



NORTH STATE AL-ANON NEWSLETTER

SEPTEMBER - OCTOBER 2024



What is North State Al-Anon?

We welcome you to the North State Al-Anon Newsletter!! If you live, or have lived, with the problem of alcoholism in a relative or friend, you have a home in the Al-Anon Family Groups. AL-ANON DISTRICT 4, NORTHERN CALIFORNIA services Lassen, Modoc, Shasta, Siskiyou, Tehama & Trinity counties. Communities served: Alturas, Anderson, Cottonwood, Etna, Mount Shasta, Red Bluff, Redding, Shasta Lake City, Weaverville & Yreka.

Our Highlights ~

-  District 4 still needs funds! Thank you for your donations!! We ask groups to do a 60/30/10 split and donate to District 4 giving 7th Tradition. See page 2 for details.
-  Service!! We need members, at group level, to continue to get involved with service; and to raise awareness of the benefits of service! See page 2 for opportunities.
-  Tell your GR & District 4 which payment app (CASHAPP, VENMO, PAYPAL, ZELLE) your group wants to use to donate. See page 2 for details.
-  Get involved with Al-Anon Outreach! We need more resources! Contact Toby @ outreachdistrict4@gmail.com.
-  Get on our email distribution list by going to our website, home page "StayUp to Date".

Assembly Reminders ~ **SAVE THE DATE**

-  Next NCWSA Assembly – 2/7 - 2/8/24
Northern Section
-  NCWSA Assembly and NCWSC meeting -
5/17 - 5/18/25 - **Southern Section**



GETTING INVOLVED!!

Service is a vital part of recovery, but you may wonder, "What can I do?" You can simply start with what you can do today. We are asking groups to get more involved in service with their meetings. Applying the "Easy Does It" & "Keep it Simple" slogans. This can be making coffee, greeting, treasurer, secretary, group rep, etc. This helps the vitality of each group and Al-Anon as a whole!!



DISTRICT MEETINGS



**Saturday, November 2nd; 10:30
- 12:30pm**



**October 19th date rescheduled
due to conflict with Fall Assembly**



**Saturday, December 21st @
10:30am**

**Hybrid meeting. Physical address:
Methodist Church, 1825 East St., Rm 10;
Redding. Zoom meeting ID:
867 0728 9465 / Password: 169141**

DISTRICT 4 CONTINUES TO NEED DONATIONS!!

Our expenses still exceed our income! Our data shows 7 out of 15 groups are donating, totaling \$110 quarterly. If we had all 15 groups donate, it would be \$51.33 quarterly. Thank you to the groups that have always contributed, while others are newer. Donations can be made monthly, group splits done regularly or annually. Once group expenses are met, we suggest a 60/30/10 split; 60% to District, 30% to Northern CA and 10% to WSO. Expenses have gone up and we don't want to have to dip into our reserve. Checks can be made payable to:



District 4 AFG. Send to Treasurer, District 4 Al-Anon/Alateen,
P.O. Box 273, Shasta Lake City, CA 96019.

District 4:

Open Positions:

- Alt-DR --Telecommunications
- Public Outreach (Alt)



Stay Connected:

For updates, get on our email distribution list.

Go to www.northstate.com,

click on "Stay Up to Date"; or send

an email to: alanon.info.dist4@gmail.com

Get involved with Al-Anon Outreach!!

Contact Toby @

outreachdistrict4@gmail.com



SAVE THE DATE

NCWSA

Fall Assembly

October 18-20, 2024

Al-Anon



How many Al-Anons does it take to screw a lightbulb?

None.... they just detach and let it screw itself.



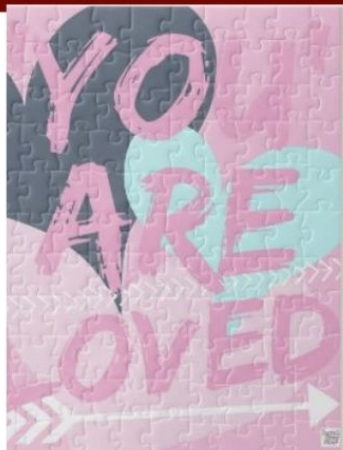
CONTRIBUTIONS VIA PAYMENT APPS



District 4 is still looking into online donations.

Does your group find it convenient to donate money via payment apps like VENMO, PAYPAL, CASHAPP, ZELLE, etc? Please ask your group treasurers and let your group reps know or email alanon.info.dist4@gmail.com.

Checks will always be accepted!



Step 10 ~ “Continued to take personal inventory, and when we were wrong promptly admitted it.”



Tradition 10 ~ “Alcoholics Anonymous (and Al-Anon) has no opinion on outside issues, hence the A.A. name ought never be drawn into public controversy.”



A message from one of our members on Step 10 ~

“Continued to take person inventory and when we are wrong promptly admitted it”.

This is one of my favorite steps, as it keeps me in honesty and continually aware of who I am and what I am thinking and doing. All of the work I have done in the prior steps and the commitment I have to myself improvement & awareness is daily showing me that control, manipulation, self -pity, ego & fear affects how I think and then respond (often still react) to people and situations in my life doesn't always serve me well. Today I no longer want to find myself in an uncomfortable situation with anyone that I don't want to be in that I created.

So I practice glancing back at my day and to see if I tried to have my way in something, what did that look like and how did that make me feel as well as how did the other person seem to react. Daily reflecting on myself (not anyone else) shows me with the God of my understanding's help where there might be some improvement and where my strengths are. When I have harmed someone verbally with harsh or untrue words, I get the immediate opportunity to take ownership of my controlling behavior– either with a phone call, in person meeting or often times doing it differently the next conversation or interaction. When I catch myself in self- pity, looking for validation from others I get to slow down and do things for myself like take a walk in nature, go to the beach or a running river - the things that calm me and fill me up spiritually. Doing things that I'm uncomfortable with brings forth self-esteem in myself rather than looking for it from others who may not have it to give – it's no one else's responsibility to make me happy, whole or content with myself. That is between myself and the God of my understanding. I had to put me first which felt selfish, however experience had shown me that I had very little for anyone else because I had not cared for myself well. As I began to say No when I couldn't do something , say yes when I truly had the time and could do it I began to honor what was best for me first. Yes...

there are and will be times I need to do something I don't want to do because it's the right thing to do...today I can decipher the difference and know that my God won't take me to it without taking me through it. –

Cathy A.

Day in Al-Anon

Saturday, September 28, 2024 10am-3pm

Speakers, Lunch, Dessert and Prize Drawings

Speaker/workshop

Location: United Methodist Church Of Redding
1825 East Street
Lower Level, Parking in Rear

Event Schedule:
9:00- Registration
10-11:30- Speaker
11:30-12- District 4 Rep. announcement
12-1- Lunch
1-2:30- speaker
2:30- prize drawing

Lunch included in Preregistration- full salad bar. Beverages included with lunch: coffee, iced tea and water.

POTLUCK DESSERT: Please bring a "finger food" on a disposable dish.

Preregistration only \$25. Deadline to preregister is 9/21/2024
Preregistration guarantees lunch. Cost at the door: \$30
Questions or to volunteer to Cassandra V. at Cassandra@pvcrepair.com or 530-605-9636 text available

EVERYONE IS WELCOME!

Please cut out and return this portion with \$25 dollars each person attending, cash or check accepted. Last day for preregistration is 9/21/2024. Money has to be received by then to guarantee preregistration.

First/last name/s: _____ Amount Enclosed: \$ _____

Phone: _____ Group Name: _____

Make checks payable to: AFG District 4
Mail to: c/o Phoebe F., P.O. Box 525 Shingletown, CA 96088

**WE NEED YOUR HELP!!
GET INVOLVED WITH AL-ANON OUTREACH!**

SPREAD THE WORD

SERVICE OPPORTUNITY

Help to carry the message and spread awareness of the Al-Anon Program!!

Join our Outreach Committee!!

Contact Toby@
outreachdistrict4@gmail.com
www.northstatealanon.org

NORTH STATE AL-ANON

Al-Anon word puzzle

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

RESPONSIBILITIES
PRINCIPLES
DECISIONS
SERENITY
PURPOSE
WISDOM
GOD

CONTRIBUTIONS
ATTRACTONS
CHARACTER
RECOVERY
PROBLEM
SANITY

UNDERSTANDING
SPIRITUAL
ATTITUDES
MEETINGS
MEMBERS
GROUPS

FOUNDATIONS
INVENTORY
ANONYMITY
CONCEPTS
COMFORT
DAILY



al-anon.org

**Area Reports - brought to you by our
DR, Cassandra:**

A few of the latest:

- **Sponsorship—5 Handouts**
- **Area Inventory as presented by
our Delegate**

5 Handouts

1. How to Get and Use a Sponsor
2. How to Navigate the Relationship
3. Challenges of Getting and Using a Sponsor
4. Service Sponsorship
5. I Want to Be a Personal/Service sponsor



**John M, Our Past Delegate, shared
that service has gone down at the
area level recently. He also shared a
report, which goes over some
research that was done regarding
service.**

**You can find this report on our
website, NorthStateAlanon.org
Under "District", called
"Area Reports".**

--In Service, Cassandra V (DR)



Newsletter created by Heather L. and edited by Phoebe F.

