



NORTH STATE AL-ANON NEWSLETTER

MAY - AUGUST 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 ~

- Interested in service? See page 2 for open service positions in our district!
- Let's talk about Safety in Al-Anon meetings. See page 2 for details.
- Our Website Coordinators are meeting with NCWSA re: the website. See page 2...
- Exciting news about The Day In-Alanon 2026 on page 2...
- The Newsletter dates are changing. See page 2 for information...
- New Service Officers for 2027! See page 2 for details.
- See ways to sign-up for our NEW Texting Service on page 2...
- Continue reading Al-Anon **ARCHIVES** Timeline on page 3.
- The Red Bluff Recovery Roundup flyer - June 20th on page 3...
- Robert & wife, Delia, will be Al-Anon Co-Chairs for Winterfest 2027! Alice N. will be the 2027 Chairperson!
- An update on the Alateen activity!! See page 4...
- Public Outreach update from Toby! See page 4...
- See the Al-Anon/Alateen Service Manual on page 4...
- An Assembly update from our DR, Cassandra on page 4....



Upcoming dates:



Assembly NCWSA Election Assembly - October 16th, 17th, & 18th 2026; Doubletree Hotel Modesto



Committee NCWSC Meeting - 8/7 & 8/8 in Scotts Valley

Click [HERE](#) for NCWSA website

DISTRICT MEETINGS



Saturday, June 27th @ 10:30 - 12:30

Changed from the 20th, conflict with Red Bluff Recovery Roundup



Saturday, August 15th @ 10:30 - 12:30



Saturday, October 17th @ 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.

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

Interested in service sending out district emails? Contact Phoebe @ pfazio23@gmail.com if you are interested.

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

Let's Talk about Safety

in Al-Anon Meetings! Safety concerns are being reported again during meetings. Per Tradition 4, each Al-Anon group is guided by the group conscience of its members; it is strongly suggested each group create their own individual safety plan/statement; and to get a consensus with *all* group members in creating this safety plan/statement. This plan/statement should be revisited every 3-6 months, for changes needed. Click [HERE](#) for WSO's Safety Document, where topic discussion can aid groups in developing workable solutions to safety issues, and develop guidelines or procedures to help keep their meeting safe. For Alateen Safety, please refer to your Area Alateen Safety & Behavioral Requirements or click [HERE](#) for Alateen Safety Guidelines. Al-Anon is not above the law, which suggests the law may be called to intervene if necessary.

WEBSITE UPDATE Our Website Coordinators, Phoebe & Heather are periodically meeting with the NCWSA Website Committee, other districts, and Intergroups to discuss successes/challenges with the websites, hear about the WordPress multisite, that many of us are part of and to collaborate with each other, moving forward. Our 1st meeting was Saturday, 5/16/26, held on zoom. Since our start of the WordPress platform In 2023, we have been very pleased with our website, and we're identifying what “additional needs” we may have. Here, we get direct recommendations as to what works well & not so well. It's a great opportunity to share information & learn!

A DAY IN-AL-ANON (DIA) - 2026

Our next FUN-draiser is October 10th, 10am to 3pm. Phoebe is chair, w/ Lisa J as co-chair, & Mike M learning the ropes to step in. It'll be the 3 musketeers!! We are excited to be of service to you all for this amazing event. Flyers for sign up lists for volunteers & planning meetings to come. Check out other DIA positions available on our website, District 4 page, by clicking [HERE](#).

NEWSLETTER UPDATE

The Newsletter date is changing to two months ahead of the bi-monthly district meetings. It's important you send flyers, events, fairs, etc as soon as possible, to include them in the upcoming Newsletter. The cut-off date is 2 weeks before our next district business meeting. Thank you!! Newsletter Chair, Heather L. @ heather.zanola@yahoo.com.

DISTRICT OFFICERS for 2027

Voting is in **October 2026**; new officer positions will be effective **January 2027**. We filled mid-2026, Literature-Renee M., Secretary-Lisa J., and Alt-DR - Chris W.; and we'll vote to continue these services into the coming year. Positions available should be announced at group meetings, inviting interested members to attend our district meeting!! See above for Open Positions:

NEW TEXTING SERVICE

A few ways to sign up: 1. Click [HERE](#) to add your phone number. 2. Go to Northstatealanon.org, click “Stay Up to Date”, enter your phone #, and text the letters AFG to 1(530)451-5868.



NORTH STATE AL-ANON

HISTORY

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

- 1973** - Alateen's first book, Alateen—Hope for Children of Alcoholics (B-3), was published. There were more than 1,000 Alateen groups.
- 1974** - The Policy Committee introduced the Al-Anon Declaration to the World Service Conference: "Let it Begin With Me—When anyone, anywhere, reaches out for help, let the hand of Al-Anon and Alateen always be there, and—Let It Begin with Me." The World Service Office cooperated with the producers of a Public Broadcasting Service program about alcoholism and its effects on the family titled, Drink, Drank, Drunk. Members were notified in advance of broadcasts, so they would be prepared to answer inquiries that the program would generate. The first Al-Anon adult children group registered with the World Service Office.
- 1976** - The first Digest of Al-Anon and Alateen Policies was published and distributed widely throughout the fellowship. The Public Information Committee, later known as the Public Outreach Committee, designated Public Service Announcements for television as its top priority.
- 1978** - An International Coordination Committee was established to maintain unity and communication worldwide. Al-Anon's World Service Office moved to One Park Avenue in New York, New York. The monthly newsletter, Al-Anon Family Groups Forum, became the monthly magazine, The Forum.
- 1979** - The establishment of Al-Anon Regional Service Seminars, to be held twice a year, was approved at the World Service Conference. The Policy Committee approved a statement that designated The Forum as Conference Approved Literature in concept, to encourage the magazine's use by Al-Anon groups for discussion at meetings. Al-Anon's seventh book, Lois Remembers (B-7) was presented to the World Service Conference.
- 1980** - The one-millionth copy of One Day at a Time in Al-Anon (B-6) was presented to Alcoholics Anonymous at the A.A. International Convention in New Orleans, LA. A one-day trial General Services meeting, later called International Al-Anon General Services Meeting (IAGSM), was held the day after the International Convention. There were 2,000 Spanish-speaking groups in Puerto Rico, Mexico, Central America, South America, the Caribbean Islands, and Spain. The World Service Conference approved changes to the Suggested Welcome, to be more inclusive to members who no longer had an active alcoholic in their lives.
- 1981** - Conference approval was given to begin a survey to establish an information profile of Al-Anon/Alateen membership.

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

STEPS & TRADITIONS

- Step 5** - Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
- Tradition 5** - Each Al-Anon Family Group has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps of AA ourselves, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics.
- Step 6** - Were entirely ready to have God remove all these defects of character. **Tradition 6** - Redirects my focus to remind me that our primary spiritual aim is to help families of alcoholics.
- Step 7** - Humbly asked Him to remove our shortcomings. **Tradition 7** - Every group ought to be fully, declining outside contributions.
- Step 8** - Made a list of all persons we had harmed, and became willing to make amends to them all. **Tradition 8** - Al-Anon Twelfth Step work should remain forever non-professional, but our service centers may employ special workers.



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
9:45 am Old Timer Panel: Fran C., Jay & Tony M.
10:00 am Lunch (Potato Bar & Salad Bar)
10:30 am Newcomer panel: Matt, Josh, April &
11:00 am Speaker: Keith R. from Reno, NV
11:30 am Al-Anon Speaker: Allan G. from Lake Tahoe, CA
12:00 pm Dinner (7th Flg, Chicken, Grilled Veggies, Cowboy Beans, Salad and Garlic Bread) (Vegetarian Option: Buffalo Portobello Mushroom)
1:00 pm Substanty Coordinators, Intergroup and Al-Anon info
1:15 pm Main Speaker: Jig I. from Vacaville, CA
Free Drawing

Suggested Price: Pre Registration before June 4th: \$30.00. After June 4th or at the door \$35.00

Name: _____ Address: _____ City: _____ State: _____ Zip: _____
Email: _____ Phone: _____

Registration: _____ Lunch: _____ Dinner: _____ TOTAL: _____

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

NORTH STATE AL-ANON



ALATEEN UPDATES

Carol reported that 4 new AMIAS's (Al-Anon Members Involved in Alateen Service), are currently being screened and, all current and new AMIAS's need to be recertified. It is their hopes to have them all recertified by May 2026. Also, the 18th Annual NCWSA Alateen Sponsors R&R is September 18-20th, 2026, Westminster Woods, Occidental, CA (see flyer). They are still researching holding meetings at The Alano Club at a discounted price; as well as high schools or jr. high schools.

Volunteers
needed

Volunteers
needed

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



Click [HERE](#) to access the
NEW Service Manual



PUBLIC OUTREACH

Toby reported at the last business meeting 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!!



OUTREACH EVENT IN AUGUST



Volunteers
needed

Redding Rancheria Discovery Health Fair

Date: August 5th

Time: 9am - 2pm

Where: Win River Event Center



Contact Toby @ 530-604-8886 or by email [thank you Toby, for all you do!!](#)

@ outreachdistrict4@gmail.com if interested in volunteering.

Hi Everyone, I attended the spring assembly this last weekend Saturday and Sunday, May 23rd-24th virtually on Zoom. Approximately 100 also attended virtually, while many others attended in person in Sacramento. The longest presentation was from our Delegate, Chris M. She spoke on her time at the world conference last month, and a few business related issues. There was also a thoughtforce report relating to Dual members, along with a presentation about outreach and the importance of getting the word out about Al-anon. At the assembly we also spent alot of time speaking about service: Current area officers spoke about their service and what they learned and offered their experience, strength and hope. Finally a workshop was held where we answered written questions to identify our strengths and weaknesses along with our insecurities we have experienced with service. It was an opportunity to learn and grow from each other. Please reach out to an area officer if you have any questions about their service, and attend the election assembly in October to stand for a position you're interested in.

I would also like to encourage standing for a district officer position. Some positions require experience specifications, but many do not. If you have any questions about the district positions, please refer to our district website ([CLICK HERE](#)) for the positions we have and ask a current officer if you have any questions about the position. We will elect new officers at the end of this year, and they will begin their term next year.

I would also encourage you to attend our next district meeting Saturday, June 27 in room 10 & 11 at the Redding Methodist Church from 10:30-12:30 for more information and meet some of your district 4 al-anon family!

As always, Thanks for letting me be of service, Cassandra V (District Rep)



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

