



NORTH STATE AL-ANON NEWSLETTER

NOVEMBER - DECEMBER 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 ~



Shasta Winterfest is coming January 2026! We need people to host our guests! Make sure to get your tickets and merchandise ahead of time! See page 2 for details!



We **NEED** to urgently fill the open position of Secretary. See page 2 for District 4 open positions.



Area would like each group to fill out a group name change policy survey by December. See page 2 for details.



You can still help!! The next NCWSA Convention Planning Meeting is January 4th; and the event happens March 6th, 7th, & 8th 2026 in Roseville, CA. See page 3 for details.



An outstanding 2025 for Outreach!! Thank you Toby!! With multiple summer/fall events to grow awareness of Al-Anon in our community, PSA's through 2027, and alot of volunteers! See page 3 for details.



Continue learning about Al-Anon



Timeline on page 3 & 4.

HAPPY
NEW YEAR
2026

2026

Assembly Reminders ~



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

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

DISTRICT MEETINGS



Saturday, December 20th @ 10:30 - 12:30



Saturday, February 21st @ 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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SHASTA WINTERFEST - January 23rd - 25th, Anderson, CA



Shasta Winterfest is held this year at Shasta Hall, Anderson Fairgrounds, CA. Suzy K., Al-Anon Chair, “officially” has a Al-Anon Co-Chair, but we 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. Make sure you get your tickets and any merchandise your heart desires. Click [HERE](#) for the Shasta Winterfest website.



District 4

Open positions:

- Secretary
- Public Outreach (Alt)
- District email coordinator (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 position that urgently needs filled:

District Secretary:

- Taking notes at district meetings
- Submitting minutes to the District Rep. and District Email coordinator to publish and refer to
- Attend business meetings every other month, spending 1 to 2 hours/meeting, typing up the notes and send them to the email coordinator

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

Yay! Renee is our new Literature Coordinator!

Step 11 - Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

Tradition 11 - Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, and TV. We need guard with special care the anonymity of all AA members.

Concept 11 - The World Service Office is composed of selected committees, executives and staff members.

Step 12 - Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.

Tradition 12 - Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.

Concept 12 - The spiritual foundation for Al-Anon's world services is contained in the General Warranties of the Conference, Article 12 of the Charter.

NCWSA Groups Survey

WHY THIS SURVEY IS BEING CONDUCTED & WHO GETS TO PARTICIPATE?

The World Service Office's (WSO) Policy Committee has asked Delegates to bring their Area's thoughts, opinions and concerns on the 2024 Group Naming Policy and its implementation to the 2026 World Service Conference (WSC) for a discussion. The NCWSC (Northern California World Service Committee) Group Naming Thought Force recommended a group survey be conducted and the NCWSC supported the idea. The NCWSC Group Naming Survey Task Force was created to gather the perspectives of the registered groups in CA North, regardless of whether or not the group has an identifier in the group's name.

Survey ends the end of December 2025!! To learn more and take the survey - click [HERE](#)



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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 January 4th, 4:00pm on zoom. **The Convention date is March 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. The 2026 theme is, "Planting Seeds of Recovery". Click [HERE](#) for the link to the NCWSA Convention. The Convention is looking for chairs for several positions!!! 200 people need to be registered by December for the convention to be viable.

NCWSA Al-Anon/Atean Convention with Spanish and AA Participation
March 6th - March 8th 2026
(Starts at 5:00pm on Friday, Ends at 1:30pm on Sunday)
Maidu Conference Center
1550 Maidu Drive, Roseville, CA
NCWSA.org Convention 2026 Tab for information

Friends and Families of Alcoholics are gathering for a weekend of Recovery with Speakers, Activities, Meetings and Food. Bring a friend as we [Plant the Seeds of Recovery](#)!

Al-Anon Speakers and workshops
Al-Anon speakers and program
Spanish speakers and program
AA speakers and program

Meetings, Programs, and Workshops
Hospitality House
Entertainment
Dinnering

For more information or to volunteer please contact: [Conventions@NCWSA.org](#)

This Convention abides by NCWSA's Safety & Behavior Requirements (20-17)
Event: 00000 - Cindy A. and Andrea G.

Fill out form below to register - Go to NCWSA.org Convention 2026 Tab - Fill QR Code

Pre-Registration (Fill out Feb 1st and at the door)	Extra:
Individual Registration (Completed by Feb. 1, 2025)	2026 Convention Tabular (\$9.95)
\$15.00 - Al-Anon, AA, and Friends	\$25.00 (1st 40-5000)
\$11.00 - Al-Anon	Saturday Luncheon Dessert \$27.00
	(Separate lunch included for Al-Anon)
	Al-Anon AA Al-Anon Friends
	Al-Anon AA Al-Anon Friends

Amount: \$
Check here if you are willing to help at the convention
Check here if you are an AA/MSW willing to do service at the convention

Extra "Y" shirt: Yes _____ No _____
Total Amount Enclosed: \$

Please make checks payable to: **NCWSA WORLD SERVICE AREA OF ARLING**
Mail to 2026 NCWSA Convention c/o Miller Costa, 7704 Jacobell Ct., Citrus Heights, CA 95630

OUTREACH IN DISTRICT 4 - It's been a successful 2025 for Outreach!! A lot of hard work has been done by many people, including our chair Toby! We thank you Toby!! We have "free" PSA's happening on PBS since June 2025 through 2027.. We're working on a 15/30 PSA announcement with KKRN Roundmountain (it's free too!). If groups & members want to host outreach events, they just need to contact Toby, Outreach Chair. 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!*

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

HISTORY

1951 - Lois asked A.A.'s annual General Service Conference for direction on the future of the A.A. family groups. The Conference approved the suggestion for a "Clearing House," separate from A.A., which would provide support to the family groups, but asked that A.A.'s name not be used. Lois invited Anne B. to assist her in opening the office, which later became known as the World Service Office. Lois and Anne sent letters to the 87 family groups known to them at that time, inviting them to participate in a fellowship of friends and families of alcoholics. They asked the groups to accept the Twelve Steps of Alcoholics Anonymous, with one change. In Step Twelve, "alcoholics" was changed to "others." The groups were also asked to agree on a single name for the new fellowship. It was the first fellowship-wide group conscience. Articles in the A.A. Grapevine and The Family Forum, along with other news coverage, helped spread the word about the new organization. Lois and Anne compiled Al-Anon's first piece of literature, a pamphlet called Purposes and Suggestions for Al-Anon Family Groups (P-13). The pamphlet has remained in print throughout Al-Anon's history. The Clearing House also sent out One Wife's Story, written by Lois and now included in How Al-Anon Works for Families & Friends of Alcoholics (B-22). About 20 members from seven Al-Anon groups in the New York City area formed the Advisory Committee to formulate policy for Al-Anon as a whole. It was a precursor to the World Service Conference, the Policy Committee, and other representative voices of group conscience in the Al-Anon service structure. This Committee agreed that the new organization was to be called Al-Anon Family Groups. About 80 percent of the groups polled by the Clearing House had approved this name.

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AL-ANON

ARCHIVES

TIMELINE

CONT'D

HISTORY

1952 - The Clearing House moved its activities from Stepping Stones, Lois's home, to the second floor of A.A.'s 24th Street Clubhouse in New York City. With the approval of the Advisory Committee, the Clearing House made its first appeal for financial support from the Al-Anon groups. Lois and Anne asked each member to consider contributing \$1, two times a year, to the Clearing House.

The Clearing House asked the Al-Anon groups for authority to handle national publicity. The groups granted this authority, to ensure that a unified fellowship would consistently communicate a unified message in the national press. There were nearly 400 registered Al-Anon groups.

Lois adapted A.A.'s Twelve Traditions for use by Al-Anon, and asked for comments, suggestions, and approval, first from A.A.'s Board and A.A.'s Conference, and then from the Al-Anon Family Groups.

1953 - The December issue of the Clearing House newsletter included a draft of a proposed "Welcome" for use at Al-Anon meetings, as well as a proposed Preamble to the Twelve Steps.

1954 - The Clearing House newsletter officially became a monthly publication. In September, the monthly magazine took on the name The Family Group Forum, which today is called The Forum.

The Literature, Budget, and Publicity Committees were formed.

The Clearing House incorporated the name Al-Anon Family Group Headquarters, Inc. Members began referring to the office as "Headquarters."

This was the last year in which members' cash contributions exceeded the amount of income generated by Al-Anon literature sales.

1955 - The first Al-Anon meetings in Puerto Rico began.

Al-Anon's first hardcover book, The Al-Anon Family Groups (B-5), was introduced at the A.A. International Convention in St. Louis, Missouri. Al-Anon held five workshops, one for children of alcoholics, at this Convention.

The Saturday Evening Post published a major article about Al-Anon, which brought the fellowship national publicity.

1956 - The first Alateen meetings took place in California.

The Family Group Forum requested sharings on the Twelve Traditions for the first time.

1957 - The first Alateen groups registered with Headquarters. The Alateens adapted the Twelve Traditions to make them more relevant to their needs.

Al-Anon groups numbered over 1,000. Headquarters relocated to a larger office, at 125 East 23rd Street, New York City, NY.

An episode of the Loretta Young Show, "The Understanding Heart," gave national publicity to Al-Anon and the effects of alcoholism on families.

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



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

