

Meeting Minutes

Al Anon Family Groups
District 4 Business Meeting - Hybrid
Zoom ID: 867 0728 9465/
Password: 169141
Saturday, June 28, 2025
10:30am – 12:30pm

Meeting began at 10:36 am – Cassandra V. (District Representative) at Methodist Church on East Street, Redding

1. Serenity Prayer
2. Request to Record Minutes – Rick S. recording
3. Roll Call – attending:
Cassandra V, Carol, Nancy, Lisa, Kathy, Heather, Rene, Toby, Rick S
Online: Phoebe, Christina, Eric F, Julie, Linda L.
4. Service Statement - ?
5. AlaTeens in Room – none

District Rep Report:

- Need Secretary and Literature Coordinator positions filled ASAP -
Roles and requirements discussed for various positions - Cassandra handed out District Secretary, Alternate District Rep, and Lit Coord duties sheets. Also distributed meeting minutes from April 26, 2025 District meeting.
- Meeting minutes -
Kathy asked if minutes were archived
Carol responded she has Years 2011 thru 2015 minutes available
Note: cannot record AlaTeen comments in an AlAnon meeting
Need Archive policy: Carol and Sheila (current District Lit Coord) have discussed the need for archiving important documents such as minutes for a definite time period.
Phoebe suggested uploading meeting minutes to District website for all to access.
- Need new District Literature Coordinator –

Suggest checking at group meetings for volunteers

Requirements – 3-year term. Sheila has 1 ½ years left in her term but needs to be released from position soon for personal reasons. Kathy and Charleen have been helping her in the meantime.

Need a new place for Literature storage also. How will those storage costs be paid?

- District 4 Representative position will be open in 1 ½ years, Cassandra V is the current Rep. Anyone interested please speak to Cassandra.
- General comment: groups might want to invite interested members to attend District meetings to become familiar with District positions.
- Winterfest 2026 Chair is Susie. She needs a Co-Chair to help with planning.

Group Reports – how's it going, questions, concerns

- Sat morning Shasta Lake City, Chris W. (Rick S report) – meetings going well.
- Mon morning Yreka, Christina – no report
- Mon night Susanville, Kathy H – no report
- Mon night Redding Alateen/AlAnon, Ayisha – on vacation. 12 – 15 attending, some on Zoom.
Suggest an event be scheduled to help get more teens invited. Carol will reach out to Teen centers & other venues. Jr High and Middle School age students are more receptive
- Mon night Zoom Redding, Nancy H – good meetings well attended
- Tues morning Mt. Shasta – no report
- Tues noon Redding, Robert W – good meetings
- Tues evening Zoom Redding, Eric F – small but consistent attendance
- Tues evening Alturas – no report
- Wed evening Scott Valley, Julie W – good mtgs, small attendance in summer
- Wed evening Redding hybrid, Cathy A – doing fine
- Thurs morn Redding, Dede – Lisa/Treasurer says going well, need a Group Rep, maybe Phoebe?
- Thurs afternoon Scott Valley – Marta & Lisa on hiatus
- Thurs afternoon Weaverville, Cristina – no report
- Thurs night Yreka, Pat F – Pat may have health issues? No report.

- Thurs evening Anderson, Gina – out of town. Linda (online) says no probs
- Sunday Red Bluff, Mollie – no report

Officer Reports

- Secretary – we need one! Suggest asking at groups for interested volunteers
- Treasurer, Gina (Phoebe reporting) – PayPal is now set up for Day in Al Anon. Need a responsible party for Tax ID renewal. Phoebe says Tax ID has expired. Who will own the new Tax ID? Should the ID be personal or business?
Answer: Owners will be AFG and Gina. Tri Counties Bank has account - Gina is talking with them. See Financial Statement handout at meeting.
- Outreach discussion – Toby, Phoebe, Linda L. and all
Suggest put Outreach items in Newsletter.
Carol has question about AlAnon Faces Alcoholism and Help and Hope.
What benefit do Groups get from financial contributions to District?
What Outreach activities are done by District and Groups? Are there separate responsibilities or actions being taken?
Answer: District handles funds contributed by Groups for Outreach activities, though Groups can also do Outreach if they desire. Groups may have ideas to reach out in their particular meeting area but District typically handles community-level outreach.
Action: District meeting group agrees that a committee should be formed to discuss Outreach activities, define how to coordinate them and fund them.
Discuss further at August 2025 District meeting.
- Outreach – District level, Toby/District Outreach Coordinator
Several community events held during May:
Mind Matters in Caldwell Park
Event in Shasta Lake City
Pub Service Announcements on PBS are ongoing on PBS and are Free!
KKRN – PSA discussions ongoing and may be free also
Another AFG District called and asked for permission to include District 4 phone number in their newsletter. Answer was yes.
- Website, Phoebe – Up and running fine. No expenditures for website at this time.

- Winterfest 2026, Suzi P. – Need help immediately. 3 AlAnon speakers have been scheduled. Call Suzi if you can help 530-356-9108.
- Alateen, Carol for Ayisha – have 10 AMIAS on board. An Alateen outreach event will be held at the end of August.
- Group Records, Linda L. – going back to manual form instead of online, too many problems there. Annual Group info collection – call or text 415-810-4147 or email ljlashua@sbcglobal.net . Linda will verify that annual updates are made.
- Newsletter, Heather – current letter is online and in print! Handed out color copies of May – June 2025 newsletter at meeting. All agree looks great. Need a proofreader/editor, Phoebe is helping for now.
- Literature, Sheila – see discussion above, Sheila requests release from position, need new Coordinator. She has done an amazing job (Rick S comment).
- Telecommunication, Susan – currently all is ok.
- Public Outreach & Information, Toby – see discussion above.
- Email Coordinator, Phoebe – going well, however need a week minimum advance notice when an email is to be sent out from District.

New Business

- Day in Alanon planning, Carol – planning meeting on July 12 from 12:30.
Need ticket taker, seller for raffle tickets, cash box security.
Speaker – Allie/Lake Tahoe, morning
Workshop – Elaine/Dublin, mystery of serenity
Toni A. for food, have decorating committee
See Carol for other items that need help
Toby asks: want to advertise the Day to community? Answer: Yes!
Have fliers for professionals also regarding the Day and events
Should notify and advertise to InterGroup members?
Yes at 4th Tuesday meeting at All Saints Episcopal church in Redding.

Heather said she would send contact info for InterGroup to Cassandra.

- Outreach for Winterfest 2026, Toby – what is the role of Outreach for the Winterfest? Need to coordinate more with AA, want more involvement by Alanon. AA take on it is Alanon involvement is welcome so ok to speak up for Alanon needs at Winterfest. Plan more space for Alanon meetings and tables - work with AA on this ahead of time so Alanon folks get the info and guidance they need. See funding discussion above re Outreach, more discussion needed.

Announcements

- NorCal World Service Area (NCWSA) convention – March 6, 7, 8, 2026 at Maidu Community Center in Roseville.
Volunteers needed! The Center is small, may change to larger venue to accommodate more attendees.

Next District 4 Meeting

- August 16, 2025 10:30am – 12:30pm at Methodist Church, East Street, Redding

Meeting adjourned 12:45pm, plus or minus.