each month at 5:30PM
 Business meeting follows at 6:00PM
WHERE: All Saints Church
 2150 Benton Drive ~ Redding

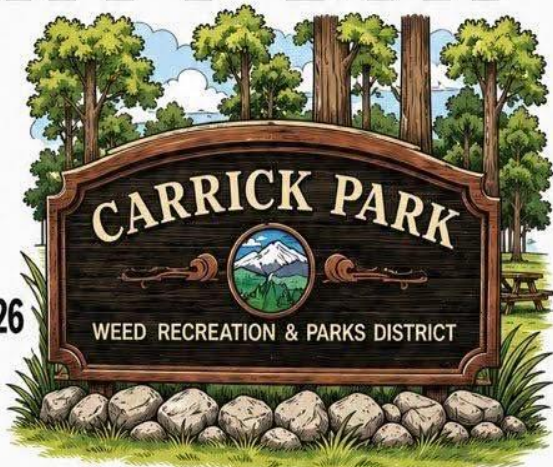
Orientation is required for all new H&I volunteers and highly recommended for existing volunteers and facility coordinators

SISKIYOU COUNTY
AA DISTRICT 9 JOYFULLY PRESENTS:

AA UNITY DAY

Picnic

SATURDAY AUGUST 22ND, 2026
AT 19369 MAPLE AVE,
WEED, CA 96094



11:00 - 11:30AM: FELLOWSHIP

11:30AM - 12:30PM: SERVICE PANEL SPEAKERS

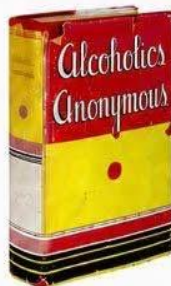
1:00 - 2:00PM: LUNCH

2:15 - 3:15PM: KEYNOTE SPEAKER

3:30 - 4:00PM: ICE CREAM & 50/50 RAFFLE (BRING CASH!)



BBQ & POTLUCK
DESSERT CONTEST
GAMES
50/50 RAFFLE



Gratitude

Gratitude is the recognition and appreciation of the good in life, often acknowledging that these benefits come from sources outside oneself. Gratitude shifts focus from the missing or wanting to what is present here and now. Grateful individuals tend to experience greater life satisfaction, improved work performance, and stronger connections within our Fellowship.

Open Minded

Open-minded means being willing to consider new, different, or opposing ideas from ones self. This small opening in the mind's door can let the power of recovery in.

The Fellowship

The fellowship primarily means the people, the members of AA, and the gathering of those people. AA meetings are for the people, bringing the members together to share their experiences and to support each in recovery. By walking into an AA meeting, introducing yourself as an alcoholic, you welcome the support of the Fellowship.

The Big Book

The "Big Book" is the primary text of Alcoholics Anonymous. It is the textbook for the 12-step recovery program written by Bill Wilson and Dr. Bob in 1939.

Defects of Character

Defects of character refer to a habitual negative personality trait, attitude, or behavior pattern that can create problems in daily life and hinder personal development or recovery from addiction. These traits have often served us well in our active addiction. Step 7 allows us to be free of these habits.

2027 Shasta Winterfest Committee Meetings

Always 3rd Tuesday of the month

Where: All Saints Church, Eaton East Room

2150 Benton Drive, Redding

(New location - as of 5/30/26)

Time: 6:00 pm

*Commitments still
available!!*

Any questions, please contact Rob T, Chair of Winterfest @415-517-8700

