



NORTH STATE AL-ANON NEWSLETTER

MAY - JUNE 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 ~



District 4 is in need of service positions for Secretary and Literature Coordinator.



The Red Bluff Recovery Roundup is an AA & Al-Anon event happening June 21st.



District 4 says "THANK YOU" to groups that are consistently donating. It is greatly appreciated!!



A Day In-Alanon is October 11th, 2025 and a planning committee is busy planning this big event. Volunteers are welcome to join!! See page 3 for details.



Our Outreach committee is working on a lot of projects! Volunteers are needed! See page 4 for details!



GR's, please continue to 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.



Assembly Reminders~



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



8/7-8/8/26 - NCWSC - Northern Section

Click [HERE](#) for NCWSA website

DISTRICT MEETINGS



Saturday, June 28th @ 10:30am

Rescheduled due to Red Bluff Recovery Roundup on 6/21.



Saturday, August 16th @ 10:30am

Hybrid meeting. Physical address:

Methodist Church, 1825 East St., Rm 10;

Redding. Zoom meeting ID: 867 0728 9465 /

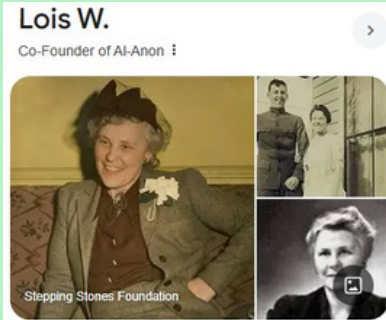
Password: 169141 - or [CLICK HERE](#)

let
go
and
let
God

NORTH STATE AL-ANON

Did Bill and Lois Wilson have any children?

Bill and Lois were childless; Lois had suffered ectopic pregnancies and was subsequently unable to have children, and their application to adopt a child had been denied due to Bill's alcoholism. They did, however, establish the Stepping Stones Foundation to help others in recovery. Click [HERE](#) to learn about the History of Stepping Stones Foundation, created by Bill and Lois!



Be Inspired! ~ Watch the 15-minute YouTube Video ([CLICK HERE](#)) about the Home of Bill W. & Lois W. Explore the Home of the Alcoholics Anonymous Cofounder & Al-Anon Cofounder.



District 4:

Open Positions:

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

Click [HERE](#) for position descriptions

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.northstatealanon.org, click on "Stay Up to Date"; or send an email to:

alanon.info.dist4@gmail.com



The "About Al-Anon" page on our website is complete; when newcomers are looking for us and find our website, they can discover if Al-Anon is for them and to learn more about how meetings work. The new material is found at:

<https://northstatealanon.org/about-al-anon/> or [click here](#). Scroll down to see the new material under the headings "How does Al-Anon work?" and "What to expect at a meeting" sections. In gratitude, Your humble website servant, ~Phoebe

We would love your feedback!

feedback

NorthStateAlanon.org

If you were a newcomer, would this be the information you would need? *feedback*
Does it feel welcoming? What do you like about it? What would you like to see more of?
Or instead of? To leave feedback, you can "reply" [HERE](#) and let Phoebe know your thoughts. The video is only 15 minutes, and we'd love your thoughts! (please be gentle)



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. **A Day In-Al-anon is October 11th, 2025**, and the next planning meeting is July 12th, 12:30-2:30, held online only. The committee meets regularly, the meetings are usually 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. Check our Events page for meeting dates by clicking [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.

PRINCIPLES FOR GROWTH

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

ACCEPTANCE	FOUNDATION	INTEGRITY	SUPPORT
AWARENESS	GRATITUDE	MISSION	TRADITIONS
CLARITY	HEART	PATIENCE	TRUTH
COURAGE	HELP	PURPOSE	UNITY
EMOTIONS	HONESTY	RELATIONSHIPS	UNIVERSAL
FAITH	HOPE	SERVICE	
FEELINGS	HUMILITY	STRENGTH	

What are the principles that keep you going? What elevates you to be your best self?

Step 5 - Admitted to God, to ourselves and to another human being the exact nature of our wrongs.



Tradition 5 - Each Al-Anon Family Group has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps of AA ourselves, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics.



Step 6 - Were entirely ready to have God remove all these defects of character. Please share your experience, strength, and hope as it relates to Step 6.



Tradition 6 - Our Family Groups ought never endorse, finance or lend our name to any outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim. Although a separate entity, we should always co-operate with Alcoholics Anonymous.



WOW! OUTREACH IN DISTRICT 4 - We now have a Public Service Announcements happening on PBS now until 2027! Outreach focus continues to be on connecting via community events. Volunteers are needed for events in May, August, and September. Contact Toby at outreachdistrict4@gmail.com or click [HERE](#). **WOW!**

MAY 17th OUTREACH HIGHLIGHTS

Minds Matter Resource Fair - 10 - 2 ;
Caldwell Park pavilion and gazebo

Multi-Cultural Celebration - 11 - 1pm;
Central Valley, High School, Shasta Lake City

UPCOMING OUTREACH HIGHLIGHTS

August 6th will be the Redding Rancheria
Discover Health Fair

September 20th will be the Recovery
Happens celebration



The May outreach events were an excellent opportunity; phamplets and printed materials were provided. Many MH providers gave our tables attention for greater understanding of what we do. Our Outreach is working!!

NCWSA Convention Planning Meetings This committee meets monthly on the first Sunday of each month, on zoom; meeting ID: 823 0884 1680/Password: 802990. The July 6th meeting is 4 - 5:30, location will be determined. 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. The **Convention date is May 6, 7 & 8, 2026 at the Maidu Community Center, 1550 Maidu Dr., Roseville**. This year's theme is "Planting the Seeds of Recovery". There is also a logo contest going on until June 29th. All are welcome to join!! Volunteers are needed! Click [HERE](#) for the link to NCWSA Convention.

Northern California World Service Area – Annual R&R Event: This event is put on by AMIAS for AMIAS and anyone who would like to know more about being an AMIAS. It has been held since its inception in Sonoma County, deep in the redwoods at a very rustic, beautiful retreat and conference center near Occidental, California, called Westminster Woods. From Friday afternoon at 5:00pm through Sunday at noon, the purpose of the event is for AMIAS to share their experience strength and hope with one another through workshops, meetings, speakers, and get to know one another via a talent show, hikes, yoga in the woods, and swimming in the center's pool. It is also a great way to fulfil the annual B17 training requirement. Did you know that the "R&R" in the title originally stood for "rest" and "relaxation" but through the years, the various Sponsors R&R Committees have substituted other "R" words such as "renewal" and "reconnection"? If interested in Alateen, or are already an AMIAS and would like to fellowship and share ideas with other AMIAS in our Area, the Sponsors R&R is a great event to attend!

