

NORTH STATE AL-ANON NEWSLETTER

JULY - AUGUST 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 ~



Many of our members are traveling for the summer; so our members at the district meeting expressed gratitude to zoom. Staying plugged in and connected is essential!!



District 4 is in urgent need of filling the open positions of Secretary, Literature Coordinator, and Alt-DR. See page 2 for details.



The Winterfest Al-Anon Chair is looking for an Al-Anon Co-Chair. See page 2 for details.



Group Records within our district are being updated by our Group Records Coordinator. Your action is needed!! See page 2 for details.



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



An Archive Policy is being set up for our important records (i.e., minutes.) See page 3 for details.



The NCWSA Annual R&R Event will be held September 19 - 21st. See page 4 for details.



District encourages groups to invite interested members to attend District meetings to become familiar with District positions, and get involved. See page 2 for details.



Assembly Reminders ~



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



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

Click [HERE](#) for Assembly & NCWSA website

DISTRICT MEETINGS

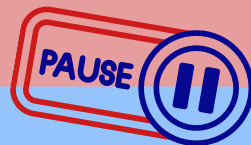


Saturday, August 23rd @ 10:30 - 12:30



Saturday, October 18th @ 10:30 - 12:30

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



NORTH STATE AL-ANON

District 4



Open positions:

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



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.

*Our meeting minutes, financials and agendas are stored on our website, under the District 4 tab. Click [HERE](#) to see.

Click [HERE](#) for website position descriptions

Open positions needing filled asap and some duties:

District Literature Coordinator:

- Putting in Literature orders for groups and events
- Keeping up on new books coming into print
- Making sure the service manual is available to every GR and DR
- Maintaining a stock of literature organized and in good condition
- Minimum 1 year commitment....

Position coming up in 2026 -

District Rep for District 4; if interested, talk to Cassandra:)

Alternate District Representative:

- Helping keep up on emails
- Fill in for District rep when they are not available
- Help with district meetings/other district business with guidance from the District Rep

District Secretary:

- Taking notes at district meetings
- Submitting minutes to the District Representative and District Email coordinator to publish and refer to

District 4 wants to say "THANK YOU SHEILAH!!" You are appreciated!!



The Winterfest 2026

The Al-Anon Chair is Suzy K., and she is actively looking for an Al-Anon Co-Chair to help plan the activities for Winterfest 2026 event. If you are curious, attend the next meeting at the library, 3rd Tuesday of month, 6pm; or reach out and talk to her, with no obligation. Her # is: (530) 356-9108.

HUMBLE

Step 7 - Humbly asked Him to remove our shortcomings.

Tradition 7 - Every group ought to be fully self-supporting, declining outside contributions.

Step 8 - Made a list of all persons we had harmed, and became willing to make amends to them all.

Tradition 8 - Al-Anon Twelfth Step work should remain forever non-professional, but our service centers may employ special workers.



Group Records



District 4's Group Records Coordinator, Linda L. is updating and/or confirming all group records (group #, meeting location, times and contact person). All meeting secretaries need to reach out to her to confirm their groups information. Contact her at ljashua@sbcglobal.net or by clicking [HERE](#).

NORTH STATE AL-ANON WEBSITE

Update, I have exciting news to announce, the grant for the website has been extended so we don't have to pay for our own hosting yet. I am grateful to the NCWSA committee that made that happen for everyone.

In loving service, Phoebe F., Website Coordinator

NORTH STATE AL-ANON

A 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.** Next planning meeting, 8/30, 12:30-1:30pm, hybrid. The committee meets monthly and meetings are usually hybrid, @ ID: 867 0728 9465/PW: 169141 or in-person @ Methodist Church, 1825 East St., Redding, 96001. Find a volunteer sign-up sheet to help out! Coming soon, PayPal QR code for members to register. See the registration form below.

Day in Al-Anon Planning meeting

Saturday, August 30, 2025
12:30-1:30 pm

This meeting will be held entirely online.
Attend via Zoom- Meeting ID: 867 0728 9465
Password: 169141

We will go over the next steps of the Day in Al-Anon planning process, Agenda coming soon



Click [HERE](#) to read about these two great women!



Anne B.
November 9, 1899 - February 24, 1984

A famous quote by Lois:

"It takes only one person to start something, but many others to carry it out."

Lois W.
March 4, 1891 - October 5, 1988

Day in Al-Anon
The precious gift of recovery

Saturday, October 11, 2025 10am-3pm

Speakers and workshops:
Speaker: Ally G. - Lake Tahoe, CA
Workshop: Elaine S., Tucson, AZ
Elaine's topic: serenity

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

Event Schedule:
8:00: Registration
10:00: Speaker
10:30: Speaker
12:30-12:45: District 4 Reg. announcement
12:45: Lunch
1:30: Workshop
2:30: Buffet/10:30 drawing

Lunch Included in Pre-registration: Full salad bar, Beverages included with lunch: coffee, iced tea, Lemonade and water.

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

3 Ways to Register:
Online at <https://churchofredding.org/al-anon/day-in-al-anon>
2) via mail (see instructions below)
3) in person with your group and Phoebe (our registration contact) in order to get the registration money/info back to her. Phoebe's phone number is 530-953-5465.

Pre-registration only \$25 dollars. Deadline to pre-register is 10/1/2025.
Pre-registration guarantees lunch. Cost at the door: \$30. Payroll convenience fee \$1.00.
Questions or to volunteer contact: Candace K. at CandaceK@pre-reg.com or 530-655-8458.

First/last name: _____ Phone: _____
Your Group Name: _____ Amount Enclosed: \$ _____
E-mail address: _____

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

NCWSA CONVENTION PLANNING MEETINGS This committee meets monthly on the first Sunday of each month, on zoom; meeting ID: 823 0884 1680 / PW: 802990. The next meeting is September 7th, 4:00pm on zoom. **The Convention date is May 6, 7, & 8, 2026 at the Maidu Community Center, 1550 Maidu Dr., Roseville.** 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 2026 theme is, "Planting Seeds of Recovery". All are welcome and volunteers are needed! Click [HERE](#) for the link to the NCWSA Convention. The Convention is looking for chairs for several positions!!!

Archives Policy
An Archives Policy is being set up for Archiving important District 4 documents, such as minutes for a definite time period. Thank you Carol & Sheilah:)

Northern California World Service Area - Annual R & R Event

This event is put on by AMIAS for AMIAS's and anyone who would like to attend, held in Sonoma County, deep in the redwoods at a very rustic, beautiful retreat and conference center called Westminster Woods. The AMIAS 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.

Continued on next page...

17th Annual Alateen Sponsors' R&R
Commitment • Consistency & Envisioning a New Alateen

SEPTEMBER 19 - 21, 2025
Westminster Woods
6510 Bohemian Hwy., Occidental, CA.
For AMIAS and those interested in Alateen service

SPEAKERS, WORKSHOPS, 8-17 TRAINING, TALENT SHOW, FELLOWSHIP

Registration: \$230 (before Aug. 17, 2025)
Late Registration: \$250 (until Sept. 5, 2025)
Scholarships available on a first come, first served basis

Click link below to register or go to ncwsa.org For Alateen & AMIAS tab
<https://FORM.IOTFORM.COM/25120781838154>

For more information contact Sarah E. 409-464-0915

NORTH STATE AL-ANON

Northern California World Service Area - Annual R & R Event CONT'D...

It is a great way to fulfil the annual B17 training requirement. If you would like to get involved with 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 way to accomplish those objectives!

We ♥ our Volunteers

Wow! **OUTREACH IN DISTRICT 4** - Reminder: We have Public Service Announcements happening on PBS since June 2025 through 2027! And, they are free! We're also working with KKRN for PSA Announcements, and they are free too. Outreach focus continues to be on connecting via community events. It was discussed at the June business meeting, that both District and Groups can do outreach in their community. District handles funds contributed by Groups for Outreach activities, but Groups can also do Outreach if they desire. Groups may have ideas for Outreach in their particular area, but District typically handles community-level outreach. This issue is pending further discussion at the August business meeting.

Upcoming Events

Wednesday, August 13th - Trinity Rancheria Health & Wellness Fair, 9-3, Rancheria Trinity Health Center, Weaverville



Saturday, September 20th - 21st Annual Recovery Happens Event, 10-1pm, Tehama County HSA in Red Bluff.

TOGETHER in RECOVERY

Your help is always appreciated when we host a table at these events. If you would like to help volunteer, please contact Toby, Outreach Coordinator @ outreachdistrict4@gmail.com.

Hi Al-Anon family! Our district meeting was on June 28, 2025, hybrid style. Roughly 20 people attended in person, & 7 online. Main Topics discussed, Finance, and requirements for open positions of Secretary and Literature Coordinator. The requirements are very low for the secretary position and there are a few more for the literature coordinator. The meeting continued on to A Day in Al-Anon planning progress. We have a great day planned; you will see registration forms out. Also, volunteers are needed for the area Al-Anon Convention, many positions are available. Please let me know if you are interested in our open positions or in volunteering for the area convention planning committee, I can give you contact info to become involved.

Also, volunteer positions are needed for Al-Anon outreach events in Redding. Our Outreach Coordinator, Toby has involved Al-Anon in some great local events, but he needs our help. Events include: Trinity Rancheria Health & Wellness Fair: Wednesday, August 13th, 9-3pm at Rancheria Trinity Health Center, Weaverville. The 2nd event is Recovery Happens, Saturday, September 13th, 10-1pm outdoors at Tehama County HSA in Red Bluff. The position consists of a 30-minute setup and take down. Volunteers can commit for part of the day and do shifts if needed. No one who volunteers is required to stay the entire day. Please contact Toby at outreachdistrict4@gmail.com for more info, or to get involved!

It has been a productive few months in Al-Anon with business and events. I am forever grateful for everyone's service, and the experience, strength and hope I come across.

In Service, Cassandra V (District Rep)



Newsletter created by Heather L. and edited by Cathy A.

