



NORTH STATE AL-ANON NEWSLETTER

MARCH - APRIL 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.



Our Highlights ~



GR's, please increase our Outreach to Newcomers by asking them, "How did they get here?", and, "Why are they here?" Please funnel this information back to Outreach, to help in their efforts.



We would like to strongly emphasize, "Newcomers are always welcome to meetings!!"



District 4 wants to say a big "THANK YOU" to groups that are consistently donating. It is greatly appreciated!!



A committee has begun the planning of the 2025, "Day In Al-Anon" Event! See page 2 for details.



An Outreach Committee now meets monthly! There is a variety of projects needing people for several outreach events! Volunteers are needed! See page 3 for details!

2025

Assembly Reminders~



NCWSA One Day Assembly – Saturday, May 17th, 2025 ~ ONLINE ONLY
Click [HERE](#) for the tentative agenda



10/17 - 10/19/25 - NCWSA Assembly - Northern Section

Click [HERE](#) for NCWSA website

DISTRICT MEETINGS



Saturday, April 26th @ 10:30am



Saturday, June 21st @ 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](#)**



Taking a Group Inventory

Taking a periodic group inventory helps to keep your group healthy and invigorated. Members can use the inventory to discuss what actions have been beneficial to the group and personal growth, and what actions need to be updated, discontinued, or improved. Discussions during or following an inventory can include ideas for new service opportunities, ideas for reaching out to potential members, and resolutions for major or minor concerns before the group's unity is disrupted. "The harmony and success of each group depends on shared responsibility, a warm spirit of fellowship, and individual self-improvement." (Al-Anon and Alateen Groups at Work [P24], Introduction). *The Al-Anon Taking A Group Inventory Guidelines (G-8a. My view of our Al-Anon or Alateen group)* includes the following items to discuss with your group when taking an inventory: My view of our Al-Anon or Alateen Group; My view of our Al-Anon or Alateen Meetings, Additional for Alateens, Additional for Alateen Group Sponsors, and My part of my Al-Anon or Alateen meetings.



Click this link to visit Al-Anon Family Groups
[Taking a Group Inventory Guideline, form G8a.pdf](#)

DAY IN AL-ANON PLANNING MEETINGS Join in the fun of helping plan this event; our biggest gathering of Al-Anon friends and family and it's our district's biggest fundraiser. Meets monthly; next meeting is May 3rd, 12:30 - 1:30pm, hybrid @ ID: 867 0728 9465 / PW: 169141 or in-person @ Methodist Church, 1825 East St, Redding, 96001. Click [HERE](#) to "Stay Up to Date" on our Planning Meeting dates.

Step 3 ~ "Made a decision to turn our will and our lives over to the care of God as we understood Him."



Tradition 3 ~ "The relatives of alcoholics, when gathered together for mutual aid, may call themselves an Al-Anon Family Group, provided that, as a group, they have no other affiliation. The only requirement for membership is that there be a problem of alcoholism in a relative or friend."

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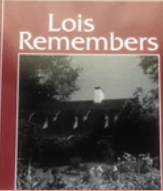
Step 4 ~ "Made a searching and fearless moral inventory of ourselves."

FEARLESS



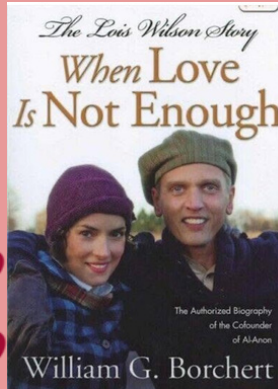
Tradition 4 ~ "Each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole."

NORTH STATE AL-ANON



Lois Remembers: Memoirs of the Co-Founder of Al-Anon and Wife of the Co-Founder of Alcoholics Anonymous.

To order & pick up literature text
Sheilah K. at 530.515.1329 (preferred)
or email her at: sheilahk@att.net or
your group literature person



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.
A YouTube Move - click [HERE](#) to watch or go to this link:
<https://www.youtube.com/watch?v=tL-V0q3PZlg>

District 4:

Open Positions:

- Alt-DR
- Public Outreach (Alt)
- Secretary
- Winterfest Co-Chair



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

SHINE! Be a Spark in the Dark: 17th Annual Minds Matter Mental Health Resource Fair

When: Saturday, May 17, 2025, 10 a.m. - 2 p.m.

Where: Lake Redding Park Pavilion and Gazebo,
2225 Benton Dr., Redding

At the event you can:

- Talk with mental health and substance use treatment providers.
- Take a mini workshop to expand your wellness toolbox.
- Listen to Brave Faces advocates share their personal experiences with recovery.
- Get creative at the outdoor open art studio. Click [HERE](#) for the Shasta County website.

!!! Toby is looking for volunteers! Contact him @ outreachdistrict4@gmail.com or click [HERE](#)



OUTREACH IN DISTRICT 4 - An Outreach committee meets monthly now! Click our [WEBSITE](#) for details! The committee is small, but their goal is to have a point of contact for each group, whether you can attend or not. They're working on many projects, and need people for several events happening in spring and fall seasons. If unable to attend a meeting, outreach can be done by simply sharing your experience, strength and hope by talking to others about your involvement in Al-Anon and how it has positively changed your life!! The committee is also working on a cost effective way for getting information out to the community; as to who we are, what we do and where we are. Outreach is also setting annual goals to achieve!! Volunteers are needed!!



Contact Toby at outreachdistrict4@gmail.com or click [HERE](#)



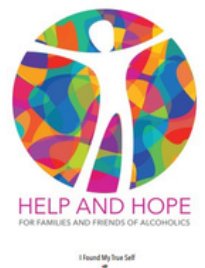
DISTRICT 4 STILL NEEDS YOUR DONATIONS!!

Donations are important to help pay for our operating expenses, they help support the organization's programs and keep it free of outside influences. Thank you to the groups for consistently contributing! Donations can be made regularly--monthly, bi-annually or annually, etc. Once group expenses are met, we suggest a 60/30/10 split; 60% to District, 30% to Northern CA and 10% to WSO. Expenses are up and we don't want 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.

★NCWSA Convention Planning Meetings★

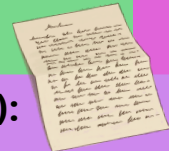
The next planning meeting is Sunday, May 4th, 4 - 5:30pm, on zoom; meeting ID: 823 0884 1680/Password: 802990, then monthly on the first Sunday of each month thereafter. All are welcome to join!! Volunteers are needed!

★ The Convention is where Al-Anon members from throughout No. CA come together and host speakers, workshops and other fun events for several days. We have not had one since 2019. ★ Also, being planned is a convention fundraiser in 2025, possibly in June at the beach. ★ And we have a date! The convention is May 6, 7 & 8, 2026 at the Maidu Community Center, 1550 Maidu Dr., Roseville. ★ The committee has chosen the theme, "Planting the Seeds of Recovery". ★ There is also a logo contest going on until June 29th. Click [HERE](#) for the link to NCWSA Convention.



Click [HERE](#) for this HELP AND HOPE pamphlet in Al-Anon Faces Alcoholism

A letter from Cassandra (District Representative):



I attended the February Committee in person in Chico, California. It was a day of business: Finances, By-laws, alateen reports, etc. It was nice to connect with area committee members and District Representatives.

February 15th
Business Meeting

We also held the district meeting on February 15th. I saw many group reps and district officers. Toby, our outreach coordinator, is still looking for people to join his outreach committee. Get in contact with Toby if you are interested in spreading the word of Al-Anon. We also discussed the newsletter, website ideas. Our area Treasurer, Bob, also attended and shared his experience, strength and hope about area and WSO contributions. We appreciate Bob and his service.

A Day in
Al-Anon Planning

Finally; we have started the planning for Day in Al-Anon, look for the latest committee meeting time to join in on the planning fun!



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

