



NORTH STATE AL-ANON NEWSLETTER

MARCH - APRIL 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 ~



What's next with A Day in Al-Anon? See page 2 for details.



Interested in service? See the open positions and updates for our District on page 2.



A Big Thank you to all the Al-Anon, Alateen and Outreach members who helped with Winterfest Literature! Winterfest literature was a success!



New District 4 officers are needed next year! See page 2 for details & spread the word!!



Continue reading Al-Anon **ARCHIVES** Timeline on page 3.



See flyers on page 3 for the Red Bluff Roundup and the Rogue Roundup - both AA & Al-Anon events!



Alot of exciting activity in Alateen!! See page 4 for updates.



NCWSA is supporting Group Reps in physically going to the Assembly!! It's very important the GR's attend the event to take information back to their groups and be part of voting! See page 4 for details.



Phoebe is working on getting us a new texting service. See page 4 for details.



NCWSC - "Committee dates" are now included with Assembly dates. See page 4.

Upcoming dates:



Assembly 5/23 - 5/24/26 NCWSA
Location is Sacramento



Committee 6/6/26 - NCWSC - Zoom only-
Northern Section; **See page 4 for the
inclusion of Committee dates.**



Committee 8/8/26 in Scotts Valley
Click **HERE** for NCWSA website

DISTRICT MEETINGS



Saturday, April 18th @ 10:30 - 12:30



Saturday, June 20th @ 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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A DAY IN-AL-ANON (DIA) FOR 2026? At our 2/21/26 District meeting ~ Our DR shared she doesn't wish to lead DIA for 2026. She'll help by sharing her experience, strength and hope. It was said, historically, there's a person appointed for this event; should not be the responsibility of the DR. The group unanimously agreed! It was agreed to find a DIA person & Co, then go ahead and have the event. And, groups have shown interest in holding smaller "speaker meetings." **So, we need our group reps to survey their groups and find out if we have enough interest to hold A Day in Al-Anon for 2026 or "smaller speaker meetings."** If interested in service, a list of DIA positions can be found on our website, under District 4, Service Positions or by clicking [HERE](#).

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.

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



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

Literature at Winterfest was a success! Thank you Renee, Rachelle, Lisa and Cathy A. for manning the table all 3 days! Al-Anon, Alateen and Outreach helped each other oversee everything!

thank you!

***NEW* District Officers for 2027** Voting will take place in **October 2026**, and new officer positions will be in effect **January 2027**. Cassandra will send the GR's a list of available positions so they can encourage members to serve. The following three positions were filled mid-term in 2026: Literature - Renee M., Secretary - Lisa J., and Alt-DR - Chris W.; and we will still vote to continue these services into the coming year. It was suggested that the positions available be announced at all District 4 group meetings, inviting members interested to attend district meetings and get familiar. So, let's spread the word!!!

STEPS / TRADITIONS / CONCEPTS



Step 3 - Made a decision to turn our will and our lives over to the care of God as we understood Him.

Tradition 3 - The relatives of alcoholics, when gathered together for mutual aid, may call themselves an Al-Anon Family Group, provided that, as a group, they have no other affiliation. The only requirement for membership is that there be a problem of alcoholism in a relative or friend.

Concept 3 - The right of decision makes effective leadership possible.

Step 4 - Made a searching and fearless moral inventory of ourselves.

Tradition 4 - Each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole.

Concept 4 - "Participation is the key to harmony".

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HISTORY

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

- 1965** - The Board of Trustees and the Executive Committee were organized, replacing the Board of Directors and the Advisory Board. Al-Anon Faces Alcoholism (B-1), a book intended to increase awareness of Al-Anon's credibility with professionals, was introduced at the A.A. International Convention in Toronto, Ontario, Canada.
- 1966** - Lois W. introduced the concept of "obedience to the unenforceable" in a new chapter added to The Al-Anon Family Groups, which by this time had been given a new title: Living with an Alcoholic. The World Service Conference approved a policy statement on public outreach. This statement has been the foundation of Al-Anon's outreach policies ever since. Representatives of Al-Anon and A.A. worked together to develop guidelines that would clearly define the two fellowships as separate entities, each focused on its own primary purpose.
- 1967** - The Policy Committee decided that "Headquarters" should be called the World Service Office (WSO). The World Service Conference ratified the Conference Charter, which defines the purpose of the Conference, its relationship to the fellowship, and the rules that it will observe in its meetings.
- 1968** - Al-Anon's first daily reader, One Day at a Time in Al-Anon (B-6) was published. The World Service Conference approved the project of adapting A.A.'s Twelve Concepts of Service for use by Al-Anon.
- 1970** - Al-Anon's Twelve Concepts of Service received unanimous approval from the World Service Conference.
- 1971** - Al-Anon's World Service Office moved to 115 East 23rd Street, New York, New York.
- 1972** - A column by Ann Landers resulted in 11,000 letters asking for information about Al-Anon. The Board approved a revised version of the Preamble to the Twelve Steps. The Suggested Closing was introduced.

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

Red Bluff Recovery Round Up
Service is the Heart of AA

Saturday, June 20th, 2026
9am - 9:30 pm
Veterans Hall
735 Oak Street
Red Bluff, CA

9:00 am Speaker: Craig from Chico, CA
10:45 am Old Timer Panel: Fran C., Jay & Tony M.
12:00 pm Lunch (Potato Bar & Salad Bar)
1:15 pm Newcomer panel: Josh, Josh, April K.
2:30 pm Speaker: Keith R. from Reno, NV
3:30 pm AA Speaker: Allie G. from Lake Tahoe, CA
5:00 pm Dinner (Tri-Tip, Chicken, Grilled Veggies, Cowboy Beans, Salad and Garlic Bread. (Vegetarian Option: Stuffed Portobello Mushroom)
7:00 pm Sobriety Countdown, Intergroup and Al-Anon Info
7:15 pm Main Speaker: Jag J. from Vacaville, CA.
Prize Drawing

Suggested Price: Pre-Registration before June 6th: \$30.00. After June 6th or at the door \$35.00

Name: _____ Square _____ Badge Name(s) _____
Address: _____ 1. _____
Email: _____ 2. _____
Phone: _____ Sponsor ticket? Y or N _____

	Suggested Price	Quantity	Total
Registration	\$30.00/\$35.00	_____	_____
Lunch	\$15.00	_____	_____
Dinner	\$20.00	_____	_____
TOTAL		_____	_____

Note: Check here for Vegetarian dinner ☐
Mail to: Recovery Roundup
PO Box 264, Red Bluff, CA 96080

**YOU MAY BE RIGHT!
YOU MAY BE RIGHT!
YOU MAY BE RIGHT!**



**YOU MAY BE RIGHT!
YOU MAY BE RIGHT!
YOU MAY BE RIGHT!**

50th Annual ROGUE ROUNDUP

ONE DAY AT A TIME

50 YEARS OF RECOVERY

May 1 - 3, 2026

Speaker Meetings • AA + Al-Anon Meetings •
Banquet • Al-Anon Luncheon • Sunday Brunch
• Sobriety Countdown

Scheduled Speakers: Trenton H., Phillip M., Laura Jane L.
(Al-Anon), Gaillyn S., Peter M., Rusty M., Julie M., Deb H., Flo F.

Josephine County Fairgrounds



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ALATEEN UPDATES

Due to member rotations, we are processing new Al-Anon

Members Involved in Alateen Service (AMIAS), to serve as Alateen Groups Sponsors and protect the safety of Alateens at meetings and events. Congratulations Chris W. for stepping up!! Also, the 18th Annual NCWSA Alateen Sponsors R&R will be September 18-20th, 2026, Westminister Woods, Occidental, CA (see flyer below). We currently have two Alateen groups operating at this time; one in Redding (as of April, temporarily inactive due to lack of participation) and one in Fort Jones Jr. High. Carol mentioned at the business meeting, the most important thing is to stay consistent and keep the meetings running. Ayisha and Carol went to AA Intergroup and REDYPAA to give them literature and share on Alateen. AA Intergroup posts the Al-Anon/Alateen Monday night meeting flyer (when active) on their website @ aanorcal.org/events. They are planning to go to juvenile hall to share Alateen information with them. The Alano Club of Redding is being researched to hold meetings at a discounted price; as well as high schools or jr. high schools. It really helps to have a contact person in the schools to get Alateen established there.



Click [HERE](#) for the Sponsors R&R

GROUP REPRESENTATIVES (GR'S)

NCWSA wishes to support GR's in physically going to Assembly. It's very important GR's attend the event to gather feedback to take back to their groups and partake in voting. Yes, Zoom is available; but there is such a greater impact 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. This GR form is on our website under Group Reps or [CLICK HERE](#).

NEW TEXTING SERVICE

Phoebe is looking to upgrade 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. It is a 6-month trial basis to see if the upgrade will be utilized by our members. GR's, please spread the word at your groups. Thank you Phoebe!!!

NCWSC & NCWSA

The NCWSC "Committee" meeting dates are being included on page 1, as they play a crucial role in managing the administrative duties and projects of the NCWSA. There are three Northern California World Service Committee (NCWSC) meetings held each year. The meetings are usually held each February, May and August, normally one day on a Saturday.

A letter from one of our members: The first time I had attended Al-Anon meetings, I was young and married to my first alcoholic/addict husband. The program wasn't working for me at that time, which I've come to realize, was because I was not ready to change or put in work. Finding myself in yet another alcoholic relationship, as an adult, I needed to figure out why it was I continued this pattern. Al-anon had taught me to look inward, and let go of control. Finding a god of my understanding and being willing to hand over control when needed. Attending meetings provides a safe place to feel and share my growth and also, a comfortable place to share in all the areas that im still a work in progress when it comes to growth. I feel Al anon has really helped me learn to practice patience and gratitude for all aspects of my life. I have a strength within myself that I never knew was possible and I am forever grateful for that feeling. ~Amanda



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

