

DISTRICT 4 MEETING MINUTES

December 20, 2025

Attendees:

Ayisha B, Carol P, Robert W, Delia W, Lisa J, Cathy A, Mollie M, Phoebe F, Heather Z, Gina R, Cassandra V, Linda L, Chris W

Cassandra opened the meeting with the Serenity prayer.

Lisa J took minutes for today's meeting and offered to be District Secretary for the following term.

Shasta Winterfest, January 23-25, 2026

Shasta District Fairgrounds in Anderson, CA

An Al-Anon Co-Chairperson and an Al-Anon Speaker have been selected. We still need hosts and volunteers to assist with the event. A flyer was passed around for attendees to photograph and take info back to their groups. Suzie is the contact person for Winterfest.

NCWSA Al-Anon/ Alateen Convention, March 6-8, 2026

Maidu Conference Center Roseville, CA

Pre-registration must be postmarked by Feb 1, 2026.

Flyers and registration forms were passed around for attendees to take back to groups.

Group Naming Survey

The NCWSA Group naming policy questionnaires are due back to the Group Reps *before* Dec 31, 2025, as the GR's must complete the online survey by 12/31/25.

Treasurer's Report

Treasurer Gina revised the previously submitted 2025 annual treasurer's report by \$0.49 to correct a slight numbers error.

The post office fee went up at the Shasta Lake City Post Office. It was \$96 but will increase to \$192 after June, 2026. We have been using the SLC Post Office as their fees were more reasonable than Redding Post Office's fees. However, now that the fees are going up, she will re-check the Redding fees again. There is also a possibility of utilizing a mail center at the Summit City Post Office. She will check on the pricing of that service as well. There was discussion as to the convenience of using the Redding Post office, including future persons who take on the Treasurer's position or others who need to retrieve the mail.

A vote was taken and approved to donate \$200 to the NCWSA, and \$150 to the WSO, for our annual donations to these entities. Last year we donated \$100 to NCWSA and \$50 to WSO.

A vote was taken and approved to reallocate \$300 in funds from the Al-Ateen proposed budget to the Day-In-Al-Anon proposed budget due to expected cost increases in hosting the DIA event. Expected cost increases include guest speakers, decoration, venue and food expenses.

Ayisha emphasized the importance of participants turning in expenses, even if one wants to donate their expenses. This way the treasurer can budget the actual cost of participating in events.

Ayisha announced that the next assembly, located in Modesto, is in October. The groups should start saving money for Group Reps to be able to attend. All voting is done at this assembly and it's important for each group to send a representative.

Gina asked for opinions on budgeting money to upgrade our email service, "MailChimp". As of now, the "MailChimp" option that we use is free and allows emailing to up to 500 recipients. The upgrade would assist our Website and Email Coordinator, Phoebe, to send out

information to our members via not only email, but also via text. Phoebe further explained that the upgrade would also allow her to implement automated text reminders, freeing her from manually sending email reminders each time.

Phoebe said that she would email a sign-up to all members, for those wanting to receive texts.

A vote was taken and approved to allow Phoebe to sign up for the upgraded plan for 6 months, at a cost of \$40 per month. During this time we can see if the members will utilize the text system, as well as assessing how much it assists Phoebe in distributing information to the members. Phoebe added that there is a “special” going on right now for only \$20 per month, although the attendees allotted \$40 per month in case we missed this special price.

Carole P suggested that we add the title of “Email Coordinator” as an official position and update our 2026 bylaws to include this position.

Ayisha introduced copies of a budget sheet that an Al-Anon group uses at every meeting to inform their members of their current financial status. She thought the groups might want to incorporate it into their own group meetings.

Alateen

Ayisha shared the Alateen Express newsletter and invited attendees to take one and share it at group meetings.

Literature

It was asked where we get our literature now. Cassandra said it is still via Sheila. The upcoming literature coordinator is Renee M. Cassandra has her contact info.

Announcements

Carol P announced that there is a hybrid meeting on Saturdays, 9:30-11:00 AM. They are working on getting a mic that can be passed around so that everyone can hear the person speaking, as some people mentioned that it was hard to hear people when attending online.

Phoebe asked if groups' information on the website could be listed by city first, so that a person seeking info could quickly identify the location of the group.

Cathy asked where on the Northern California Al-Anon website, one can link to the WSO and NCWSA websites.

Cathy mentioned the previously discussed idea of hosting a spring event like Day-In-Al-Anon, but smaller. She suggested it being a speaker meeting, using a slightly larger room at the first United Methodist Church, but not the large event room where we hold DIA. She suggested 1 or 2 groups sponsor the event. It was suggested that the speaker could be local to save on the cost of travel, hotel etc. Also the food could be light snacks rather than a full meal. It was asked that we bring this idea to the groups to see the interest in such an event.

Closing

The Al-Anon closing prayer was recited.

The holiday Christmas party followed.

