

DISTRICT 4 MEETING MINUTES

APRIL 18, 2026

Attendees

In person: Cassandra, Carole, Ayisha, Cathy, Renee, Denise, DeDe, Lisa, Heather, Toby, Gina, Robert

Via Zoom: Phoebe, Susan, Linda, Mary

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

DISTRICT REPRESENTATIVE REPORT - Cassandra

Reminder to the Group Reps to ask members to fill available positions coming up at the district level in Jan, 2027. (Voting to be held Oct, 2026)

Cassandra addressed safety concerns that several members have reported during Al-Anon group meetings. She brought hand-outs printed from the WSO website citing that, "there is no government within Al-Anon and no central authority, legal or otherwise, to control or direct the behavior of Al-anon members. In accordance with the Fourth Tradition, the formation and operation of an Al-Anon group is guided by the group conscience of its members." Therefore, she suggested that each individual group should create a safety plan for themselves. She said to make sure to get a consensus with *all* group members in creating this safety statement. It was suggested that this plan/statement could be revisited every 6 months in case changes needed to be made. She also added that Al-Anon is not above the law, which suggests that the law could be called to intervene if necessary. Many attendees gave instances and examples of how incidents have been handled in the past.

GROUP REPRESENTATIVE REPORTS

Saturday morning (Shasta Lake City) - Carole P

The group has their microphone up & running. They have some service positions open. Please come join the group.

Monday morning (Yreka) - Mary S

They need a Group Rep. Mary S is filling in as the GR until someone fills the position.

Monday night (Susanville) - Kathy H

N/A

Monday night Al-Anon and Alateen - Ayisha B

They had deactivated the Alateen group as there was only one teen attending and they could not sustain the cost of the room for this meeting. However, after speaking to the single Alateen member, they decided to continue with the meetings through June, 2026. They are desperately looking for more Alateen attendees, as well as a meeting place that is less expensive than the current location. PLEASE CONTACT AYISHA with location ideas as well as teen attendance suggestions.

Tuesday morning (Mount Shasta)

N/A

Tuesday noon (Redding) - Robert W

They have so many attending that they may need to secure a bigger room for meetings.

Tuesday evening (Redding) - Eric F

N/A

Tuesday evening (Alturas)

N/A

Wednesday evening (Scott Valley) - Susan H

They need help and need positions filled

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Thursday morning (Redding) - Phoebe F

Phoebe announced that she has selected an alternate GR for her position.

Also, flyers were passed out inviting all members to the Thursday morning group's 46th Anniversary Celebration on April 30th at 11:30 AM. First United Methodist Church, Redding.

Thursday Afternoon - Alateen (Scott Valley) - Susan H

The Principal at the local high school has requested that an Alateen group be formed at the high school!

Thursday afternoon (Weaverville)

N/A

Thursday night (Yreka)

N/A

Thursday evening (Anderson) - Carole P

All is going well.

Sunday (Red Bluff)

The group is inactive at this time while they look for a new location. Phoebe asked if their online listing should say "inactive" at this time. The members agreed that it should.

OFFICERS REPORTS

Secretary - Lisa said she appreciates everyone's kind words regarding the minutes and invites any advice or suggestions going forward.

Treasurer - Gina reported on our finances. As she was not in attendance at the last meeting, she explained that the report covers more months than usual.

Website - Phoebe said that there are updated links for WSO and NCWSA, both on the main page and the Resources page. Heather updated the meeting list reflecting that the Alateen meeting is temporarily inactive. She also is keeping up to date on the events & designing most of the District 4 flyers. She and Heather will be attending the NCWSA website committee meeting next month.

Winterfest - Robert said that he and spouse Delia will be the Al-Anon Co-Chairs for Winterfest 2027. Alice N. will be the 2027 Al-Anon

Chairperson. They are looking for speakers for the upcoming Winterfest. He has reached out to Catherine K for some ideas. The following year, Robert and Delia will be the Al-Anon Chairpersons for Winterfest 2028.

Alateen - Carole reports that 4 new AMIAS'S are being screened. All AMIAS'S both current and new, need to be recertified. Hopefully they will all be certified in May, 2026.

Group Records - Linda said everything is going well.

Newsletter - Heather will stand for Website Coordinator in October. Phoebe will then be the co-Website Coordinator. Heather also suggested that every officer and GR should secure an alternate person for their positions in case they have an absence.

Literature - Renee said she is still waiting to hear from WSO regarding her new position. For now she is ordering via the previous Literature officer, Sheila. Gina is looking into getting a credit or debit card for Renee to use when ordering material.

Telecommunications - Susan said that it is very rewarding when she gets a chance to speak to someone who calls the phone line about Al-Anon info.

Public Outreach - Toby reported that he needs help getting the word out about upcoming events. He needs more volunteers to step up so that he can commit Al-Anon to more community events. The group discussed various ways in which Toby could set up communications to streamline information & volunteerism with District 4 members. He will be setting this up soon!

District email - Phoebe reported that there are 103 people on the email list and only 8 people on the new texting list. Everyone is reminded to send a sign-up sheet around during the group meetings asking if members want to be on the text list. This would require their email address, cell phone number and first name. Then just email or text this list to Phoebe. OR, members may sign up via the link on the front page of the website, northstatealanon.org. Click the blue button - "click here to stay up to date".

NEW BUSINESS

Toby requested that we have the Officer's reports given right after the District Representative's report to allow more opportunity for everyone to share and discuss the officer's matters.

It was discussed that we need to go to our group members and let them know that we need a chairperson for Day In Al-Anon soon, or we won't be able to hold the event. We should set up a certain date for this deadline.

ANNOUNCEMENTS

NCWSA Election Assembly
October 16,17,18, 2026
Doubletree Hotel Modesto, CA

Next district meeting - 6/27/2026