

NORTH STATE AL-ANON NEWSLETTER

JANUARY - FEBRUARY 2026



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 have a new Literature Depot Coordinator. Thank you Renee M.!!! See page 2 for details.



We have a new secretary! Thank you Lisa J.!!! See page 2 for details.



District approved of a new texting service. See page 2 for details.



Read the latest issue of the Alateen Express. See page 2 for details.



Shasta Lake City, Saturday 9:30-11:00am hybrid meeting is buying a better mic for zoomers to better hear. Spread the Word!



NCWSA and WSO links are being added to the website. See page 3 for details.



Continue learning about Al-Anon **ARCHIVES** Timeline on page 3.



The NCWSA Al-Anon/Alateen Convention is March 6th - March 8th, 2026. See page 3 for details.



Been to the Alateen, "Teen Corner"? See page 4 for details.



Register to receive In The Loop Recovery Magazine & learn about downloadable books on Al-Anon's Online Bookstore. See page 4 for details.



A powerful letter from one of our members on Steps 1 & 2. See page 4 for details.



Assembly Reminders ~



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

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

DISTRICT MEETINGS



Saturday, February 21st @ 10:30 - 12:30



Saturday, April 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:

- Public Outreach (Alt)
- District Representative (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.

Want to be of Service?

We are looking for someone to learn how to send out these emails. Is that you?

Contact Phoebe @ pfazio23@gmail.com if you are interested.

Contact our NEW Literature Depot Coordinator, Renee M. @ 530-356-6778

Hooray! Lisa J. is our NEW Secretary!!

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

NEW TEXTING SERVICE

Would you like to get text reminders about Al-Anon events? In December, District 4 approved a texting service for a 6-month trial period to see if this is of interest to our members. It will be a professional type of service (not a group text). You will receive brief messages to update you about events, updates, and news. STAY TUNED...

STEPS / TRADITIONS / CONCEPTS



Step 1 - We admitted we were powerless over alcohol—that our lives had become unmanageable.



Tradition 1 - Our common welfare should come first; personal progress for the greatest number depends on unity.



Concept 1 - The ultimate responsibility and authority for Al-Anon world services belongs to the Al-Anon groups.



Step 2 - Came to believe that a Power greater than ourselves could restore us to sanity.



Tradition 2 - For our group purpose there is but one authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants—they do not govern.



Concept 2 - The Al-Anon Family Groups have delegated complete administrative and operational authority to their Conference and its service arms.

In The Loop – News From Your WSO *In The Loop* is your Al-Anon Family Group Newsletter.

IN THE LOOP
NEWS FROM YOUR WSO

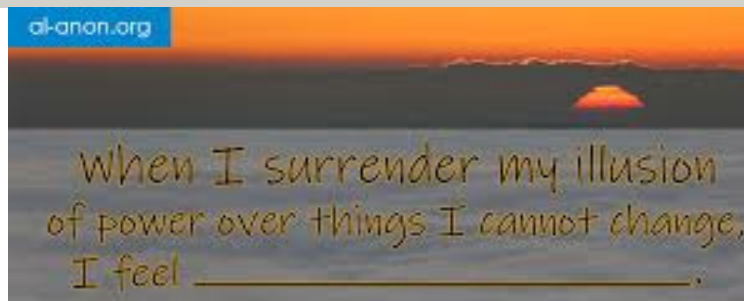
OR SUBSCRIBE TO "IN THE LOOP"

Published periodically, and each issue contains information about your WSO website, current and upcoming events, recovery and service stories, and much more. You can [subscribe for free to receive these via email from WSO](#) or you can view web versions covering the last 18 months below.



"No matter what age I am or how mature I may be, I can't control another person, especially the alcoholics in my life."
The Raven, April 2012

al-anon.org/for-alatees



ARCHIVES

1964 - The World Service Office began publishing a quarterly Alateen newsletter, which was sent free to all Alateen groups. The name Alateen Talk was decided upon by a vote of the groups.



NCWSA AND WSO links have been added to our website. The new links are under the Resources tab, on the Home page. Click [HERE](#) to see...

Email: convention@ncwsa.org for service opportunities.

Click [HERE](#) to register... Click [HERE](#) for the link to the NCWSA Convention



NORTH STATE AL-ANON

Do you know about the Alateen, “Teen Corner?”

The “Teen Corner“ is on the [Al-Anon.org website](https://www.al-anon.org)? It is a place just for young people (13 to 18) affected by someone else’s alcoholism. It is a social hangout for teens to chat, find an Alateen meeting, Frequently Asked Questions by Teens, There is Hope, Al-Anon Literature and What is Alateen.

Click [HERE](https://www.al-anon.org) to visit [Alanon.org](https://www.al-anon.org), Teen Corner



Audiobooks, eBooks, and Other Digital Literature Available Now

The below CAL books are available in e-format & can be bought by various ebook vendors. Direct links to them can be found at Al-Anon’s Online Bookstore.

- Opening Our Hearts, Transforming Our Losses (eA-29, eB-29) Hope for Today (eB-27)
- Courage to Change: One Day at a Time in Al-Anon II (eA-16, eB-16)
- How Al-Anon Works for Families & Friends of Alcoholics (eA-22, eB-22)
- Having Had a Spiritual Awakening... (eB-25)
- Alateen—Hope for Children of Alcoholics (eB-3)

★ Also available in ebook format: The Forum, Al-Anon’s recovery magazine & Welcome Newcomer! (eK-10)

Click [HERE](https://www.al-anon.org) for Al-Anon’s Online Bookstore

A letter on Steps 1 & 2 from one of our members:

I shorten Step 1 to “I Can’t.” Before being introduced to alcoholism in my son, I thought I had power in my children’s lives. I felt I knew the pitfalls and challenges they may face and I could help them navigate or avoid them through my diligence, love and commitment. I took my role as their mother seriously and I was at my post. Why didn’t my best efforts at using the tools I was familiar with have little effect on stopping the progress of his disease. In truth, I didn’t know it was a disease he was suffering from; it would take years in Al-Anon for me to believe that’s what it was. I knew I was losing my son each day and nothing I did or didn’t do made a difference. I would hear people laud other parents that “they did a good job” with their children- because their kids had turned out well. They were meeting the “normal” benchmarks in their lives. I said the same thing to myself, thinking it was the truth. Those parents had applied a formula and as expected it worked: 1+1= 2. Where that idea failed for me is when I realized I had done the same math, applied the same formula, but for me 1+1 could equal 4, 8, 10... it depended on the day. Something else had entered the equation. After being in Al-Anon for many years when I hear that statement, I know it’s not true, but I know it’s a journey to discover that.

In Step 2 I say, “God can.” I have believed in God since I was a young child, but coming face to face with my powerlessness with alcoholism has given me a deeper, more practical relationship with my higher power. If I’m without power, I need a higher power I can trust to manage what I cannot. I credit my Higher Power with preserving my sanity through this journey that continues to this day. I have wrestled with God so many times, clinging to some notion of “power” but things have not changed and in fact have continued to progress. The reality is at times overwhelming, and the grief can be intense when I realize that my son could die...but it is also possible, because of God that he can find recovery. What I’ve learned is that it is between him and God. I cannot effectuate his recovery. I am so grateful for our program to give me tools and hope to walk through this.

Eileen W.



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

