

DISTRICT 4 MEETING MINUTES

FEBRUARY 21, 2026

Attendees

Chris W, Cassandra V, Robin M, Carol P, Heather Z, Renee M, Cathy A & Lisa J were present with Christina S, Julie W, Eric F & Linda L on Zoom.

Cassandra opened the meeting with the Serenity prayer.
December minutes were approved.

DR Report - Cassandra

New district officers are needed next year. Cassandra will send all GR's a list of the available positions so that they can encourage members to serve.

As for the 3 positions filled mid term; Literature - Renee M, Secretary - Lisa J, & Alternate DR - Chris W, we will still hold a vote to extend these services into the coming term.

The voting for all positions will be held in October, 2026.

The officer positions will begin in January, 2027.

Regarding this, Carole suggested that these positions should be announced at all District 4 group meetings, inviting interested members to attend district meetings to get familiar with the offices.

GR REPORTS

Saturday morning (Shasta Lake City) hybrid - Chris W

The group got a microphone for the meetings so that the online participants can hear the in-person members better.

Monday morning (Yreka) - Christina S Meetings are going well. They consistently have 10-12 attendees.

Monday night (Susanville) - Kathy H

No report

Monday night Alateen & Al-Anon (Redding) - Carole P

The group is small and they need support with attendance.

Their meetings are: Monday, 7:00 PM, Episcopal church 2150 Benton Way

Also looking for a new meeting place to hold both the Al-Anon meetings and the coinciding Alateen meetings as the cost for the two rooms is \$55 each per month.

Monday night Zoom - Nancy H

Meetings are going well. 8-12 attendees.

Tuesday morning (Mt Shasta)

No report

Tuesday noon (Redding) - Renee M

Meetings are always well attended. Generally at least 20 members present.

Tuesday evening (Redding) - Eric S

Consistent attendance of at least 5 members. Going well.

Tuesday evening (Alturas)

No report

Wednesday evening (Scott Valley) -Julie W

Having some sound issues and need a new sound box. Members are stepping up for service. Have had a couple of new attendees continuing to come back!

Wednesday evening (Redding) - Cathy A

Going well with around 6-8 attendees. Not many attending via Zoom.

Thursday morning (Redding) - Lisa J

Meetings are very consistent with 10-15 attending.

Thursday afternoon Alateen (Scott Valley) - Julie W

3 to 4 young people are consistently attending. They have been approached by the Principal of the local high school about bringing Alateen to the high school.

Thursday afternoon (Weaverville) - Cristina

No report

Thursday evening (Anderson) - ?

They have a steady group and are meeting their obligations, including donating to WSO & NCWSA.

Sunday evening (Red Bluff) - Carole P

They have suspended their meetings for now as attendance is low. Are looking for a new location which might help attendance.

OFFICER'S REPORTS

Secretary - All is going well with her new position.

Treasurer - Cassandra spoke on Gina's behalf as she is having family issues, keeping her from attending meetings for now. Gina will be managing reimbursements and has people on board to help her as needed.

Website - Heather uploaded the new Jan-Feb 2026 Newsletter to the Dist4/Newsletter page of the website.

Phoebe added WSO & NCWSA links to the home page of our website and the Resources page. Heather is researching a calendar plug-in for the website; both the costs & ease of use. She will bring the info she gathers to the next business meeting.

WINTER-FEST

No report

ALATEEN

They are processing new AMIASES January-May 1st, 2026.

Some AMIASES are stepping down. Chris W is stepping up to be an AMIAS. The 18th annual NCWSA Alateen sponsors R&R will be September 18-20, 2026 Westminster Woods Occidental, CA (info on NCWSA.org under Calendar)

Alateen has 2 groups operating at this time. One in Redding and one in Fort Jones Jr High. Carole said the most important thing is to stay consistent and keep the meetings running.

Ayisha and Carole went to AA Intergroup and REDYPAA to give them literature about Alateen.

They are planning to go to the juvenile hall to share information about Alateen with them.

There is a "Teen Corner" on the WSO website for teens to get info.

It was discussed as to whether the Alano Club would allow Alateen meetings to be held there, as the expense of holding meetings at the All Saints Episcopal Church in Redding is too high for the small number of youth who attend. Chris W said he had spoken to Alano Club and yes, they will allow Alateen meetings.

Robin M said that any 12 step program is welcomed to hold meetings at the Alano Club.

Renee asked if we are looking to hold Alateen meetings in the high schools again. Carole said that they are looking into whether a high school or perhaps a jr. high school would be a better route. She added that It really helps to have a contact person within the schools to get Alateen established there.

GROUP RECORDS

Linda reported that information is all on the website. She has gotten together with the Red Bluff group regarding their hiatus and their search for a new meeting location.

NEWSLETTER

Heather encourages everyone to let her know of anything they would like her to add to the newsletter. She is open for suggestions!

Carole P suggested revising the 'Assembly Reminders' section to incorporate the committee meetings. Carole will send Heather information on how that all works.

LITERATURE

Renee reported that Winterfest was a great success as far as literature goes. She and several other members stayed at the Literature table all 3 days of the event. Alateen and Outreach also had literature at the same table area and the members all helped each other oversee everything. Someone asked if she left literature at the tables overnight and she said, "no, only free pamphlets were left overnight."

TELECOMMUNICATIONS

There is a phone number that people can call via Google Voice.

Susanville Prison had reached out, looking for members to go to the prison and hold meetings with incarcerated individuals wanting to take part in Al-Anon.

Cassandra will reach back out to them and have them get a hold of our Institutions Coordinator.

PUBLIC OUTREACH

No one knows of any outreach events planned for the near future.

DISTRICT EMAIL COORDINATOR

Lisa J spoke on Phoebe's behalf as Phoebe broke her hip and is unable to attend meetings for now. Phoebe is looking into upgrading the email system that she now uses to include text messaging to members who would like to receive text reminders of Al-Anon info & events. This will be a 6 month trial basis to see if the upgrade will be utilized by the members.

Lisa shared an example of how she collected member's cell phone numbers at the Thursday 11:30 AM Redding meeting. She said she simply passed around a piece of paper on which members could write their first name, last initial, email address & cell phone number if they would like to receive text reminders.

She encourages each group to do the same and then forward these lists to Phoebe so she can get them added to the text messaging system.

There is also a link on the front page of the website, northstatealanon.org. Click the blue tab "Click here to stay up to date".

Phoebe also relayed that the upgraded features have already made her job easier as far as updating information she sends out to us via email, whether the members decide to use the texting feature or not.

NEW BUSINESS

A vote was taken and approved to retroactively pay Renee, our new Literature Officer, \$25 per month for January-March, 2026, for the storage of our district literature. And the vote also included paying her \$25 per month from March 31st, on, while she is continuing to store said literature.

It was discussed that Renee also needs a printer and some associated supplies to do her job as Literature Officer. As the group observed in the treasurer's report, we have a budget of \$4,000 for Literature expenses for 2026. Therefore it was *voted on and approved* that Renee should go to Office Depot to get what she needs to fulfill her duties.

A discussion was had as to whether our District is still interested in holding the annual Day In Al-Anon event. Cassandra said that she is reluctant to be in charge of such a time consuming event again this year. Cathy addressed this concern by saying that there has previously been a specific person who would volunteer to chair the event. It should not be the DR's responsibility. Chris W agreed and proposed that if we can find a DIA Chairperson as well as accompanying coordinators, then we should go ahead and have the annual event. All agreed.

Additionally, the group has shown interest in holding some smaller "speaker meetings". We will look into that idea further.

ANNOUNCEMENTS:

NCWSA Al-Anon/Alateen Convention

March 6-8, 2026.

Maidu Community Center

1500 Maidu Dr. Roseville, CA

Carol P reported that the NCWSA wishes to support Group Representatives in physically going to the Assembly. It's very important that the GR's attend the event to gather feedback to take back to their groups as well as taking part in voting. Although one can attend on Zoom, it is much more impactful in-person. So the Assembly Treasurer has created a GR Assistance Request Form to help GR's go to Assembly. This financial assistance includes hotel, meals & mileage (0.35 per mile).

THE GROUP REPRESENTATIVE FORM IS ON THE NORTH STATE AL-ANON WEBPAGE UNDER GROUP REPS.

<https://northstatealanon.org/service/group-reps/>

Next District meeting date - 4/18/2026

CLOSING

The Al-Anon closing prayer was recited.

12:40 PM