

NORTH STATE AL-ANON NEWSLETTER

SEPTEMBER - OCTOBER 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 Highlights ~

-  We are very excited; Chris W. has stepped up to fill the position of Alt-DR. Yay Chris!
-  Outreach had an amazing 2025 summer with accomplishments such as PSA's through 2027, and multiple summer/fall events. Outreach still needs your help! See page 2 for details.
-  Group Records within our district are being updated by our Group Records Coordinator. You're action is needed and appreciated!! See page 2 for details.
-  Safety is an important issue in Al-Anon and Alateen meetings. Learn more on page 2 for Al-Anon safety & page 3 for Alateen Safety.
-  We are looking to quickly fill the open positions of Secretary & Literature Coordinator. See page 3 for details.
-  It's a 1-year Anniversary Celebration for the Al-Anon and Alateen Meetings on Monday night. See page 3 for details!
-  Learn about Al-Anon Archives and FAQ's about Al-Anon on page 5:)
-  The next NCWSA Convention Planning Meeting is November 1st. See page 5 for details.
-  The Winterfest Al-Anon Chair "officially" has an Al-Anon Co-Chair, but is looking for people to host in January. See page 6 for details.
-  Thank everyone for a great 2025 Day In-Alanon, October 11th, 2025! See page 6 for details.

2025

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, November 1st @ 10:30 - 12:30



Saturday, January 17th @ 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](#).

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OUTREACH IN DISTRICT 4 - There's been a lot of accomplishments. We have PSA's happening on PBS since June 2025 through 2027. People are really excited to see this and it's free too! We're working on a 15/30 PSA announcement with KKRN Roundmountain (it's free too!). Groups/members can also host outreach events. Contact Toby if you know of events or little fairs for outreach in our area (Mt Shasta, Redding, Trinity, etc.) We had a busy end of summer with two big events in May (Caldwell Park and Discovery Health Fair), the Trinity Rancheria, Recovery Happens and Celebrate Recovery events in August and September. Outreach focus continues to provide outreach at minimal costs and gathering as much help from our fellowship and community.

THANK YOU!

A big THANK YOU to all who did outreach service of the past season of outreach events! Bringing your individual perspective on the program is invaluable to our outreach efforts. Shout out to: Lisa, Marti, Jane, Chris, Ayisha, Carol, Robert, Delia, Lori, Jay, Cindy, Aura, Mollie, Cassandra, Cathy, and Renee. And anyone else I may have overlooked. Your service is greatly appreciated!!!

THANK YOU!

If you know of community events/little fairs, etc, please contact Toby and he'll coordinate all your needed supplies (table, literature, etc.).

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



UPDATE

Group Records

&

AFG Records

Please continue to update/confirm your group records with our District 4 Group Records Coordinator, Linda L. (group #, meeting location, times and contact person). All meeting secretaries need to please reach out to her to confirm their groups information. Contact her at ljashua@sbcglobal.net or by clicking [HERE](#).

IS YOUR MEETING A SAFE PLACE?

Safety is an important issue within Al-Anon - one that all can address. Open discussion on the topic can aid groups in developing workable solutions to safety issues—solutions that are based on the fundamental principles of our fellowship and that will help keep our meetings safe. This [LINK](#) directs you to a pdf from WSO that applies to talking about safety at your meetings and applies only to Al-Anon meetings, groups and members. It addresses:

- Autonomy and Group Action
- Al-Anon Membership
- Dealing with Disruptions
- Group Safety and Unity
- Al-Anon and the Law
- Emergencies
- Keeping the Focus on our Primary Purpose
- What Can Groups and Members Do?
- A Special Word to Anyone Confronted with Violence



SAFE
ZONE

ELECTIONS

Spirit of Rotation

ELECTIONS

Elections and rotation of group reps take place in January. Group Reps serve 3 years and then become eligible to be a District Rep. They have to be strictly Al-Anon; no dual members as per Bill Wilson's very strong encouragement when Lois and Ann were creating bylaws for Al-Anon.

Source: [Al-Anon.org/Safety in Al-Anon meetings.pdf](https://Al-Anon.org/Safety%20in%20Al-Anon%20meetings.pdf) or click [HERE](#)

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Safety in Alateen Meetings

Alateen safety is another very important part of a healthy meeting. For Alateen safety, WSO puts out [Guidelines](#) covering these main points:

- Familiarize yourselves with your Area's Alateen Safety and Behavioral Requirements.
- Remember, take responsibility for your own safety and well-being.
- Invite your District Representative to your group on a regular basis
- Conduct exchange meetings with other Alateen groups and their Alateen Group Sponsors
- Take responsibility for your own behavior and your participation in the group.
- Participate in creating or updating your Alateen group behavior guidelines.
- Commit to adhering to the same requirements as Alateen members who are minors when participating as an Alateen if you are legally an adult according to local laws.
- Encourage your group to take a regular group inventory;
- Support the actions of your Alateen Group Sponsors

For the WSO, Alateen Safety Guidelines, G34 pdf, click [HERE](#).



District 4

Open positions:

- Secretary
- Literature Coordinator
- Public Outreach (Alt)



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.

Open positions urgently needing to be filled:

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....

District Secretary:

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

Chris W. spoke up to volunteer and fill the alt-DR position!
Thank you Chris!

Click [HERE](#) for all District 4 position descriptions

*Our meeting minutes, financials and agendas are stored on our website, under the District 4 tab.

Click [HERE](#) to see.

1-Year Al-Anon & Alateen Meeting Anniversary Celebration - October 13th

It's been a year! Both the Redding Monday Miracles, 7:00pm, in person Al-Anon meeting and the 7:00pm Alateen meeting (running concurrently) will have reached a 1-year Anniversary in October! To mark the occasion, the two groups hosted a 1-year anniversary celebration on Monday, October 13th, from 7:00-8:00 pm at the Episcopal Church on Benton Drive. Snacks and finger foods will be served before the meeting, with a long time Al-Anon member and hopefully a former Alateen member sharing their ESH. All are welcome! ~Carol P.



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AL-ANON **ARCHIVES** TIMELINE (will include 7 years each Newsletter)



1935 - Lois W. recognized her need for recovery when in anger she threw a shoe at her husband, Bill W., cofounder of A.A.



1939 - The Twelve Steps were published by Alcoholics Anonymous.

1939-1940 - The families of A.A. members began to meet informally and for a variety of purposes.

1940 - Gatherings for the families of A.A. members began to evolve, holding the first meetings focused on recovery from the effects of a family member's alcoholism.

1942 - Lois W. and Anne B. met when they drove their husbands to A.A. meetings.

1949 - The family groups attracted national publicity for the first time in a feature article, "New Help for Alcoholics," published in the July issue of Coronet magazine. At that time, Coronet was one of America's most popular magazines, with a monthly readership of two million.

1950 - The Alcoholic Foundation registered the Northern Westchester Non-Alcoholics Anonymous group, with Anne B. listed as Group Secretary. It was Lois W.'s home group and was among the 87 family groups that were later invited to participate in the creation of Al-Anon Family Groups.

Ruth G. began writing and distributing the San Francisco Family Club Chronicle, later titled The Family Forum, a periodical for the families of alcoholics. This newsletter shared information about family recovery nationally and internationally, prior to the founding of Al-Anon Family Groups.

Family groups had a high profile at the first A.A. International Convention, in Cleveland, Ohio. Several sessions at the Convention focused on the families of alcoholics. A.A. formally adopted its Twelve Traditions at this Convention. Lois W. later adapted these Twelve Traditions for use by Al-Anon Family Groups.

Source: AFG/ WSO Archives, Click [HERE](#) to see

★ ★ ★ FAQ About Al-Anon's History



Q: What does the name Al-Anon mean? A: The word "Al-Anon" is simply a derivative of Alcoholics Anonymous, combining the first syllables of each word.

Q: When did the A.A. Family Groups begin using the name Al-Anon? A: In May of 1951, Anne B. and Lois W. wrote a letter to the original 87 A.A. Family Groups (including some Lone Members). One of the questions asked, "Do you approve of the name A.A. Family Group? If not, what do you suggest?" By March of 1952, the members selected the name Al-Anon Family Groups.

Q: Which day in May 1951 did Al-Anon begin? A: The first letter is dated "May 1951" and the entire month is traditionally recognized as Al-Anon's anniversary..

Source: WSO Archives/FAQ's about Al-Anon's History or click [HERE](#)

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Step 9 - Made direct amends to such people wherever possible, except when to do so would injure them or others.



Tradition 9 - Al-Anon groups "as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve".



Concept 9 - Good personal leadership at all service levels is a necessity. In the field of world service the Board of Trustees assumes the primary leadership. *LEADERSHIP*

Step 10 - Continued to take personal inventory and when we were wrong promptly admitted it.



Tradition 10 - The Al-Anon Family Groups have no opinion on outside issues; hence our name ought never be drawn into public controversy.

Concept 10 - Service responsibility is balanced by carefully defined service authority and double-headed management is avoided.



NCWSA CONVENTION PLANNING MEETINGS

This committee meets monthly on the 1st Sunday of each month, on zoom; meeting ID: 823 0884 1680 / PW: 802990. The next meeting is November 2nd, 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!!!



"Very little that happens
in my daily encounters is worth my worry,
resentment, or feeling sorry for myself.
If I am always ready to take offense
and be hurt, I'm selling my contentment
very cheaply. I must remember
to be good to myself!"



The only valid comparison
is between me as
I am & me as I was.
I used to spend weeks,
even months, in self-pity.
Today I wrestle with it for
only a few minutes or hours.
That's recovery.



al-anon.org

al-anon.org

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Fall 2025 Assembly October 17-18-19



The Fall Assembly was another event that happened October 17th, 18th, & 19th, 2025. It was held hybrid, Friday through Sunday, at the Maidu Community Center in Roseville, California. Approximately 100 attended online, while many attended in person. Typical business was conducted, which includes representatives from different group voting on behalf of their local Al-Anon groups to make decisions about the broader organization; officer reports were given, while the delegate spoke about extending the spring assembly another half a day. It was a very productive weekend.



The Winterfest 2026 - The Al-Anon Chair is Suzy K., and she “officially” has an Al-Anon Co-Chair. However, we still need people to host in January; involving taking a speaker to/from meetings, possibly picking up from airport (gas is reimbursed). If you know of anybody, please let her know at: (530) 356-9108.



Hi fellow Al-Anon family! We have had a fun few months. Day in Al-Anon happened recently, Saturday Oct. 11th. 70 were in attendance. Ally G.



from Incline Village, Nevada was our speaker; while Elaine from Tucson, Arizona was our workshop presenter. Both shared their experience, strength and hope with Al-Anon, while also touching on our Day in Al-Anon theme “priceless gift of serenity”. Everyone enjoyed the speakers, food, and fellowship Day in Al-Anon brings. I want to send out an extra thank you to those who attended, and volunteered. We appreciate you!

I would also like to mention our next district meeting. Which will be held on Saturday, November 1st 10:30-12:30. It is held hybrid. In person at the Redding Methodist Church and Zoom info can be found on the flyer on our district website. Let me know if you have any questions. We look forward to seeing you there!

In Service, Cassandra V (District 4 Al-Anon representative)

Some pictures of the event:



THANK YOU to everyone who helped with decorations at the Day in Al-Anon!



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

