



NORTH STATE AL-ANON NEWSLETTER

JANUARY-FEBRUARY 2025



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.

District 4; 2024 Accomplishments ~

XOXO



In collaboration with NCWSA, we upgraded our website to WordPress, which includes a comprehensive meeting list for our area!



We began publishing a bi-monthly Newsletter; in efforts to keep everyone informed about a particular topic or subject.



Some of our members initiated more Alateen meetings to help teenagers meet other teenagers and discuss the effects of someone else's drinking.



We got a new DR!!



New meetings began in Weaverville, Trinity Circle of Hope, and Red Bluff, Newcomers at Heart.



It is encouraged for members to get on our email distribution list; by going to our website, home page, "Stay Up to Date". Here, you sign up to receive the latest updates in our district.

2♥25

Assembly
Reminders ~

SAVE THE DATE



Next NCWSA Assembly – 2/7 - 2/8/25
Northern Section



NCWSA Assembly and NCWSC
meeting - 5/17 - 5/18/25 - **Southern
Section**

DISTRICT MEETINGS



**Saturday, February 15th @
10:30am**



Saturday, April 19th @ 10:30am

Hybrid meeting. Physical address:
Methodist Church, 1825 East St., Rm 10;
Redding. Zoom meeting ID: 867 0728 9465 /
Password: 169141 - or [CLICK HERE](#)



The Ateen Express Newsletter is written by and for Ateens and AMIAS (Al-Anon members involved in Ateen Service) in Northern California. Read the latest Ateen news and sharings from members. Click [HERE](https://northerncaliforniaal-anon.org/area-newsletter/) or put this in your browser: <https://northerncaliforniaal-anon.org/area-newsletter/>

NCWSA Convention Planning Meeting

This is where al-anon members from throughout No. CA come together and host speakers, workshops and other fun events for several days. A contest has been crafted for Areas/Districts to select the theme and logo. Volunteers needed!! We have not had one since 2019, and looking to host it in the Bay Area! Meeting occurs every 2 weeks on Sunday, until Feb. 16, 2025. Meeting ID: 823 0884 1680 / Password: 802990 or [CLICK HERE TO JOIN!](#)

AL-ANON FACES ALCOHOLISM



HELP AND HOPE
FOR FAMILIES AND FRIENDS OF ALCOHOLICS

I Found My True Self
I Have Hope
As We Share, We Heal

Click [HERE](#) to read and share this **HELP AND HOPE** pamphlet in Al-Anon Faces Alcoholism



THE BENEFITS OF SERVICE!!

Many of us came into Al-Anon feeling as if we were on the outside looking in, never quite feeling part of anything.

Those of us who were perfectionists discovered that our participation did not have to be perfect. Service expands our world and brings new friends into our lives. Thought for the day: "Today I will consider enriching my recovery by participating in Al-Anon service." Hope for Today, pg 271

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

Lois's Story

Co-dependence and 12 Step Recovery

The Twelve Steps of A.A. are a way of life for anyone seeking a spiritual program. By substituting the word "alcohol" for any particular problem of life such as drugs, gambling, sex, food/sugar, self-harm, co-dependence, etc, one can identify and apply the A.A. program, found in the Big Book of Alcoholics Anonymous as a recipe for recovery.

Lois W., the "first lady" of A.A. and the non-alcoholic wife of Bill Wilson, the co-founder of Alcoholics Anonymous, tells her story of "co-dependence addiction" and her spiritual growth by applying A.A. principles to her own life.



(Reprinted from the book, *How Al-Anon Works for Families & Friends of Alcoholics*, Al-Anon Family Group Headquarters, Inc. 1995, 2008, pp. 152-159.)

NORTH STATE AL-ANON

Step 1 ~ “We admitted we were powerless over alcohol and that our lives had become unmanageable.”



Tradition 1 ~ “Our common welfare should come first; personal progress for the greatest number depends on unity.”



Step 2 ~ “Came to believe that a Power greater than ourselves could restore us to sanity.”

POWER



Tradition 2 ~ “For our group purpose, there is but one ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern..”



District 4:

Read the current North State Al-Anon Newsletter



Download the North State Al-Anon Newsletter by scanning the QR code

Stay Connected with District 4:

For updates, get on our email distribution list. Click [HERE](#) or go to www.northstate.com, click on “Stay Up to Date”; or send an email to: alanon.info.dist4@gmail.com

SUPPORT

DISTRICT 4 STILL NEEDS YOUR DONATIONS!!

Anything helps!! 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.

Happy Valentines Day

NCWSA DELEGATE MONTHLY DISCUSSIONS

YOU ARE INVITED TO HEAR MORE & SHARE ABOUT:

- UPDATED GROUP NAME POLICY AND AREA SURVEY (NOVEMBER)
- OTHER WSC/WSO NEWS REPORTED IN THE QUARTERLY BOARD REPORTS (DECEMBER)
- HOW TO SUBMIT A TOPIC FOR DISCUSSION AT THE NEXT WORLD SERVICE CONFERENCE (WSC)

Let's practice Concept 4
Participation is the Key to Harmony!

FRIDAY NOVEMBER 15 @ 7-8:30PM

FRIDAY DECEMBER 20 @ 7-8:30PM

FRIDAY JANUARY 17 @ 7-8:30PM

Zoom ID 856 0575 8574 Passcode 531438

Contact Chris M. NCWSA Delegate at Delegate@ncwsa.org for more information. This meeting may be recorded

Volunteers are needed to help host the virtual meeting and provide Spanish interpretation.

Any informational documents will be shared on ncwsa.org and emailed through the links of service at ncwsa@groups.io

Why I serve in Al-Anon, by Carol P.:

I first started being of service in Al-Anon as a selfish reason, since I have been and still am to some extent a “people pleaser” and felt uncomfortable saying no. But saying yes or volunteering to hold a position allowed me to be part of a group of people who wanted recovery and who were practicing the Al-Anon principles to the best of their ability. I learn by listening, observing, and ultimately doing. The only consistent place I found in Al-Anon to practice a different way of living is through service. And with each service position I took away some aspect of 12 step recovery. As a meeting door opener, I had to consistently show up to open the door, which got me to meetings, and which is where I discovered I was not unique in my problems. I did public outreach for our district, which helped me become familiar with Al-Anon literature. As a group treasurer and district treasurer I learned what the phrase “self-supporting” means in an organization with no dues or membership fees. Being Alternate DR then District Rep, then Area Treasurer I learned how important the traditions and concepts were and to be honest, I really struggled at times to practice them. The Area Treasurer position is also where I learned about the inner workings of Al-Anon, and what a wide world it serves.

I continue to volunteer for service because it keeps me committed to recovery, and Al-Anon primarily relies on volunteers to fulfill its purpose: to help families and friends of alcoholics. Without volunteers, Al-Anon would cease the ability to do that.

A letter from a member about service:



How being of service helps me. By taking a service position no matter the size, it helps me stay connected and that helps me to come back again and again. I know I need the program; I like to think I am giving a little back for the huge amount I've received. Al-Anon has changed my life for the better. I get to make a new connections, hear new experience, strength & hope. I watch healthy people working out problems in a healthy way. I get to see the principles in action. Not everyone thinks the same but we can work together for the greatest good.

-Gina R.



What if today, we were just grateful for everything?



Alateen highlights for 2024 -

- 1) District 4 AMIAS started holding Alateen interest meetings beginning in April 2024 for teens and their parents or guardians. The meetings were held either at the All Saints Episcopal Church in Redding or at the Redding Public Library. The meetings continued through June '2024, with a brief hiatus for July-September. From those meetings, start a new Alateen meeting concurrent with a new Al-Anon meeting Monday nights started from 7:00-8:00pm at the All Saints Episcopal Church. Flyers were drawn up and distributed at various sites in Redding. Both meetings officially started in early October. Initially, there were 3-4 teens attending the Alateen meetings; attendance dropped off through the holidays.**
- 2) Several Scott Valley/Etna AMIAS started a meeting at the Scott Valley High School in early October '24, meeting after school on Thursday afternoons. An average of 2-3 teens attend.**
- 3) Several AMIAS made contact with the administration at Enterprise High School in Redding to try to get an Alateen meeting started in the school, one day a week at the students' lunch period. Despite early interest by the high school administration, momentum stalled when the AMIAS high school contact was reassigned.**
- 4) 11 AMIAS were certified in 2024, including 4 new AMIAS. Of the new AMIAS, 2 were able to attend the 2024 Sponsorship R&R.**

Looking to 2025 -

The Winterfest Committee has tentatively given some time and a place at the Shasta Winterfest for District 4 AMIAS to hold an information session on Saturday afternoon, January 25th; a great opportunity to do public outreach in both the AA and Al-Anon community on all things Alateen.



What is the movie about Al-Anon?

Based on the true story of the enduring but troubled love between Lois Wilson, co-founder of Al-Anon, and her alcoholic husband Bill Wilson, co-founder of Alcoholics Anonymous.

When Love Is Not Enough: The Lois Wilson Story (2010) - IMDb



“Damn Your Old Meetings”

One Sunday, Bill asked me if I was ready to go to the meeting with him. To my astonishment as well as his, I burst forth with, “Damn your old meetings!” and threw a shoe as hard as I could. This surprising display of temper over nothing pulled me up short and made me start to analyze my own attitudes. By degrees I saw that I had been wallowing in self-pity, that I resented the fact that ... I was left alone while he was off somewhere scouting up new drunks or working with old ones. I felt on the outside of a very tight little clique of alcoholics that no mere wife could enter. ... My life’s purpose of sobering up Bill, which made me feel desperately needed, had vanished. ... I decided to strive for my own spiritual growth.

How Al-Anon Works for Families and Friends of Alcoholics (B-22, B-32), “Lois’ Story,” page 153-154.



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

